

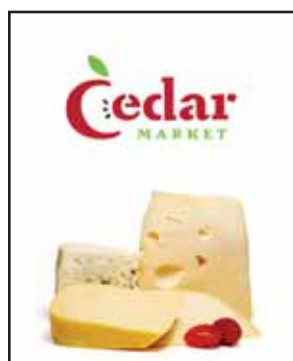
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Haley, Defender of Israel, Resigns

By Sean Savage and Jackson Richman/JNS.org

Nikki Haley, who has been the face of the Trump administration's strong stances in support of Israel, resigned as ambassador to the United Nations on Tuesday.

A former Republican governor of South Carolina, Haley, who has served as U.N. ambassador since the beginning of the Trump administration, will step down from her position at the end of year.

U.S. President Donald Trump had apparently known of her deci-



Former US Ambassador to the UN Nikki Haley with President Trump.
(PHOTO CREDIT: GOOGLE IMAGES)

MTA Dedicates Torah and Makes Siyum L'Zecher Ari Fuld



By Moshe Kinderlehrer, Co-Founder & Co-Publisher, Jewish Link of NJ

This past Monday, I had the privilege of attending and participating in a unique celebration on the YU campus in Washington Heights in memory of my MTA classmate, Ari Fuld, HY"D. The MTA students



(l-r) MTA Head of School Rabbi Joshua Kahn dances the Sefer Torah down Amsterdam Avenue with YU Roshei Yeshiva Rav Mordechai Willig and Rav Herschel Reichman.

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NJ FIDF Dinner Honors Community Lone Soldiers



Lone soldiers Dovid Goldstein of Edison and Tamar David of New Rochelle.

By Pearl Markovitz

The 14th Annual New Jersey Friends of the IDF (FIDF) dinner was held on October 7 at the Teaneck Marriott at Glenpointe, marking the momentous 70th anniversary celebration for Israel and the IDF. Founded in 1981 by Holocaust survivors, national chapters of FIDF throughout the U.S. and Panama raise tens of millions of dollars annually from generous donors to assist Israel's "young warriors" during and after their

➔ CONTINUED ON P. 20

Gerald Reiner Runs for Teaneck Board of Ed

By Elizabeth Kratz



Gerald Reiner

It may be surprising for some to note that none of the current members of the Teaneck Board of Education have children currently matriculating in the school district, but that will change if Gerald Reiner is elected. Reiner's two children, Antonio Tomás, a second grader at The Whittier School, and Alejandro, a kindergarten at The Bryant School, already enjoy their father serving

on the PTOs of both schools. Reiner is also vice president of Teaneck Organization for Public Schools (TOPS), a non-profit organization that helps support district programming. He has been a coach with the Teaneck Southern Little League and is currently coaching at the Teaneck Junior Soccer League.

This is Reiner's first run for public office. However, he does

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Families of Barkan Terror Victims Call for Vengeance as New Details Emerge

(JNS) New details of the fatal terror attack against three Israelis at the Barkan Industrial Park came to light as parents of the deceased called for vengeance.

"Every terrorist should know he would be executed, and that his family will suffer for his crimes," the father of Kim Levengrond Yehezkel, Rafael, said at her funeral.

Levengrond Yehezkel, a 29-year-old mother of an 18-month-old son, was killed, along with 35-year-old Ziv Hagbi, by 23-year-old Ashraf Wallid Suleiman Na'alwa.

According to new reports, before Na'alwa fatally shot Levengrond Yehezkel and Hagbi, moderately wounding 54-year-old Sara Vaturi, he forced a 20-year-old Arab cleaner from Shechem to tie Levengrond Yehezkel's hands behind her back with zip ties. The cleaner, who was subsequently questioned by Shin Bet security services but not arrested, told authorities that Na'alwa threatened to kill him if he did not comply, then gave him seconds to escape.

Vaturi said that after she was shot in the stomach, she managed to flee the room and hide. She was found by two workers—one Arab and one Jew—who took care of her until paramedics arrived.

At the funeral, Rafael Levengrond apologized to his daughter for being unable to protect her from the terrorist. "I am sorry I was not with you. Unfortunately, I did not manage to get there in time," he said. "I promise you that [your husband and son] Guy and Kai will receive everything they need. I promise that I will take care of them like I always took care [of you]. You can rest in peace."

Iris Hagbi, the mother of Ziv Hagbi, also called for the death of the terrorists. "I want to convey a message—I wish none of the terrorists remain alive," she said. "The terrorist's family should suffer. He shortened the lives of the people there. He should be killed."

Iran Struggles Amid US Sanctions

(JNS) Amid current and upcoming U.S. sanctions on Iran, the regime is struggling to survive increasing prices over natural gas.

With the second round of sanctions slated to take effect on Nov. 4, the Trump administration's decision to bar Iranian crude exports has led to a 29 percent decrease in oil shipments in the past few months, contributing to an increase in natural gas prices above \$80 per barrel.

"The difficulty in getting gas from Iran now is linked to the issue of transferring money to Iran because of the American sanctions," Sadoun Shehan, the deputy head of media at Iraq's electricity ministry, told The Wall Street Journal. "[This has] prevented any money transfer from Iraqi banks, especially in U.S. dollars, to Iran."

Looking to avoid further international sanctions, 143 out of 268 Iranian lawmakers voted to join a global initiative to end terrorist funding, including loopholes for groups like Hamas and Hezbollah.

Known as the "Combating the Financing of Terrorism," the international convention "involves investigating, analyzing, deterring and preventing sources of fund-

ing for activities intended to achieve political, religious or ideological goals through violence and the threat of violence against civilians," according to the online site Investopedia.

However, this development is unlikely to cease Iran's role as the world's leading state sponsor of terrorism.

Michigan Professor Faces Disciplinary Action for Denying Student Letter of Recommendation to Study in Israel

(JNS) A University of Michigan professor, citing his support for the BDS movement in denying a student's request in August for a letter of recommendation for a semester-long study-abroad program at Tel Aviv University, was sanctioned this week by the university.

The punishments against Professor John Cheney-Lippold include a stern warning, ineligibility for a merit increase for the 2018-2019 academic year, in addition to being ineligible to take an accredited sabbatical until the fall 2020 semester.



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Karen Seliger, grew up in Montreal. There, she attended McGill University where she graduated with a **Masters in Business Administration (MBA)**.

After moving to New Jersey she decided to return to her true passion, real estate. With a solid understanding of, and experience with real estate marketing, she now works as a real estate specialist in both commercial and residential markets.

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Lamdeinu in NYC Mt. Sinai Jewish Center in Washington Hts 8:15-9:30 PM	Loyalty, Faith and Family: The Struggle Between Truth and Love in the Genesis Narrative <i>Ms. Miriam Krupka Berger,</i> Open to men & women, No charge NYC Series Continues October 23rd and 30th.	Oct. 16
WEDNESDAY 10:15 - 11 :45 AM	Succeeding at Succession: The Book of Yehoshua Explore the unique leadership style of Yehoshua in his vital transitional era. <i>Dean Rachel Friedman,</i> Open to men & women, Tuition: \$160	Oct. 17, 24, 31, Nov. 7, 14, 21, 28


New students welcome to join classes already in progress, including Parshanut HaMikra: Sefer Bereishit, Talmud Masekhet Megillah, Complex Questions of Women's Mitzvah Obligations: The Cases of Tefillah, Birkat Hamazon, & Nerot Chanukah, Parasha & Haftarah Pointers.

All classes are self-contained.
Full Schedule available online at www.lamdeinu.org

ROSH CHODESH KISLEV, Thursday, Nov. 8-TEFILLAH AND TORAH for women only
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The 'New Sheriff' We Miss Already

The "new sheriff in town" is, much to our dismay, getting out of Dodge City.

Indeed, Nikki Haley, the U.S. ambassador to the United Nations, announced Tuesday she will be leaving her post at year's end.

That has left those of us who wake up each day with Israel on our minds shocked and saddened.

In her short tenure as U.N. ambassador, Haley has left no doubt of the Trump administration's unwavering support of Israel, whether through the embassy move to Jerusalem or by standing up and verbally chastising Iran and other rogue nations supporting terrorism.

The former South Carolina gover-

nor spoke a language that was rare in the U.N., boldly recognizing that the Kotel belongs to Israel not long after the Obama administration's envoy voted to abstain in a vote condemning Israel's West Bank settlements.

History will remember this Indian-American who lobbied hard and convinced 64 nations to either veto or abstain in the UN General Assembly on a vote condemning the move of the U.S. Embassy from Tel Aviv to Jerusalem. She then made us all smile by inviting those same 64 nations to a party afterward.

Also important was her insistence to pull U.S. funding from UNRWA, to the tune of over \$300 million, until the internation-

al body understands that Palestinian refugees number perhaps 500,000, not five million.

It was at the 2017 AIPAC Policy Conference in Washington, D.C., that Haley, relatively new to her position, brought 18,000 people to their feet when she made the sheriff analogy in reference to the United Nations.

We will miss "Sheriff Haley" in her role at the U.N., and we hope she has a future position that keeps her voice as a defender of Israel vibrant and vital.

We also hope and pray that the Trump administration will fill the position with Israel's interests high on the list of our nation's priorities.

LETTERS TO THE EDITOR

Anti-Semitism Still Plagues College Campuses

The headline story, "US Govt. Takes New Stand Against Campus Anti-Semitism" (October 4, 2018) gives the impression that a great victory has been won in this war. However, I don't think it's time to raise the banner "Mission Accomplished" just yet. Anyone who has even a passing interest in campus activities knows that campus anti-Semitism and anti-Israel culture is deeply ingrained across America and beyond.

One can read almost daily about violence and intimidation against Jewish students. In our own backyard, Rutgers, our state university which ironically boasts of having the largest Jewish student population in the country, last year had swastikas painted on its buildings, a professor Chikindas calling Judaism the most racist religion in the world and a professor Puar saying Israeli soldiers deliberately wound Palestinians instead of killing them in order to control them. And astonishingly, President Barchi, defended all these acts as "freedom of expression" not expressions of hate. Now, one year later, Chikindas and Puar are still teaching at Rutgers, and Barchi is still president, and in addition, Targum, the student newspaper, printed a horrible article written by Students for Justice in Palestine, about the Israeli "colonization" of Palestinian territory. All these activities of course are paid for with your and my tax dollars.

Max Wisotsky
Highland Park

Legalizing Marijuana Is Cause for Concern

As a member of the Highland Park Borough Council, and as the father of two adolescents, I am concerned about the likely legalization of recreational marijuana in New Jersey and the possibility of marijuana being sold in Highland Park.

There is scientific evidence that has proven that marijuana, with its active addictive ingredient, THC, poses serious risks, particularly for developing brains. Also, smoking marijuana produces cancer-causing toxins and chronic lung disease, may lower one's IQ and cause brain cell damage, mental illness and motor vehicle accidents.

I support the bill that State Senator Ron Rice has sponsored that would remove criminal penalties for small amounts of marijuana but would not create a system that would legalize marijuana in New Jersey.

I am currently advocating passage of an ordinance to prevent businesses in Highland Park from selling marijuana (medical and recreational) and marijuana paraphernalia.

The next borough council meeting is scheduled for Oct. 23 at 7 p.m. at 221 S. 5th Avenue. I urge all Highland Park residents who are concerned about the possibility of marijuana being sold in Highland Park to attend borough council meetings and make their voices heard.

Josh Fine
Councilman, Highland Park

Jewish Passivity Encourages Anti-Semites

Your assorted articles in the New Jersey Jewish Link ("U.S. Government Takes New Stance Against Campus Anti-Semitism," October 4, 2018 and "A Textbook Case of Hatred," October 4, 2018) concerning rising anti-Semitism in Europe and US universities missed the main reason the world still singles out the Jews.

We're pushovers. Ironically, lots of Jews stick up for other people.

In your latest issue, Diaspora Jews run to officials at Columbia, Rutgers and localities. For all your lengthy, lengthy writing, you don't liken it to the little kid running to the teacher.

Plenty of non-Israeli Jews admit that we're really passive. Plenty of non-Jews see it that way.

Jewish publications should point out that Jews must counter-protest, seriously. When we see a sign, "Free Palestine!" and "Israel Is Apartheid," put up a big poster nearby.

"Most Islamic nations ban Jews, harass Christians and kill gays!"

"Our latest terror hits were not Jewish!"

"Microsoft, Google, Yahoo have research facilities in Israel. Not Islamic nations."

And yes, get ready for a fist fight.

With the rise of the Nazis in the early 1930s, German-Jews failed to remind their

countrymen that they gladly fought for the Kaiser. Made up 20 percent of their inventors. Also hurt in the Great Depression.

The result of that past silence? At least in good part? Hitler came to power.

Today, Jew-haters still run circles around us.

Adam Sternglass
Elizabeth

Guns Are Not the Enemy

Rabbi Elias was distressed that the Jewish Link accepted an ad from a pistol range that trains people how to use guns and lets them use rented guns at the facility ("Gun Ads Don't Belong Here," October 4, 2018). Kudos to the Jewish Link for accepting such an ad. Rabbi Elias' letter is very much in line with PC thinking. However, that is not necessarily Jewish thinking nor should it ever be. In a recent article by Rabbi Shmuly Boteach he noted that the tens of thousands of Jews imprisoned in concentration camps were guarded 24 hours a day by armed guards. Furthermore, those Jews were collected by Germans and their allies confronting Jews who did not believe in having or using guns. For decades the Jewish leadership - both political/secular and religious refused to accept the pleas of young pro-Zionist Jews to arm themselves and be ready to fight. Instead, the Jews (with some exceptions and resistance) were taken, imprisoned, tortured and cremated. Imagine if the Jewish leadership had listened to men like Mordechai Anielwicz and his second in command Yitzchak Zuckerman. How many millions of Jews might have been saved and how many more Nazi soldiers killed in the process?

What might it look like in the Middle East if Jews, instead of building secret places to manufacture guns and bullets decided to shun guns and weapons as recommend-

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One Confirmation Hearing, Three Jewish Lessons



By Rabbi Zev Goldberg

Editor's note: This article first appeared on TOI.

I, along with millions of others, was glued to my screen watching Judge Kavanaugh's confirmation hearing. Beyond the general fascination and intrigue, I believe there are three meaningful Jewish lessons to be learned from this painful episode.

The first lesson hit me like a ton of bricks while watching the harsh interrogation. Brett Kavanaugh was forced to reckon with behavior alleged to have taken place some 35 years ago. I suddenly realized that Judge Kavanaugh is not unique. After 120 years, each one of us will stand before the heavenly judiciary and be called to task for our deeds; from our youthful follies to our adult wrongdoings.

As Rabbi Yehudah HaNasi teaches us in Ethics of Our Fathers (2:1):

Contemplate three things, and you will not come to the hands of transgression: Know what is above from you: a seeing eye, a listening ear, and all your deeds being inscribed in a book.

The proceedings brought the last line of this teaching into laser-focus.

All of our deeds are inscribed in a book!

No action, no matter how benign, no matter how well-intentioned, is forgotten.

If Judge Kavanaugh had to account for his possible deplorable behavior as a teenager, what will our experience be like when we stand before G-d and are called to task for all of our reckless, small-minded and selfish behaviors?

The second lesson relates to the pow-

er of our reputations. So much of the "he said" "she said" boiled down to accountability. Who can be trusted? Whose word is more reliable?

Over the holiday of Sukkot, we read from the book of Ecclesiastes authored by King Solomon. In this work, Solomon underscores the importance of a good reputation.

A good name is better than good oil (7:1). As the Rabbis in the Midrash further elaborate: Good oil lasts for just a short time. A good name lasts forever.

We have very little time on this earth. So much of life is fleeting and temporal. If we are going to invest our greatest asset, time, it should be spent involved with meaningful activities that bring joy to our Creator, and bring us honor and dignity. After all, it is ultimately our reputation that will linger on long after our bodies expire.

The third lesson relates to our human limitations when searching for the truth.

Why did all Democratic senators on the Judiciary Committee side with Dr. Ford? Why did all Republican senators on the Judiciary Committee side with Judge Kavanaugh?

Nobody can doubt this case is ambiguous at best. Yet all Democrats reached the exact same conclusions, as did the Republicans. Liberals heard the voice of a brave and broken woman. Conservatives heard the sounds of a forgery, sham and a disgrace.

Of course, these fissures cut more deeply than our elected officials.

The day after Kavanaugh and Ford gave their grueling testimony, The New York Times editorial board published a piece entitled, "Why Brett Kavanaugh Wasn't Believable."

And the very same day, the Wall Street Journal's editorial board published a piece entitled, "Confirm Brett Kavanaugh."

To me, this reflects the great difficulty

that we encounter when searching for the truth. We are all strongly influenced and biased by our surroundings.

Social scientists know this too. Fascinating research was reported in the journal Science in October 2008. The study involved hot and cold cups of coffee. Students were asked to hold a cup of coffee in their hands for a few seconds before reading a biography about an imaginary person. The students were then asked to evaluate the person's traits. The students who had held a hot cup of coffee were significantly more likely to describe the imaginary person as "warm and friendly" than the students who had held a cold coffee.

The researchers concluded that a person's environment deeply effects their thoughts and deeds. At times we are conscious of this influence, oftentimes we are not.

➔ CONTINUED ON P. 12

Weather Forecast

FRI	October 12	
Mostly Sunny, 61°/47°		
SAT	October 13	
Sunny, 58°/46°		
SUN	October 14	
Mostly Cloudy, 62°/54°		
MON	October 15	
Showers, 64°/47°		
TUE	October 16	
Mostly Sunny, 58°/45°		
WED	October 17	
Partly Cloudy, 60°/46°		
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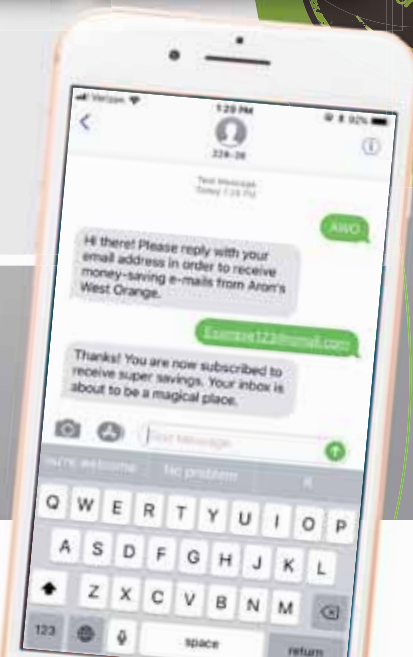
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Nikki Haley Resigns

CONTINUED FROM P. 1

Trump said the search for her replacement will happen in the next few weeks.

Haley has received widespread support from both Israeli officials and the American Jewish community for her strong support of Israel at the world body, which has been a hotbed of criticism of the Jewish state for decades.

"We appreciate the new spirit of ambassador Nikki Haley; she has been very important and helpful," Israel's Ambassador to the United Nations Danny Danon told JNS earlier this year. "We work very closely with Ambassador Haley and her team. We see similar issues, and understand the challenges and threats. That's why you see the cooperation because we come from the same values."

Early on in her tenure as U.N. ambassador, Haley made it clear that she would no longer tolerate anti-Israel bias at the world body. During a March 2017 speech to AIPAC, declared herself as the U.N.'s "new sheriff in town" and declared "the days of Israel-bashing are over."

'A steadfast friend of our community'

"Nikki Haley is a great champion of human rights, of U.N. reform and for a strong U.S.-Israel relationship," said Daniel S. Mariaschin, executive vice president and CEO of B'nai B'rith International. "She called out the bias against Israel time and again, and spoke directly about the hypocrisy and politicization that pervades the organization. A steadfast friend of our community and of Israel, we hope we'll continue to hear her voice on the many issues she has championed."

Michael Makovsky, president and CEO of JINSA, said that he "deeply regrets" her resignation. "She quickly became a rock star, strongly advocating for U.S. positions on all matters in the U.N., including championing Israel and consistently defending it from the constant barrage of hypocritical attacks in that body, and as well as highlighting Iran's many transgressions. Americans owe Amb. Haley our deepest gratitude, and welcome her return to public service at some date."

Shoshana Bryen, senior director of the Jewish Policy Center, said she is "saddened by the resignation of Ambassador Nikki Haley as U.S. ambassador to the United Nations. She has been a strong, articu-



U.S. Ambassador to the U.N. Nikki Haley on stage at the AIPAC conference in March. (CREDIT: AIPAC)

late voice for our country, our interests and our allies—not only our ally Israel, but most particularly Israel. In the face of enormous pressure from U.N. institutions with built-in biases against Israel and the United States, she never lost her composure while never missing an opportunity to stand for what is right. While we wish her well in her future endeavors, she will be sorely missed

by Americans and others who treasure plain-spoken truth."

Pastor John Hagee, founder and chairman of Christians United for Israel, told JNS that "Nikki Haley has been an example of a shining city on a hill for the nations of the world to follow. Her uncompromising leadership will be missed by lovers of peace and friends of Israel. She was a voice and not an echo. We are very grateful for her service to America and for her unwavering support of the U.S.-Israel relationship."

During her 2018 address to AIPAC, Haley again received an overwhelmingly positive response, getting numerous standing ovations from the pro-Israel crowd.

"Some people accuse us of favoritism towards Israel," she said. "There's nothing wrong with showing favoritism towards an ally; that's what being an ally is all about. But in all that we're doing, our approach on Israel is tied to one major idea—the simple concept that Israel must be treated like any other normal country."

"We appreciate the strong leadership of Ambassador Haley," said AIPAC spokesperson Marshall Wittmann, "and we thank her for consistently standing up for American interests and our democratic ally Israel."

During her time at the United Nations, Haley presided over the U.S. pullout of UNESCO and the Human Rights Council, citing their bias against Israel as the reason.

Additionally, the United States also announced it would end funding to UNRWA, the U.N. agency that handles Palestinian refugees, accusing the organization of corruption and perpetuating the Israeli-Palestinian conflict.

One Confirmation Hearing

CONTINUED FROM P. 9

Perhaps this entire episode with Judge Kavanaugh and Dr. Ford is a good reminder to each one of us how difficult it is to accurately assess the facts of any situation. As firmly entrenched as we may be on any given issue, there is always another per-

spective to consider.

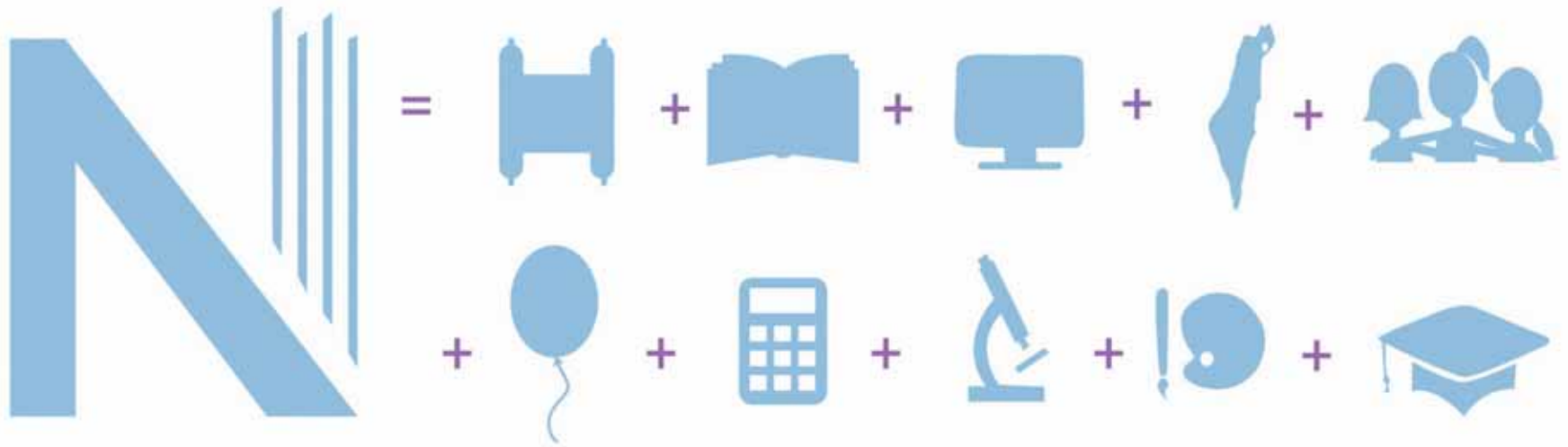
King Solomon warns us about this too. Be not overly righteous, and be not overly wise; why should you bring desolation upon yourself (7:16)?

Let this week's judicial hearing be a reminder to us all — to take our actions seriously, for G-d is recording each and every one of them; how we must invest

our time wisely to build our most important asset, our reputations; and how open we ought to be to hear other people's opinions and perspectives. Who knows? It might just be the truth.

Rabbi Zev Goldberg is the rabbi at Young Israel of Fort Lee.

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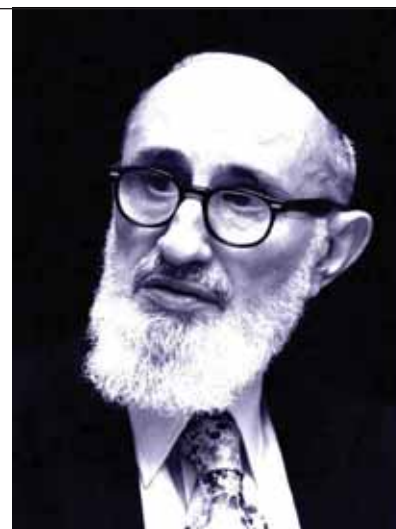
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Jewish Center of Teaneck Promotes Sensitivity Through Community Events

By Jill Kirsch

The Jewish Center of Teaneck is hosting two events in the coming weeks to promote awareness of, and sensitivity to, specific issues facing the community. Rabbi Daniel Fridman, spiritual leader of JCOT, is excited to showcase the organizations that will be presenting, and hopes that by addressing these topics, the sense of isolation that many feel will be alleviated and a sense of community promoted.

"A congregant, who is a mental health professional, asked about bringing in Yesh Tikva," said Rabbi Fridman. "Our community is so family-centered and that often makes it painful for those who are having a difficult time with life-cycle issues. We rightly celebrate life-cycle events, but

each celebration is painful for the people who are struggling. We need to deepen our sensitivity, and bringing in Yesh Tikva will bring awareness to at least one aspect of these issues: infertility."

This Tuesday, October 16, at 8 p.m., there will be a Yesh Tikva presentation titled "Infertility: Raising Awareness and Breaking the Stigma." Following last year's successful model, there will be a first-person account—given by someone who has struggled with infertility—as well as a presentation by a mental health professional. This will provide the audience with an opportunity to empathize as well as learn concrete steps that can be taken to raise awareness and their own sensitivity to this difficult issue.

Elie Salomon, one of the co-founders of Yesh Tikva, will speak about her personal

struggles with infertility and what led her to found an organization that supports couples facing these challenges and helps raise awareness about infertility in the community.

Dr. Talia Hindin, a psychologist who coordinates Yesh Tikva's "Fertility Friends" mentorship program, will discuss various topics regarding infertility, including the mental health implications and Yesh Tikva's services. She will also address how a community can be more sensitive about infertility in its speech and actions.

"We need to become more comfortable talking about these issues in the broader sense. It relieves the sense of isolation that many people feel," commented Rabbi Fridman. "Hopefully this will be part of a larger series that will touch on all topics of this nature."

Following this event, on Tuesday, October 23, also at 8 p.m., JCOT will host a presentation by Hinam, The Center for Social Tolerance. Hinam is an organization devoted to furthering understanding among the different social and cultural groups in Israel. It promotes tolerance among all sectors and societies that exist within Israeli culture, and strives to promote sensitivity to the different cultures and their unique characteristics. In short, it tries to create a more harmonious society in Israel by bringing all people together.

Hinam is currently in the U.S. in an effort to gain a deeper understanding of Dias-



pora communities and to share its philosophy with Diaspora Jewry. Rabbi Fridman believes this cultural exposure is vital to our connection to the State of Israel.

"We want to get a sense of what is going on culturally in the modern State of Israel," he said. "It is important that we tone down polarizing attitudes and recognize that people with divergent backgrounds have formed deep bonds."

The Hinam presenters will be individuals representing different backgrounds within Israeli society—religious, economic, cultural, social and more—who have come to know and respect one another, because of and in spite of their obvious differences. This presentation will promote sensitivity on a humanistic level, showing how different people relate and come to a place of mutual respect.

For more information on either presentation, please call the shul office at 201-833-0515, email office@jcot.org or visit jcot.org. The Jewish Center of Teaneck is located at 70 Sterling Place. The entrance is by the ramp on Sterling Place.

LETTERS TO THE EDITOR

CONTINUED FROM P. 8

ed by Rabbi Elias? There would not be a modern State of Israel today. Of that you can be sure.

Every Jew owes it to himself, his family and his Jewish people to stand ready to fight and defend himself and all of us and doing that means being prepared and ready.

Historically, no nation has ever welcomed the Jews in perpetuity. We have gone through numerous expulsions all around the world throughout history. *Zachor al Tischach*. Remember, do not forget!! Too many of us have already forgotten!

Too many Jews are sleeping at the switch and need to wake up.

Rabbi Bob Mark
Clifton

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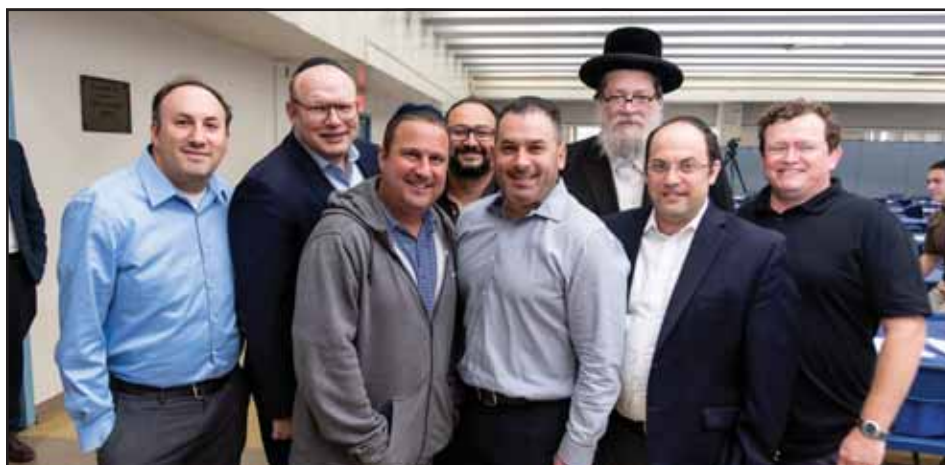
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MTA alumni attended the Siyum and Hachnasas Sefer Torah in memory of their classmate Ari Fuld ('91), HY"D. (L-R) : Yitzzy Glicksman ('91), Moshe Kinderlehrer ('91), Zvi Rudman ('91), Chaim Leffel ('91), Dov Kalton ('91), Mike Gershkovich ('92). Back row left to right: Alex Solomon ('91), Rabbi Mayer Schiller.

MTA Dedicates Torah

CONTINUED FROM P. 1

made a siyum on Mishnayot on all of Sed-er Nezikin and the completion of a brand new Sefer Torah in Ari's memory.

Before we even entered the siyum room, my fellow MTA classmate Zvi Rudman of Englewood and I heard singing and dancing a block away. When we arrived, we were met by the sight of hundreds of MTA students already in the



Cousins of Ari Fuld attended the event. (L-R) Arianna Weinstein, Eli Weinstein ('13), Shuki Weinstein ('15), Dovid Weinstein ('86), Gila Weinstein, Moshe Goldberg, Hadassah Goldberg, Ayelet Forman, Avrom Forman, Yoel Fuld, Chaya Fuld, Binyamin Fuld ('21), (in the back row left to right) Shaya Goldberg ('20), Elie Goldberg ('20), Dovi Forman ('20).

throes of dancing. I worried I had arrived late, but soon realized the MTA students and their rebbeim had decided to get the incredibly leibidig (lively) dancing started a bit early as they were all finishing off the final mishnayot. It was quite a sight to see;

practically every student was involved and actively participating.

MTA Head of School Rabbi Joshua Kahn began the formal program by thanking the anonymous donor of the Sefer Torah, which will be used daily at the high school. He also thanked the many members of Ari Fuld's family who were also present, including a number of current MTA students who are all Ari's cousins. He cited his former Mevasseret rebbe and Ari's father, Rabbi Yonah Fuld, in explaining that his son Ari could be understood and remembered best in two ways. First, he can be compared to his namesake; a lion (which also happens to be the time honored symbol and mascot for MTA, and that Ari had an unquenchable thirst for action.



Yoel Fuld carries the Sefer Torah.

Second, Ari also had a difficult time going to sleep at the end of day if he did not fulfill all that he wanted to achieve that day and this is also something to remember about him. "Ari's legacy," Rabbi Kahn said, "is one of creating kedusha and of seeking out every opportunity to grow and spread the love of Hashem and his land."

Rabbi Kahn then introduced YU President Rabbi Dr. Ari Berman who began by noting that while Ari was a hero to thousands, he and his family first knew Ari as a "gibor" to the Berman family. He noted that this quality was evident in the last moments of Ari's life in this world.

He explained, "Ari was a person who left us with a profound legacy and there can be no greater expression of what Ari

CONTINUED ON P. 17

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Yeshiva University President Rabbi Dr. Ari Berman joins in the Siyum celebration.

MTA Dedicates Torah

CONTINUED FROM P. 16

stood for and what Ari leaves us than writing a sefer Torah.”

He also noted that the terrorist who killed Ari was there for hours before attacking Ari, and that his own son had been there an hour before the attack. “Who knows how many people this terrorist passed by?...Who can understand why this happened to one of the only people who could be attacked and get up and ensure that his attacker could not hurt anyone else?” he exclaimed.

He concluded by saying, “What we do know is that we need to live our lives with a sense of shirah and the same sense of dedication that Ari lived his life, totally dedicated to Am Yisrael, Medinat Yisrael, and Torat Yisrael....This Sefer Torah is a representative of our values and we are excited to add it to our yeshiva because of what it represents....and more than being a written sefer, it needs to be a living Torah.”

After Rabbi Berman spoke, Ari Fuld’s cousins and current MTA students Elie Goldberg, Binyamin Fuld, Shaya Goldberg and Dovi Forman led the completion of the siyum in Seder Nezikin. The Torah was then led under a portable chuppah by the entire MTA student body the two blocks to the aron kodesh in the MTA building. It was a beautiful scene and many of the YU Roshei Yeshiva also participated in the singing and dancing.

I was leaving as the Torah reached its new home but I heard the singing and mu-

sic reverberating from blocks away. Even as I got into my car to drive back to Teaneck, I could still hear it. I think I even hear it now as I write this article on our deadline day... and I hope that it continues.

Ari, we and the Jewish people will miss you! And a Sefer Torah in your name rests in Washington Heights at our alma mater!



Moriah middle school gearing up to participate in the Yad Leah Dash for Dignity. Pictured here are: Maya Gribetz, Mikaela Sosland, and Emily Lieberman

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Semichat Chaver Program Comes to Teaneck

By Jon Stefansky, SCP participant

What a difference a year makes. Last year, one of my best friends saw a notice for a new engaging and interactive halacha shiur that placed a focus on real-world day-to-day applicability, and the two of us decided



to give it a chance. Twelve months later, and we've attained a real practical knowledge of the halachot of basar b'chalav, bishul akum, pat akum, tevilat keylim and hagalat keylim, but even more importantly, suddenly, unexpectedly, we're all on fire from our learning.

This has all been made possible by a revolutionary new way of learning called the Semichat Chaver Program (SCP). This program, led by Rav Elyada Goldwicht, synthesizes a fun, engaging and interactive way of learning with real-world applicability and serious learning.

On a personal level, with so many distractions in our life, the thought of sitting in a shiur for an hour after a long day of work was quite daunting. However, I can truly say that the time literally flies by and everyone is eagerly awaiting the following week's shiur. I think this has a lot to do with the structure of the shiur, which begins with an ethical/philosophical section explaining the reasons behind why we do the mitzv-



ot. This is followed by cutting-edge halachic questions that brings real, practical everyday scenarios into play while eliciting some good laughs and debate along the way. Then we get into the meat of the shiur, learning from all the traditional texts—from the Rishonim and Acharonim to the contemporary poskim, and in the process answering the questions that we started with.

But it's not your traditional shiur or chabura; SCP shiurim also include vide-

os that bring the halacha to life (not sure who thinks to put a GoPro in a dishwasher...), hands-on demonstrations and, for the competitive side, occasional Kahoot! contests. And to be honest, the beer and chips don't hurt!

At the end of the zman there is a comprehensive exam; this is the point where I thought, *see ya!* But the genius behind this is that it creates a means to deeply review and retain the full curriculum, and months later I'm able to accurately answer relevant halachic questions in my home. The other massive benefit is the way the family now perceives you; yes, they may make fun of me studying like I'm in school (not that I did much studying there...), but the program has changed the discussions at my Shabbos table, and seeing me sitting, reviewing the material with my buddies really shows them the importance that Torah is playing in our lives.

Finally, the crowning achievement. The end of the zman is marked by a siyum where all the participants and their families



join together to celebrate our success. We receive a Semichat Chaver certification signed by arguably the three greatest Torah giants of our generations, the former av beit din in Yerushalayim HaRav Zalman Nechemiah Goldberg, the former chief rabbi of Israel and now chief rabbi of Jerusalem, HaRav Shlomo Amar, and by the rosh yeshiva and rosh kollel of YU, HaRav Hershel Schachter. It's also a night that can't help but inspire you for the next zman.

SCP has been massively successful in Israel, with shiurim in Jerusalem, Beit Shemesh and now Efrat, and is branching out to the U.S. with shiurim in Teaneck led by Rav Jonathan Schachter, the Five Towns led by Rav Aryeh Lebowitz, Queens led by Rav Shmuel Marcus, and Virginia led by Rav Adan Winston. The Orthodox Union, the world-renowned organization with a mission to engage, strengthen and lead the Orthodox Jewish community, is now sponsoring SCP.

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NJ FIDF Dinner

CONTINUED FROM P. 1

active service in the IDF. Through programs offering financial support to the soldiers and their families, post-army scholarships and training programs, educational seminars, medical and rehabilitative assistance for the wounded, support for the families of the fallen and a myriad of other services, they provide "ongoing hope, purpose and life-changing support to the soldiers who protect Israel and Jews worldwide."

The New Jersey chapter of FIDF, directed by Howard Gases, is referred to as the "Lone Soldier Chapter." Thus, each year at the annual dinner, current and former lone soldiers of the IDF are invited to share their stories with the attendees during the lavish buffet dinner. Posters and videos showing the young faces of our soldiers in action added greatly to the ambiance of the evening. Young soldiers in uniforms of differing colors mingled with one another and the other attendees.

One particular lone soldier who attended the event was Tamar David who previously attended SAR High School just prior to making aliyah after graduation at the age of 18. After her basic training was completed, David was trained as a madricha and a shooting instructor for infantry soldiers. She also taught field intelligence, and the use of scopes and navigation. As a lone soldier, she lives in an apartment with other American female lone soldiers. She is grateful for the assistance provided to her by FIDF which defrays her rent and provides gym facilities, fun days, special social events and the invaluable IMPACT scholar-



Lone soldier Rachel Gordon of West Orange (right), pictured at the president's award ceremony with PM Benjamin Netanyahu and his wife, Sarah, where she received the President's Award for Outstanding Service.

ship which assists IDF veterans in pursuing higher education.

Edison native Dovid Goldstein, 20, is a graduate of RPRY in Edison and Rae Kushner Yeshiva High School in Livingston. His commitment to Israel was realized early on when, at age 17, he volunteered on an IDF army base cleaning tanks for the summer. At Kushner, he served as president of the AIPAC club and was honored with an award at the 2016 AIPAC Policy Conference. After graduation in June of 2016, he joined Garin Tzabar, a religious unit in the IDF. He serves in a special forces unit in Nahal called Orev,

in which he deals with homing missiles. He resides in Jerusalem and spends a great deal of time in the Michael Levin Lone Soldier Center with his American lone soldier buddies. He is truly grateful to FIDF for the yemei sidurim, organizing days, and yemei kef, fun days, arranged by the FIDF for lone soldiers.

Surrounded by her proud parents and grandmother, Rachel Gordon of West Orange, former lone soldier who completed her army service in June, spoke with The Jewish Link. A graduate of Solomon Schechter and West Orange High

School, Rachel took a semester off from her studies at the University of Pittsburgh to study at Hebrew University. At the end of that semester, she decided to remain in Israel, made aliyah and was drafted into the IDF in March of 2016. After basic training, she was appointed to the position of welfare manager in the unit of aerial defense. In this position, utilizing her studies in social work, she counseled soldiers and made home visits to the families of soldiers from a base south of Beersheva. She completed her service in June of 2018, but not before she was nominated for and received

the prestigious President's Award of Excellence which was conferred on 120 IDF soldiers on Yom Ha'atzmaut. Gordon was only one of 10 soldiers from the Israeli Air Force to be bestowed with the prestigious honor, which was broadcast on Israeli TV. During her service, Gordon Skyped with fourth graders at Yavneh Academy in Paramus and special needs classes at the MetroWest JCC in West Orange. Gordon also expressed her gratitude to FIDF for their ongoing care and concern for lone soldiers throughout their service.

Honored lone soldiers included Sgt. Mikey, who lived in New Jersey prior to his move to Long Island. Currently, he serves as a lone soldier in the Pioneer Combatant Youth Reconnaissance Company and takes part in the IDF's Operation Good Neighbor, which provides humanitarian aid to Syrian refugees. Second Lieutenant Sarah Kampner, originally of Philadelphia, was badly wounded in 2016 when a truck rammed into a busload of young soldiers on the Armon Ha'natziv Promenade in Jerusalem. Thankfully fully recovered, she heads a branch in the research division of the intelligence corps. Kampner was surprised with a warm video message from her "Zaidy" in Israel expressing his pride in her courage and defense of Eretz Yisrael.

An unforgettable moment came at the conclusion of the dinner when longtime FIDF National Board Member Donna Calcaterra of New Jersey, pledged the huge sum of 3.7 million dollars toward the establishment of a new FIDF Recreation Center to be named in memory of Ari Fuld HY"D.

To learn more about the projects of FIDF visit www.fidf.org or call 1-888-318-3433.

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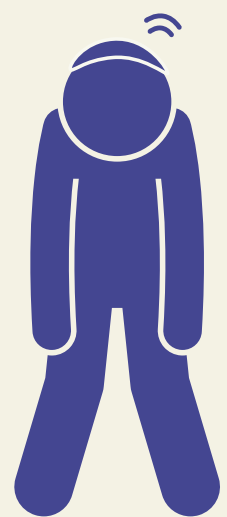
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Are You a Lone Soldier Parent?

By Jenny Gans

When a child moves to Israel, there are always mixed emotions experienced by the family left behind. Pride, of course, because we live in a community where we raise our children to have an active and healthy love of Israel, but also worry, fear, concern and a host of other emotions, knowing the physical distance is great and the adjustment period may not always be easy, even in a country we love as much as Israel. All these emotions are magnified exponentially when a child moves to Israel and then volunteers for the IDF.

The Lone Soldier Program gives the young men and women as well as their parents access to information about benefits they are entitled to, days off, financial aid and emotional support, as well as other assistance that may be required along the way. The program also serves as a means of communication with the families of the soldiers. The Nefesh B'Nefesh Lone Soldier Program has parents on staff who have been through the experience themselves, which makes the level of support much stronger as well.

"They know what you're going through because they have been there themselves," said one parent.



Known as "lone soldiers," these are young men and women who move to Israel and join the army with no immediate family living there with them. Living in a foreign country, without anyone to walk them through the language and the process, these soldiers may find the cultural adjustment just as hard as adapting to army life. With full support of the IDF, as well as full cooperation from FIDF (Friends of the IDF), Nefesh B'Nefesh established the Lone Soldiers Program to support the young men and women leaving their homes and serving in the IDF. Today, the IDF estimates that approximately 3,500 lone soldiers serve in the army.

"For these soldiers, military service is both challenging and empowering," explained Nefesh B'Nefesh in their literature. "We are the sole aliyah organization that works directly with the IDF," explained Tani Kramer of Nefesh B'Nefesh.

Tzippy Giller of Bergenfield is a parent of a lone soldier. Her son Yossi is in the army in Israel while the rest of his family lives in New Jersey. Giller found herself worrying about what life would be like for her son, what she could do to help him in Israel when she is far away in New Jersey, what he has access to in Israel and how he would navigate a foreign language and culture, plus a host of other questions that kept her awake at night. She happened to find information about a webinar for parents of lone soldiers given through Nefesh B'Nefesh.

"The Nefesh B'Nefesh Lone Soldier division is there to tell you everything parents can use to help," Giller said. "They make things a little less scary when you know someone is there holding your kid's hand and advocating for them. It gives my kid someone for them to turn to in Israel."

"For those required to draft due to Israeli law, the goal of our Lone Soldiers Program is to ensure that every lone soldier is provided with a strong support system while assisting them through every step of their army service," said Rabbi Yehoshua Fass, co-founder and executive director of Nefesh B'Nefesh. "Providing information and support to the parents of these amazing young men and women is an integral part of our program's holistic approach."

Lisa Kroopnick, also of Bergenfield, found the thought of being a single parent and having a child in the IDF too daunting to face on her own. Giller introduced her to the network of parents she met through her own experiences, and brought her to an event for parents of lone soldiers. Kroopnick is proud of her son Shlomo, who is a chaval boded in a charedi unit, but she also worries about his safety. "I am so grateful to everyone at Nefesh B'Nefesh and especially their Lone Soldier Program and all of my new 'army mom friends' as we support each other through the army journey," she said. "The network that the Lone Soldier Program and Nefesh B'Nefesh provide for us goes beyond the financial aspects, and the amount of information they have and share with parents is priceless," she said.

Knowing how helpful this event was for her, Giller is graciously opening her house in the hopes that other parents of lone soldiers will come and learn what programs and support exist for their children. On Thursday, October 18, parents of lone soldiers will be able to attend an informational program hosted by the Nefesh B'Nefesh Lone Soldier Program. This will be

CONTINUED ON P. 26



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Jewish Journeys Great **PINK** Challah Bake Adds a Breast Cancer Awareness Twist

By Jenny Gans

Challah baking is an experience steeped in tradition and spirituality. Jewish Journeys, once again, will be the engine behind coordinating one of the most inspirational challah bakes in the North Jersey area. Jewish Journeys is a grassroots organization whose mission is to strengthen the Jewish home. It brings Bergen County Jewish mothers with children under the age of 18 and a limited Jewish background on a nine-day, birthright-like trip to Israel through the Jewish Women's Renaissance Project (JWRP). Once the women return home, Jewish Journeys provides the women and their families with programs such as weekly classes, monthly challah bakes, Shabbat and holiday celebrations, sing alongs, get-togethers, Hebrew classes, ladies' night out, reunions and so much more.

Jewish Journeys looks to bring that same



Ramona Elishis and her daughters at last year's challah bake.

mission to its annual challah bake, to be held at Factory 220 in Passaic on October 25.

When women come together that day to make challah, they will be part of something far greater than just the number in the room. In addition to anticipating 800 women in Passaic, this event will take place worldwide over the Wednesday and



Jewish Journeys leaders.

Thursday of that week, corresponding to the upcoming International Shabbos Project weekend. South Africa, Israel, Australia, the United States, South America and other countries all over the world participate in these events.

"This isn't just about challah," explained Debbie Rosalimsky, chairwoman of the

event. "It is about women of all Jewish backgrounds and generations, having an opportunity to get inspired, connect and have fun while learning about the how tos, the mitzvah of and the spiritual connection to challah." The evening is also about familiarizing the community with Jewish Journeys and its mission as well as raising the funds that will enable it to continue the various programs it provides.

This year, the challah bake has an added twist. In honor of Breast Cancer Awareness Month, Jewish Journeys is partnering with Sharsheret and Myriad Women's Health, which will be in attendance and offering educational resources. Myriad will be providing BRCA screening before the event, as well.

"This has become a challah bake for the body and the soul," said Rosalimsky.

With the partnership, this year's challah bake has also been rebranded as the Great PINK Challah Bake, since pink is the color representing breast cancer awareness. With cheerful pink decor throughout, the event's only non-pink offering may be the challah itself, though Rosalimsky laughingly offered that "everyone is welcome to add pink sprinkles to their challah once they get home if they wish."

The lineup for the evening looks to be both entertaining and inspiring. Shera Dubitsky will emcee with her wit and humor. "As a senior advisor for Sharsheret as well as a known and beloved figure in our community, she is a perfect match for this year's challah bake," said Rosalimsky.

In addition, Devorah Kigel, a marriage and dating counselor, speaker and avid challah baker will lead the women in the challah making and hafrasha bracha. There will be a challah table coach at each table to help participants with anything from the mixing to the kneading and the braiding. While the dough rises, Naz, from iMove With Naz, will get everyone in the room on their feet and dancing.

"This is the third year we will have Naz with us and each year she gets the room rocking with her amazing energy," said Rosalimsky. After the dancing, there will be a challah braiding demonstration. The evening will conclude by announcing the winners of the raffle/silent auction.

Many women have already registered, some of whom have attended in the past and eagerly anticipate the annual evening. "It's so humbling being in a room with hundreds of amazing Jewish women," said Ramona Elishis of Bergenfield, who attends each year and has already reserved her seats for this year. "What a powerful, inspiring night! I'm so grateful to have been a part of it."

"Sharsheret, which means chain, is such a perfect organization to partner with us for the evening," said Rosalimsky. "We are seeing the chain of generations, watching women of different ages and backgrounds come together to bond and make challah." Rosalimsky herself, who was never a challah baker until five years ago, now finds the experience one that transcends the food experience. She feels that making challah brings an additional level of holiness into her home.

"We are grateful to our corporate sponsors as well as the community's generosity in making this evening a financial success," Rosalimsky said. "Most of the essential elements needed to run the event have been graciously donated or given to us at cost. Factory 220 is donating their fabulous venue for the third year in a row, BML-Blackbird



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➔ CONTINUED ON P. 26

'Son of Hamas' Comes to Kaplen JCC

(Courtesy of Kaplen JCC on the Palisades) The Patron of the Arts Program at the Kaplen JCC on the Palisades is expanding opportunities for the community to enjoy high-level cultural arts experiences with a special speaker event on Sunday, November 1, at 7 p.m. The evening will feature Mosab Hassan Yousef, who will discuss the world's most dangerous terrorist organization—Hamas—while unveiling the truth about his own secret role, his agonizing separation from family and homeland, his dangerous choices and his belief that to “love your enemies” is the only path to peace in the Middle East. There will be a Q&A with Yousef at the end of the program.

“It is an honor to have Mosab Hassan Yousef as our special guest,” said JCC CEO Jordan Shenker. “He has an incredible story to tell, from a totally unique perspective, and as an outspoken advocate for Israel, he will provide our audience with an illuminating presentation. The goal of our Patron of the Arts program is to showcase events and speakers who can engage our community and Mr. Yousef is certain to do this.”





Mosab Yousef


Born in Ramallah in 1978, Yousef is the son of Sheikh Hassan Yousef, a founding leader of Hamas. Yousef was an integral part of the movement, for which he was imprisoned several times by the Shin Bet, the Israeli intelligence service. After discovering Hamas was torturing its own people, Yousef started a six-year quest that jeopardized Hamas, endangered his family and threatened his life. He has since embraced the Christian faith and sought political asylum in America.

Cost: VIP: \$180 Exclusive for Patron of the Arts subscribers. Includes reserved VIP seating, meet and greet, and photo opportunity with Yousef at a private dessert reception. Preferred: \$100 Priority seating; General: \$50 General admission. Patron of the Arts subscriptions begin at \$360. To purchase tickets, visit www.jccotp.org/mosab.

The Patron of the Arts Program Presenting Sponsor is Maggie Kaplen—The Kaplen Foundation. For more information, contact Nina Bachrach at 201-408-1406 or nbachrach@jccotp.org.

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The role of Nefesh B'Nefesh and its partners is to assist new immigrants to Israel who are drafted to the IDF. It is not the objective, or part of the scope of operational activities of the organization or its partners to help recruit soldiers for the Israel Defense Forces.



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Kaplen JCC Holds Most Successful Special Games to Date

On Sunday, September 30, over 120 athletes who are differently-abled and more than 75 volunteers participated in the annual Special Games, an inclusive field day event presented by the Chuck Guttenberg Center for the Physically Challenged at the Kaplen JCC on the Palisades.

The games were held on the JCC's sun-drenched and spacious grounds. The energy was high, and children, teen and adult athletes participated in 14 exciting events, including golf putt, basketball, softball throw, Frisbee toss, soccer kick and bowling, as well as lacrosse throw, volleyball and an agility course. All athletes, sporting their Special Games T-shirts, received ribbons for each event they participated in. Great music, provided by DJ Randi Rae, was an inspiring backdrop for the day, and when the



games were over, everyone enjoyed a delicious barbecue.

"The Special Games is a totally volunteer-run event that celebrates the athletic talents of our athletes, the commitment of our volunteers, and supports community inclusion," says Shelley Levy, director of the JCC's Guttenberg Center for Special Ser-

vices. "Many of our athletes and volunteers return year after year, and we look forward to seeing their happy, smiling faces and to know that it is the spirit of inclusion we foster that brings us all together. It is a memorable day for everyone, as we support the athletes and celebrate their accomplishments. Due in large part to the generosity of our community sponsors, this year we doubled the donations we received—a true testament to the community of inclusion here at the JCC."

More than 1,000 ribbons were distributed to participants, and more than 300 hamburgers and hot dogs were served at the barbecue. The funds raised will continue to



support JCC programs for people of all ages with special challenges in our community.

The Special Games is held by the JCC Guttenberg Center for Special Services and is supported through the Chuck Guttenberg Center for the Physically Challenged, established by Adele and Bill Guttenberg in loving memory of their son Chuck. The center provides social, recreational, cultural and educational experi-

ences in natural community settings, with appropriate supports, for children, teens and adults who are differently-abled. For more information about programming or the Special Games, contact Shelley Levy at 201.408.1489 or sleavy@jccotp.org.

Parents of Lone Soldiers

CONTINUED FROM P. 23

an opportunity to hear from a former lone soldier, learn from government representatives about IDF rights and benefits and IDF programs and resources for families, as well as have the chance to meet other parents of lone soldiers.

"You don't realize how much is out there that you are missing until you go to one of these events and see what exists to help your child," said Giller, who said people were even taking pictures of the slide show presenta-

tions to try and capture every piece of information shared at the last event.

Kroopnick, Giller and the many parents who are part of their new network of friends are extremely grateful for the support and information of the Lone Soldier Program. "It's important to grab these information sessions when you have the chance," said Giller. "See what they are doing to help."

Kroopnick also appreciates the support on a whole community level. "The volunteers at the Lone Soldier Program know how we feel and can be there for us," she

said. "The support from the program and the community has been so important. We live in a community where the rebbeim in shul make a mi shebeirach for the chayalim, and it's incredible to know that Rav Sobolofsky includes my son by name. It's not always easy to go through, but to know the community supports your family and the Nefesh B'Nefesh-FIDF Lone Soldier Program is there supporting our children makes things much easier."

For more information please contact lloeffler@nbn.com, and to RSVP email dassahk@gmail.com.

Great PINK Challah Bake

CONTINUED FROM P. 24

is providing the AV and Inflated Creations is donating the exquisite balloon centerpieces. Other sponsors include A&E Fine Art, Berkshire Bank, Myriad Women's Health, Northeast Private Client Group, North Jersey Oral & Maxillofacial Surgery and Sari's Wigs."

Whether someone is an expert challah baker or new to the experience, The Great PINK Challah Bake hopes to welcome you to this spiritually uplifting evening of unity at Factory 220 in Passaic, on Thursday, October 25. Doors open at 6:00 p.m. and the event is from 7:30 p.m. to 9:30 p.m.

For those interested in being tested/screened for the BRCA gene, please arrive early and bring your insurance card. Please note that women interested in the BRCA screening will have to pre-qualify by answering a few short questions. To register, go to <https://www.showclix.com/event/JJGreatPinkChallahBake-General>.

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TIFF 2018 Offers Array of Fascinating Films

By JLNJ Staff

Filmmakers and actors will participate in talkbacks this year at the 13th annual Teaneck International Film Festival, November 1-4, at Teaneck Cinemas, Puffin Cultural Forum, Benjamin Franklin Middle School, Black Box Performing Arts Center and Temple Emeth. Descriptions of all the films and information about guests, tickets and venues may be found at www.teaneckfilmfestival.org.



and Ellie Sachs, will attend the screening with New York Times reporter John Leland, who wrote a series about senior citizens as well as the story of this narrative/comedy. The film's stars, Harry Miller and Shula Chernick, will also participate. The talkback will follow the screening and the short film, "Wendy's Shabbat," which is being sponsored by Wendy Wineburgh Dessanti, Weichert Realtors. Josh Ull, a schoolteacher in New York City who took members of a teen tour to visit with the Sun City seniors who celebrate the Sabbath at a local Wendy's fast food restaurant, will also be on the panel, which will be moderated by Sandee Barwarsky, Teaneck resident and culture editor of The



Shula Chernick in "My Annie Hall."

TIFF is proud to present "Nana," a documentary about an Auschwitz survivor whose life-long fight against intolerance is being passed on to new generations. Serena Dykman, who made the film about her grandmother, will participate in the talkback after the screening, Sunday, November 4, 3:40 p.m. at Teaneck Cinemas.



"My Annie Hall," a 30-minute remake of the Woody Allen Classic, directed by two young people who found their cast at a New York

City senior center, is being sponsored by Age-Friendly Teaneck and Jacqueline and Michael Kates. The filmmakers, Matt Starr



Meet Nana, a Holocaust survivor who became an activist.

New York Jewish Week. The two films will be shown at Temple Emeth, Sunday, November 4, at 12:30 p.m.

The Jewish Link of New Jersey will present "93Queen," the story of chasidic women who are shattering the glass ceiling in their Brooklyn neighborhood by creating the first all-female volunteer ambulance corps in New York City. Paula Eiselt, director, and Heidi Reinberg, producer, will share the stage with Moshe Kindelehrer, publisher of The Jewish Link. The film and talkback will be held at Teaneck Cinemas, Sunday, November 4, at 1:20 p.m.

Mark your calendar – buy tickets in advance (make some difficult choices!) – come to the movies.



Judge Ruchie Freier stars in "93 Queen," about women in Brooklyn on an ambulance corps.



Sun City seniors at their weekly Sabbath dinner at Wendy's.

A Unique Furniture Shopping Experience



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To accommodate the growth of their business, Unique has relocated to Linden, New Jersey, where they have built a state-of-the-art factory and showroom. Customers can now view a broad exhibit of furniture options on site, making the shopping experience smooth and pleasant. It's worth a trip from anywhere.

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SUNDAY, NOVEMBER 4, 2018

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Amb. John Bolton

Dr. Miriam and Sheldon Adelson Defender of Israel Award



Amb. Richard Grenell

Dr. Bob Shillman Outstanding Diplomacy Award



Mark Levin

Woo Kai-Sheng Outstanding Journalism Award



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For information, visit zoa.org/dinner2018 or call (212) 481-1500

To purchase tickets, visit zoagala2018.eventbrite.com

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COMMUNITY NEWS

Mendel Balk Yachad Center Holds Kick-off Event



The Mendel Balk Yachad Community Center kicked off the programming year at its opening event on Wednesday, October 3. Yachad participants and their friends from all over New Jersey attended, enjoying a delicious barbecue dinner, generously hosted by the Berman Family. Tamar Berman, a junior at Maayanot High School, has been involved with the Yachad Center since it

opened in 2017. Students from many local schools joined, including Bruriah, Frisch, Ma'ayanot, Na'aleh, RYNJ, Sinai and Yeshivat Noam. It is very special to see the community come together and welcome new participants. For more info about how to get involved in The Mendel Balk Yachad Community Center, please contact Rachel Israeli at israelir@ou.org.

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FRIDAY, OCTOBER 26, 2018

8 a.m. - 12:30 p.m.

John Theurer Cancer Center, Conference Rooms 1 & 2
92 Second Street, Hackensack, NJ 07601

PROGRAM

- 8 a.m.**
Registration and Breakfast
- 8:15 a.m.**
Welcoming Remarks
Stanley Waintraub, M.D.
- 8:30 a.m.**
Breast Cancer Risk Assessment:
Is it Still Necessary After All
These Years?
Freya Schnabel, M.D.
- 9:15 a.m.**
Hereditary Mutations
and Panel Testing
Banu Arun, M.D.
- 10 a.m.**
Q&A, Break
- 10:30 a.m.**
Clinical Management of
High Risk Patients
Claudine Isaacs, M.D.
- 11:15 a.m.**
Contemporary Issues Related to
Genetic Testing and Breast Cancer
Aliza Zidell, M.S., CGC
- 11:45 a.m.**
Panel Discussion, Q&A

FACULTY

- Stanley Waintraub, M.D., FACP**
Chief of Hematology
Co-Chief of Breast Oncology
John Theurer Cancer Center
Hackensack University Medical Center
Hackensack, NJ
- Freya Schnabel, M.D.**
Co-President of ISC-RAM
Professor of Surgery, Director of Breast Surgery
NYU Perlmutter Cancer Center
New York, NY
- Banu Arun, M.D.**
Co-President of ISC-RAM
Professor of Breast Medical Oncology
Co-Director of Clinical Cancer Genetics and
Clinical Cancer Prevention
The University of Texas,
M.D. Anderson Cancer Center
Houston, TX
- Claudine Isaacs, M.D.**
Professor of Medicine and Oncology
Medical Director of the Cancer Assessment and
Risk Evaluation Program
Georgetown University Medical Center
Washington, D.C.
- Aliza Zidell, M.S., CGC**
Genetic Counselor, Genetics Service
Hackensack University Medical Center
Hackensack, NJ

REGISTRATION & INFORMATION

Kristin Velardi at 551-996-5759 or kristin.velardi@hackensackmeridian.org
Or visit: HackensackUMC.org/BreastSymposium



Our mission is to advance the field of cancer risk assessment and promote effective strategies for education, surveillance, and cancer risk reduction. Visit: www.isc-ram.com

Special Commencement Celebrates Women Who Learn in Order to Do

(Courtesy of Touro College) This time of year heralds fall, back-to-school, the beginning of a new year and is not usually the height of graduation season. Yet, this week a group of unusual women experienced a commencement that is sure to be the start of new initiatives and inspiration for themselves and the thousands they serve. They celebrated the completion of the Chesed Leadership Program, a fellowship designed to nurture and advance Orthodox Jewish women leading nonprofit and social service organizations. This program was a partnership among UJA-Federation of New York, Lander College for Women and the Touro College Graduate School of Social Work.

"The Chesed Leadership Program represents a wonderful 'shidduch' between Touro and UJA. Both share a commitment to the future of the Jewish people and a mutual understanding of the power of a caring community," said Dr. Steven Huberman, dean of the Touro College Graduate School of Social Work. Huberman cited a Harvard study that looked at common traits of successful people and found that two Cs were essential—caring was number one and competency was number two. "The women in this program already care—they are directing organizations that address key challenges facing our community and they are dedicated to serving those in need every day. Through the Chesed Leadership Program, we



(l-r) Eric Goldstein, UJA-Federation CEO, and Dr. Steven Huberman, Touro College Graduate School of Social Work dean.

helped them build the skills they need to develop competency so they can lead and serve in a more professional way. We are proud to help them master the 2 Cs and know they will achieve success."

Over the course of the six-month fellowship, the women explored key topics in organizational development and strategic planning, volunteer and board development, public relations and social media, fundraising, financial management, technology and human resources. Touro President Alan Kadish highlighted a fundamental idea in the Jewish community: "Everyone has a unique role to play. We have a long history of empowering women dating back to the days of Deborah the prophetess who was a judge and teacher of the Jewish people. Touro has always been at the forefront when it comes to harmonizing traditional Jewish values with lead-

ership and professional accomplishment, and hearing about what the women in this fellowship program are accomplishing through their chesed is powerful."

The graduates are leading a variety of critical organizations in the community addressing issues such as addiction prevention, coping with autism, patient advocacy, support for pregnancy loss, training for Orthodox mental health professionals and more. Many are mothers and grandmothers with full-time jobs, whose charitable work is voluntary and represents a commitment to a cause by which they were personally touched.

According to Sara Rivka Kohn, commencement speaker and director of LINKS, an organization that supports grieving children and teens, "We are all part of a community of women for whom *not* doing is not an option. This program taught us the skills so that when we say yes to another project, we will do it right. I lost my mother at age 9 and there were no support services for me at the time. I felt so alone and as I grew up, I was determined to dispel the isolation for other children in this situation. Now I'm professionalizing my operation. My staff actually held their breath

every time I came into the office the day after one of my classes. I was so motivated and eager to implement everything I learned right away. It meant more work for all of us, but better service for those who need us."

"I'm so proud of our graduates who are making the most vulnerable among us feel part of the Jewish community," said Alexandra Roth-Kahn, managing director of the Caring Department at UJA-Federation. "Through their work, they are affirming the diversity of our community and expanding and strengthening it to include so many in need."

"The program exceeded all expectations we had when we conceived of this initiative," said Dr. Marian Stoltz-Loike,



Chesed Leadership graduates show off their certificates of completion.

dean of Touro's Lander College for Women/The Anna Ruth and Mark Hasten School and vice president of online education at Touro College. "The program participants were not content to see an issue and let someone else take care of it. They are creators and influencers who stepped

➔ CONTINUED ON NEXT PAGE



THE CBY ADULT EDUCATION COMMITTEE PRESENTS:

The Joseph N. Muschel Scholar in Residence Rabbi Dr. Ephraim Kanarfogel

E. Billi Ivy University Professor of Jewish History, Literature and Law
at Yeshiva University's Bernard Revel Graduate School of Jewish Studies

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Lech Lecha
October 19-20, 2018**



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"Infertility: Raising Awareness and Breaking the Stigma."

A Yesh Tikva Presentation

Tuesday, October 16 at 8:00 PM

At the Jewish Center of Teaneck

Yesh Tikva raises awareness on issues surrounding infertility.



Elie Haller Salomon, one of the co-founders of Yesh Tikva will be speaking about her personal struggles with infertility and what led her to founding an organization that supports couples facing these challenges and that helps raise awareness about infertility in our community.



Dr. Talia Hindin, a psychologist who coordinates Yesh Tikva's "Fertility Friends" mentorship program will discuss various topics regarding infertility including the mental health implications and Yesh Tikva's services. She will also address how as a community can be more sensitive about infertility in our speech and actions.

We hope you will join us for this inspiring event.

Please contact office@jcot.org with any questions.

Fair Lawn Course Addresses Dissonance Between Religion and Western Values

(Courtesy of Anshei Lubavitch) This October, Rabbi Avrohom Bergstein of Anshei Lubavitch in Fair Lawn, NJ, will offer Wrestling with Faith, a new six-session course by the acclaimed Rohr Jewish Learning Institute (JLI), that openly addresses common challenges people have in their relationship with God.

Beginning Sunday, October 21, at 7:30 p.m., participants in the course will grapple with issues that many struggle with, including beliefs in Judaism that seem primitive or outdated, reconciling scientific findings with ideas that cannot be proven in a lab, and the role of religion regarding gender roles, relationship choices and other such controversial issues.

"We recognize that almost everyone has some degree of skepticism when it comes to religion," Rabbi Bergstein of Anshei Lubavitch, the local JLI instructor in Fair Lawn, told the Jewish Link of New Jersey. "We've created this course for participants to think critically about these challenges—to approach them with an array of insightful perspectives—so we can articulate our beliefs to ourselves and to the next generation with clarity and conviction."

Women Who Learn in Order to Do

CONTINUED FROM PREVIOUS PAGE

up to the plate themselves to transform lives. Through this program, they were encouraged 'lilmod al minas laasos'—to learn in order to do, as Pirkei Avos teaches. These women were already doing. They came to learn so they could do more and do better."

The organizations led by the second class of Chesed Leadership Program participants run the gamut of needs in the Jewish community and include Madraigos, Agudah Women, Marion & Aaron Gural JCC of the Five Towns, Sephardic Bikur Cholim, NEFESH International, Vaad Refuah, NCSY Camp Maor and more.

Each of the Chesed Leadership Program participants was paired with a mentor who is a seasoned nonprofit executive. Mentors are working one on one with participants to expand on what was covered in the classes, answer questions specific to the needs of a particular organization and help students with planning for the future.

"Everyone here is a living embodiment of Olam Chesed Yibaneh," said Eric Goldstein, UJA-Federation CEO. "As with every commencement, this is the beginning, not the end. I know you will keep learning with and from each other and relying on the resources of UJA and Touro as we continue to build the Jewish community."

The ceremony ended when Chesed Leadership Program Director Cynthia Darrison presented each participant with a certificate of completion. "What I love about teaching and mentoring is that I'm always learning," said Darrison. "These women keep me on my toes and inspire me to think about how to improve and do things better."

Women leading nonprofit organizations in the Orthodox community who are interested in more information or who wish to apply for the next Chesed Leadership Program cohort should contact Cindy Darrison at cynthia.darrison@touro.edu.

Wrestling with Faith explores questions such as: Why do I need God if I can live perfectly well without Him? Does God really care about the nuances of Jewish practice? Doesn't the concept of "Jewish chosenness" seem racist? How can we relate to a loving and caring God amid the experience of tragedy and suffering? How do we reconcile compelling evidence for evolution and the age of the universe with a Bible that tells a different story? And finally, Is it even possible to develop a relationship with a God I cannot perceive with my five senses?

"People often deal with such issues by going on the defense," explained Rabbi Zalman Abraham of JLI's Brooklyn, New York, headquarters. "In this course we stay away from that. Instead, we embrace the challenges wholeheartedly and seek a broader context through which to understand the issues."

Jennifer Wiseman, a senior astrophysicist at NASA and the director of the American Association for the Advancement of Science's Dialogue on Science, Ethics, and Religion, commented about the course: "At a time when science and technology dominate the mechanics and framing of our modern lives, it is more important than ever to ask the bigger questions of life's purpose and values. This course enables the seeker to embrace the achievements of modern science while seeking the higher gifts of wisdom, meaning, and a personal relationship with God."

Like all JLI programs, this course is designed to appeal to people at all levels of knowledge, including those without any prior experience or background in Jewish learning. All JLI courses are open to the public, and attendees need not be affiliated with a particular synagogue, temple, or other house of worship.



Rabbi Avrohom Bergstein

Interested students may call 201.362.2712 or visit www.myJLI.com for registration and for other course-related information.

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Jewish Family & Children's Services of NNJ Receives PRESIDE Grant for Expansion



Jewish Family & Children's Services of Northern New Jersey (JFCSNNJ) has been selected as one of 15 Jewish organizations across the U.S. to participate in PRESIDE. This program will allow JFCSNNJ to expand its capacity to reach more people within the communities of Bergen, Passaic and Hudson counties.

Developed and operated by a well-respected national foundation, PRESIDE is not only a matching grant opportunity, but also a unique 18-month program that provides a select group of nonprofit leaders with critical training and consulting to guide their organizations into the future. This training program is teaching JFCSNNJ how to operate using Jewish values to build a sustainable culture of intentional leadership and effective governance within its organization.

Susan Greenbaum, CEO of JFCSNNJ, is humbled by the opportunity presented by PRESIDE. "We are deeply grateful for being chosen to participate in PRESIDE. As our agency continues to expand to deliver additional services to more people in our community, this opportunity opens up unlimited possibilities for the future."

Debbie Harris, president of the board of directors at JFCSNNJ, is part of the leadership team that is receiving training from PRESIDE. She feels that "not only is this an opportunity for JFCSNNJ to grow its capacity as a human services organization, but this grant will allow our agency to establish an ongoing commitment to those who need our help within the community."

As part of the PRESIDE Grant, JFCSNNJ will be receiving matching funds for specific donations raised during this 18-month time period. As such, JFCSNNJ is initiating its first significant fundraising campaign, which will run through August of 2020.

For more information or to make a donation, please visit www.jfcsnnj.org.

Cong. Beth Aaron Turns Friday Night Into Shabbat

Bring your relative, neighbor, colleague or friend to this year's Shabbat Project Friday Event. On Friday, October 26, please join Congregation Beth Aaron as it partners with the Jewish Learning Experience and the Shabbat Project in bringing the beauty of Shabbat to those who may not typically experience it. The evening will begin with candle lighting at 5:45 p.m., followed by a lively Kabbalat Shabbat service at 5:50 p.m., and continue with a sumptuous catered dinner. Dinner will be enhanced by zemirot and divrei Torah, inspirational speakers and special guest entertainment.

Online reservations/sponsorships are now open at <https://www.bethaaron.org/event/shabbosproject18> (reservations are required for dinner). For any questions, please contact Joy Sperber at joy.sperber@gmail.com, or Sam Kaplan at skaplan@zaralo.com.

Congregation Bnai Yeshurun to Host Congressional Candidates

On Sunday morning, October 21, Congregation Bnai Yeshurun will host a congressional candidates forum. Join Rabbi Steven Pruzansky in conversation on the politics, policies and issues of the day with Republican candidate John McCann (9:30 a.m.) and incumbent Democrat Congressman Josh Gottheimer (10:30 a.m.).



John McCann



Josh Gottheimer

The event will take place at 641 West Englewood Avenue, in Teaneck, in the downstairs classrooms. All are invited.

Shalom Task Force to Hold Annual Brunch

The Shalom Task Force Annual Brunch will take place on Sunday, November 4, at 9:30 a.m. at the Sephardic Temple, 775 Branch Boulevard, Cedarhurst, New York.

Shalom Task Force was launched more than 25 years ago to address the issue of domestic abuse in the Jewish community. Since its inception, 21,000 callers have availed themselves of the STF anonymous hotline.

The brunch will help raise funds to enable Shalom Task Force to continue to deliver its many services, including its confidential hotline education and prevention programs for young adults, Shalom workshops for engaged and married couples, and Sarah's Voice, providing free legal services to victims.

At this year's brunch, Shani Traube will be the guest of honor. The Professional Leadership Award will be presented to Rachel Hercman and Frady Kess will receive the Dedicated Service Award. Dr. Sarah Silverman will be presented with the Hakarat Hatov Award and the Community Leadership Award will go to Rabbi Peretz Steinberg.

For more information or to make your reservation, please visit www.shalomtaskforce.org.

Gala Honors Community Leader for Service to Seniors

If a community is defined by the people and places within it, then community service should be measured by how well each serves the other.

Bright Side Manor, a non-profit assisted living residence in Teaneck, has provided decades of service to vulnerable, low-income older adults in the region. Jacqueline Kates, a former Teaneck mayor has provided decades of service to government, schools, religious groups and worthy causes such as Bright Side Manor.

An October 18 fall gala will offer local leaders and residents a chance to say "thank you" to both of these pillars of community service.

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DO YOU HAVE A CHILD SUFFERING FROM ANXIETY?

IndieFlix presents



Mark your Calendars!
October 16th at 8 p.m. at
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Come see the documentary "Angst".

A panel of experts will lead a question and answer session following the movie.

Open to All in the Community.

This documentary is not currently available in movie theaters or for at home viewing...

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Please contact psp@yeshivatnoam.org for any questions.



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The event will be held from 6 to 9 p.m. at The Palisadium in Cliffside Park and will feature dinner, music and tributes to Kates, who has served on the Teaneck council, school board and in a variety of civic roles. Kates has most recently started as the project coordinator of Age-Friendly Teaneck, a community initiative to help older adults age in place.

Senior Housing Services, Inc., the non-profit that operates Bright Side Manor, is honoring Kates because, "Jackie really gets it," Bright Side Executive Director Elizabeth Davis said. "She has understood from our very early days why a place like Bright Side is needed and why the community should support it."

All proceeds from the October 18 gala will benefit Bright Side Manor's future plans to build a two-story addition with private rooms and additional activity space for residents.

"Bright Side Manor has always had a home-like atmosphere, but its residents also deserve less-cramped spaces for dining, recreating and meeting with their caregivers and families," Kates said. "The community's support is needed to make sure Bright Side Manor can modernize while also remaining affordable in a county where assisted living rates are priced out of reach for many older adults."

To purchase tickets or donate in other ways, please call 201-692-1000 or visit www.seniorhousingservices.org.

Join Community Education Event on Addiction

Join an information session on Addiction and Substance Abuse: Understanding

the Landscape and Its Impact on Us, on Sunday, November 4, 2018, 7:30 to 9 p.m. at Congregation Keter Torah, at 600 Roemer Avenue in Teaneck. Understand more about recent drug trends, state and local initiatives, addiction and what we can do to address and prevent it. This is an opportunity for you to ask questions of a panel featuring local and state experts in addiction as well as relevant community leadership and members. The event is free of charge. See our website at <https://www.time2talkaddiction.org/> to submit your questions for the panel, or email Time2TalkAddiction@gmail.com for more information. Sponsorship opportunities are available on our website.

Kaplen JCC on the Palisades Screens 'The Museum'



"The Museum," a film about Israel's most important institution, the Israel Museum, follows both the visitors and guides, and documents the human aspects of the museum: the director, a singing security guard, the kashrut inspector, a Palestinian guide and a visitor who lost her vision. Director Ran Tal will attend and speak at the event.

The screening will be on Sunday, October 14, beginning with a 7 p.m. reception. The 7:30 screening will follow. Contact the Kaplen JCC for ticket pricing information.

Yeshiva University and OU Press Celebrate Completion of Soloveitchik Chumash

Yeshiva University (YU) and the Orthodox Union (OU) will co-host Remembering the Rav – Celebrating the Completion of "Chumash Mesoras HaRav: The Newwirth Edition" on Sunday, October 14, from 9:30 a.m. to 12 p.m. in Yeshiva University's Weissberg Commons. The program is free of charge and open to men and women. Part of YU's Kollel Yom Rishon series, this special event marks the publication of the commentary on Chumash based upon the teachings of Rabbi Joseph B. Soloveitchik and will include presentations from some of the Rav's most illustrious students. To register, go to <https://oupress.org/remembering-the-rav/>.

The program, led by Rabbi Simon Posner, executive editor of OU Press, will feature several prominent speakers, including a keynote address from Dr. Ari Berman, president of Yeshiva University. Other speakers include Rabbi Hershel Schachter, rosh yeshiva and rosh kollel at the Rabbi Isaac Elchanan Theological Seminary (RIETS) and senior posekat OU Kosher; Rabbi Mayer Twersky, rosh yeshiva at RIETS; Dr. Arnold Lustiger, the editor of "Chumash Mesoras HaRav"; Rabbi Menachem Genack, rosh yeshiva at RIETS, CEO of OU Kosher and General Editor of OU Press; and Rabbi Julius Berman, chairman of the OU Press Commission and a trustee of Yeshiva University.

The "Chumash Mesoras HaRav," published by OU Press, has been a multi-year project to make Rabbi Soloveitchik's commentary on the Torah readily accessible to

readers. Compiled and edited by Dr. Arnold Lustiger, the project draws upon material from dozens of published sources in Hebrew, English and Yiddish, as well as many previously unpublished lectures and tapes of Rabbi Soloveitchik's shiurim.

This material is presented in concise English, often in the Rav's own language, as a running commentary alongside the Chumash text. The "Chumash Mesoras HaRav" presents the Rav's philosophical insights, homiletic interpretations and Talmudic analysis in a form that transforms them from a diverse array of sources into a timeless commentary.

"The completion of the 'Chumash Mesoras HaRav' project is a pioneering event in Jewish publishing and will serve to further disseminate the Rav's Torah. The upcoming event at Yeshiva University provides us the opportunity to give kavod to the Rav and pay public tribute to his memory," said Rabbi Posner.

YUConnects and CBY Present 'When Children Date: The Complex Role of Parents'

"My daughter is dating a guy but my husband and I have some reservations. Should we speak up?" "Our son never discusses his relationships with us. Is that normal?" "How financially secure does a young couple need to be before marriage?"

These questions and many more will be addressed on Wednesday, October 24, at 8:00 p.m. at a fascinating community symposium presented by YUConnects at Congregation B'nai Yeshurun in Teaneck. "When

CONTINUED ON NEXT PAGE

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CONTINUED FROM PREVIOUS PAGE

Children Date: The Complex Role of Parents" will highlight contemporary scenarios affecting family relationships. Panelists include Rabbi Yaakov Neuburger, Rosh Yeshiva, RIETS and rabbi of Congregation Beth Abraham; Rabbi Moshe Tzvi Weinberg, a rebbe at YU and mashpia at Congregation Beth Abraham; and Mrs. Mindy Eisenman, staff connector at YUConnects. These panelists will focus on common issues in a lively conversation moderated by Rabbi Binyamin Krohn, mashgiach ruchani at YU and rabbi of YI of Teaneck, and Dr. Efrat Sobolofsky, director of YUConnects.

Over 20 local shuls are participating in the event and publicizing the importance of addressing this relevant topic. Submit any symposium questions and kindly RSVP at yuconnects@yu.edu. Free admission and walk-ins welcome. The evening is being sponsored by Gila and Dovid Weinstein.

YUConnects is a self-funded, nonprofit program housed at YU's Center for the Jewish Future and open to the entire Jewish community. To learn more, please visit www.yuconnects.com or call 646-592-4259.

Young Israel of Fort Lee Hosts Rabbi Dr. Edward Reichman

On Monday, October 15, at noon, the Young Israel of Fort Lee will be Rabbi Dr. Edward Reichman for its monthly Lunch and Learn program.

Rabbi Dr. Reichman will be speaking on the topic of "Medical Innovations & Halacha." The presentation will focus on an array of Jewish medical ethics issues such as creating a child to save a sibling, PGD, or-

gan donation and much more. Q&A will follow.

Q&A will follow and all are welcome. The lecture will take place at the Young Israel of Fort Lee; 1610 Parker Ave, Fort Lee. For any inquiries please call 202-592-1518.

The lecture is free and open to the public. There is a \$5 cost for lunch.

Rinat Presents the Ten Commandments: From the Bible to Rembrandt

Join Cong. Rinat Yisrael Adult Education committee on Sunday, November 11, 2018 at 8 p.m. in the social hall for a pres-



Jordan S Penkower



Rabbi Edward Reichman



Penkower lecture.

entation by Prof. Jordan S. Penkower, of Bar Ilan University. Professor Penkower will review the history of depictions of the Tablets of the Covenant and the Ten Commandments inscribed thereon, from the Bible through the Middle Ages, in both Jewish and Christian Art. In two of Rembrandt's paintings, the last five Commandments can be read clearly.

He will discuss the shape of the two tablets, the division of the Ten Commandments, the division of the sections (oars-shot) and the Jewish sources upon which these representations are based.

Prof. Jordan S. Penkower is an expert on the transmission of the Hebrew Bible and masorah both in manuscripts and printed editions. His research extends to broad aspects of the Bible in rabbinic interpretation, as well as Jewish medieval biblical exegesis, especially that of Rashi. His publications focus on textual transmission of the Bible and the mesorah, the Bible in rabbinic exegesis and medieval Jewish biblical exegesis.

The Sochotchover Rebbe Visits Teaneck

An uplifting Shabbat of chasidic thought and inspiration is coming to Teaneck! The community will be honored on Shabbat Parshat Lech Lecha (Oct 19-20) with the presence of HaRav Shmuel Y. Bornstein, Rebbe of Sochotchov. The Rebbe shlita is the direct heir to the dynasty of the Avnei Neizer and the Shem M'Shmuel, the giants of Polish Jewry. The Rebbe also descends from other great luminaries such as the Beis HaLevi of Brisk and the Rebbes of Kotsk and Radomsk.

The legacy of the Rebbes of Sochotchov was one of brilliant and analytical Torah scholarship combined with total dedication to the needs of their flock. The current Rebbe is respected for his ability to relate to people both on a scholarly and on a personal level. His broad knowledge of the Polish chasidic masters is matched by his deep compassion for all who seek his

help. The Rebbe leads the beis midrash of Sochotchov in Bayit V'Gan as well as the newly established beis midrash and kollel in Beit Shemesh.

The Rebbe will be spending Shabbat at the home of Miriam and Alan Greenspan. He will be davening at both Congregation Beth Abraham and Congregation Bnai Yeshurun over the course of Shabbat and sharing divrei Torah and divrei bracha throughout Shabbat.

Friday night: Mincha/Kabbalat Shabbat at Cong. Beth Abraham, 5:50 p.m.

Friday night tish at the home of Avi and Ramona Elishis, 68 Westminster Ave, 8:45 p.m.

Shabbat morning Shacharit at Cong Bnai Yeshurun (nusach Sfarid minyan), 8:30 a.m.

Mincha/seudah shlishit at Cong. Beth Abraham, 5:25 p.m.

The Rebbe will be happy to meet and speak with individuals on a more personal basis on Motzei Shabbat after 8 p.m. and Sunday morning from 9-12 a.m. at the Greenspan home at 545 Winthrop Road. Please email Miriam, miriamgreenspan@hotmail.com (201-960-2912), or Alan Greenspan, ahgreenspan@msn.com, to schedule an appointment to meet with the Rebbe.



The Sochotchover Rebbe

Jewish Federation presents

FED Talks: Israel

Nitsana Darshan-Leitner

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Monday

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7:30 pm

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Nitsana Darshan-Leitner is an Israeli attorney, human rights activist and the founder of Shurat HaDin Israeli Law Center. She has been leading the legal fight against terror financing, the anti-Israel boycott campaigns (BDS) and combating the multitude of lawfare tactics utilized against the Jewish State by its enemies. Ms. Darshan-Leitner assisted in blocking the Gaza Flotilla and terminated efforts to indict IDF soldiers for war crimes.

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Great Neck: Tuesday & Thursday

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NORPAC Hosts Congressman Joe Wilson (R-SC) in Englewood



From left: Dr. Richard Schlusel, Congressman Joe Wilson.

(Courtesy of NORPAC) On Sunday, October 7, Sara and Richard Schlusel hosted an event in Englewood for Congressman Joe Wilson (R-SC).

Congressman Wilson served in the United States Army Reserves from 1972-1975 and the South Carolina Army National Guard. Before being elected to Congress in 2001, he served seventeen years in the South Carolina State Senate. In Congress, he serves as an assistant majority whip, is a member of the House Armed Services Committee, and is a senior member of the

House Foreign Affairs Committee.

The Congressman's district contains some of the oldest Jewish communities in America, dating back to 1669. Wilson discussed his constituents' strong support for Israel and his hopes for continuing bipartisan work in Congress. Due to his seniority, Wilson may have the opportunity to succeed Congressman Ed Royce (R-CA) as the next chairman of the Foreign Affairs Committee.

Congressman Wilson will be seeking re-election this November.

BNOT Block Party Is Fun for All



Cub Scouts Hold First Pack Meeting

Thirty excited boys could nearly feel the flickering flame of next week's campfire, and the taste of toasted marshmallows is on the tip of their tongues. The Scouts held their first Pack-wide meeting on Sunday. Old timers (if you can label a third grader "old") welcomed many newcomers.

Each Den prepared: The Wolves, in second grade, rehearsed their jokes for the skit. "Why can't you trust atoms?"

"I don't know, why can't you trust atoms?"

"Because they *make up* everything."

Kids: Wolf howls of approval.

Parents: Groan.

Other Scouts learned how to build a fire—and keep it safe. Another Den planned the food.

Sunday at 4 p.m., in the rustic Alpine re-



Two scouts in uniform at a recent event.

(CREDIT: SHIRA SILVERBERG)

treat, just 10 miles from Teaneck, the Cub Scouts will gather for the greatest of all Scout traditions: a jamboree. Boys K-4 are invited to visit! No

obligation, but you will have to lick marshmallow off your fingers.

Chabads in Tenaflly and West Orange Begin New JLI Course on Faith

(Courtesy of JLI) Lubavitch on the Palisades and Chabad of West Orange will present Wrestling With Faith, the new six-week course from the Rohr Jewish Learning Institute. Wrestling With Faith will explore questions such as: Why do I need God if I can live perfectly well without Him? Does God really care about the nuances of Jewish practice? Doesn't the concept of "Jewish chosenness" seem racist? How can we relate to a loving and caring God amid the experience of tragedy and suffering? How do we reconcile compelling evidence for evolution and the age of the universe with a Bible that tells a different story? And: Is it even possible to develop a relationship with a God I cannot perceive with my five senses?

The Chabad of West Orange course will begin on October 22 at 7:30 p.m., and the Lubavitch on the Palisades course will begin on October 23, from 8-9:30 p.m..

The course will be given by Rabbi Mendy Kasowitz at Chabad of West Orange, and by Rabbi Mordechai Shain at Lubavitch on the Palisades in Tenaflly. Registration required: www.myjli.com. Fee: \$90. Early bird and multiple registration discounts available.

Contact 973-325-6311 or visit www.chabadwestorange.com/jli for registration and for other course-related information for Chabad of West Orange. To try out the first class at Lubavitch on the Palisades, please email dubbie@lotpnj.org, and for more information, visit www.chabad-lubavitch.org or call 201-871-1152, ext. 512.

Upcoming Learning Opportunities @ Young Israel of Fort Lee

Fall Learning Series with Rabbi Zev Goldberg "Fundamentals of Jewish Thought"

A text based course focused on questions central to the Jewish faith. Topics include: Free Will, the Afterlife & Messianic Times.

Course Dates: Wednesdays Oct. 17, 24, 31 & Nov. 7, 14, 21
Classes meet 9:45 am

Lunch & Learn with Rabbi Dr. Eddie Reichman "Medical Innovations & Halacha"

Rabbi Dr. Reichman will discuss an array of Jewish Medical Ethics issues such as creating a child to save a sibling, PGD, organ donation and more...

Monday, Oct. 15, 12:00 pm

Young Israel of Fort Lee
1610 Parker Avenue, Fort Lee, NJ 07024
201.592.1581 / yiftlee@gmail.com

Authorities Investigate Anti-Semitic Graffiti in Union County

The investigation into anti-Semitic, racist and vulgar graffiti that was discovered at Scotch Plains-Fanwood High School last weekend is continuing, according to reports. The graffiti was spray painted on the exterior walls of the high school but was removed late Saturday night.

Dov Ben-Shimon, executive VP/CEO, Jewish Federation of Greater MetroWest, posted photos of the graffiti on his Facebook page immediately after Shabbat.

"We're deeply shocked and offended by the vile racist and hate-filled graffiti that was found on the wall of Scotch Plains-Fanwood High School," Dov Shimon wrote. "The Jewish Federation of Greater MetroWest NJ has reached out to the Scotch Plains police, who are investigating. We're grateful for their service in protecting the community. Federation has also contacted Homeland Security and the Union County Prosecutor's Office. We understand that this is being treated for now as a bias crime. Words and symbols of this kind are evil, shameful and stand in opposition to all that we value."

On Tuesday, Dov Shimon added an additional post. "None of this is ok. None of it. Hate speech builds and breeds more hate speech. You don't keep quiet in the face of evil. You confront it. You shine a light on it. You object. You speak out. You don't stay silent."

This is the second recent incident in Union County involving swastikas. Another was discovered at Franklin Elementary School in Westfield, reportedly etched by a student.

JFS Gives Holocaust Compensation Update for Family Caregivers

Deb Kram, outreach manager, Conference on Jewish Material Claims Against Germany, will be available Thursday evening, October 18, at the JFS Halpern Building, 655 Westfield Avenue, Elizabeth, New Jersey, to speak to family caregivers about updates on Holocaust compensation programs. The program will take place 6:30-8:00 p.m. Kosher dinner will be served. Transportation will be provided for those who qualify.



Deb Kram

Kram will be available to speak about ongoing activities focused on individual compensation programs and answer questions concerning claims-conference benefits. Holocaust survivors will have the opportunity to speak with Kram the same day at the Café Europa Program, 12:30-2:30 p.m.

This program is funded by a grant from the JFNA Center for Advanced Holocaust Survivor Care, the Jewish Federation of Greater MetroWest NJ, the Conference on Jewish Material Claims Against Germany and the Wilf Family Foundation.

RSVP to Robin Kabakow at 908-352-8375 or RKabakow@jfscentralnj.org if you are interested in attending.

Chabad of West Orange Goes to Crown Heights

Joining the trip to Crown Heights on Saturday evening, September 29, were (l-r front row) Harry Vine, CWO Directors Rabbi Mendy and Altie Kasowitz, Elianan Hendler, Einya Aaron, Betty and Zvi (taking picture) Lando and their children, Sophie Pizem, Paul Newman, Betsy and Steve Goldstein, Michael Kessel, Shirley Hausman, (top) Michael Aaron, VP Chaim Massoth, Eli Kasowitz, Avrumi Linfield, Yehoshua Jungreis for Simchas Bais Hashoeva.



Bris Avrohom Holds Simchas Beis Hashoeva

Per the holiday custom, Bris Avrohom held a Community Simchas Beis Hashoeva run by Rabbi and Mrs. Avremy Kanelsky, youth directors. Over 150 men, women and children were in attendance. Sandy Shmueli energized the crowd with lively music. Refreshments were served and the children enjoyed arts and crafts, said the 12 pesukim and enjoyed yummy ice pops.

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Suicide Prevention Walk on Sunday, October 14

(Courtesy of Team Eric) Please join the Levenson and Krasna families on Sunday, October 14, as Team Eric again joins the American Friends for Suicide Prevention for an "Out of the Darkness Walk" around the lake in memory of their beloved son, Eric, z"l.

The location will be Verona Park with registration at 1:30 p.m. Opening ceremonies and walk begin at 2:30 p.m. Walk ends by 5:00 p.m.

Online registration closes at noon the Friday before the walk, on the AFSP web site: <https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.teamParticipants&teamID=168202>. However, anyone who would like to participate can register in person at the walk from the time check-in begins until the walk starts.

Last year, Team Eric had 120 walkers, alongside other walkers remembering other



er loved ones. Among the walkers was a group of police officers, walking in memory of fallen comrades.

When you walk in the Out of the Darkness Walks, you join the effort with hundreds of thousands of people to raise awareness and funds that allow the American

Foundation for Suicide Prevention (AFSP) to invest in new research, create educational programs, advocate for public policy and support survivors of suicide loss.

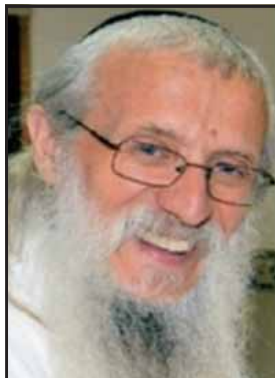
While there is no registration charge for this event, all donations to either AFSP—Team Eric, or the family's foundation, the

Eric Eliezer Levenson Foundation for Hope, are appreciated.

If you participated last year, please wear your Team Eric tee-shirt again proudly. For those of you who are joining for the first time, please advise as to what size you will need.

Parsippany Shabbaton to Feature Rabbi Mendelevich

(Courtesy of Cong. Shaya Ahavat Torah) Rabbi Yosef Mendelevich will be the scholar-in-residence for the eighth Dr. George S. Rotter Memorial Shabbaton at Congregation Shaya Ahavat Torah in Parsippany, November 16-17. The Shabbaton will begin on Friday, November 16th, with Shabbos services at 4:30 p.m. followed by a sumptuous Shabbat dinner at 5:30



p.m. Rabbi Mendelevich will give his keynote presentation, "Confession of a Jewish Hijacker," following dinner.

The Shabbaton continues on Saturday, November 17, with services at 9 a.m. Rabbi Mendelevich will again address the congregation following a deluxe kiddish, speaking of "Tasting and Embracing Freedom: From Pris-

oner for Zion to Citizen of Zion World."

Rabbi Mendelevich is a Jewish refugee from the former Soviet Union, who is now living in Jerusalem. He gained fame for his adherence to Judaism and public attempts to emigrate to Israel at a time when it was considered to be against the law in the USSR. His riveting story relates how he survived 11 years in the Gulag. During his imprisonment he resisted attempts to squash his body and soul while deepening his faith and love for Israel. Worldwide pressure by the Soviet Jewry move-

ment finally gained his release to Israel. He married to become the father of seven, obtained rabbinical ordination and happily teaches Torah in Jerusalem.

Congregation Shaya Ahavat Torah is located at 113 Hawkins Ave. in Parsippany, New Jersey, and has expanded its community eruv to include the nearby Holiday Inn and the Ramada Inn. The deadline for Shabbaton reservations is November 7. For more information, contact Naomi Rotter at nbrotter@optonline.net or Rabbi Shalom Lubin at 973-896-6577.

MEET THE AUTHOR



DEBORAH O'KEEFE

Author of:
Good Girl Messages: How Young Women Were Misled by Their Favorite Books



Deborah grew up in Stamford CT and got her PhD in English and American Lit from Columbia University. She taught Composition and Creative Writing at Hobart, Cornell, Vassar and Manhattanville. Deborah is the author of two books, *Good Girl Messages: How Young Women Were Misled by Their Favorite Books* (Continuum Press, 2000) and *Readers in Wonderland: The Liberating Worlds of Fantasy Fiction* (Continuum Press, 2003), and has published articles in *McCall's*, *College English*, *American Heritage*, *National Lampoon*, and *The New York Times*.

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Partial Funding for this program from the PCCHC.



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Ethiopian Jew Discusses Jewish Life in Ethiopia With Greater MetroWest CRC

(Courtesy of GMWFCRC) On September 27, just one week after Prime Minister Netanyahu agreed to allow 1,000 more Ethiopian Jews to immigrate to Israel, the Greater MetroWest Community Relations Committee met with Abere Endeshaw Kerehu, a 23-year-old Orthodox Ethiopian Jew, to learn about the conditions of the Jewish commu-

man for the Ethiopian Jewish community and is in close contact with the Ethiopian community in Israel, which has been raising awareness to bring the remaining 8,000 Ethiopian Jews to Israel. Kerehu expressed disappointment that the Israeli government is only offering to bring 1,000 Ethiopians who have children already living in

Jews who call themselves Beta Israel, some refer to the Ethiopian Jews who remain in Gondar and Addis Ababa, Ethiopia, as Falash Mura.

Kerehu explained that the Jews in Ethiopia consider the term Falash Mura a derogatory label. He explained that the remaining 8,000 Ethiopian Jews do not qualify under the Law of Return because they cannot document that they have at least one grandparent who is halachically Jewish. In many cases, due to discrimination of Jews and poor economic opportunities, Ethiopian Jews converted to Christianity generations ago so they could own land and provide for their families. In other cases, Ethiopian Jews intermarried.

After all the Beta Israel were rescued from Ethiopia, the Israeli government enacted a Law of Reunification to permit the remaining Ethiopian Jews to make aliyah if they have a first-degree Israeli relative who has sponsored them and they agree to convert to Orthodox Judaism upon arrival in Israel. Last year, 1,300 Ethiopian Jews were brought to Israel and moved to absorption centers in the Jewish state. The Israeli government invests a tremendous amount of money into the difficult absorption of Ethiopian immigrants, who generally live in the absorption centers for a minimum of two years before they are entitled to government housing subsidies to partially pay for the purchase their own homes.



(l-r) Ellen Goldner, Mel Jacobs, Sue Rosenthal, Abere Endeshaw Kerehu, Sheri Goldberg, Michael Smith, Howard Tepper.



Women in the Gondar, Ethiopia Jewish Community Center preparing for prayer.



Jewish boy studying at the Jewish Community Center in Gondar, Ethiopia.

nity in Addis Ababa. Kerehu was born in Gondar, Ethiopia, and moved with his family to the Addis Ababa's Jewish community. He attends university in Addis Ababa and is a member of the Young African Leaders Initiative Network, where he must hide his Jewish identity for fear of discrimination.

This summer, Kerehu came to New York City at the invitation of Romemu's Rabbi David Ingber to study at a yeshiva on scholarship. He explained that he is the spokes-

Israel. Although he had never before left Africa, all of Kerehu's mother's extended family live in Israel.

In 2013, Israel declared that all of the Beta Israel Jews from Ethiopia had been rescued and brought to Israel. However, when rescuing these Jews, families were divided, leaving approximately 8,000 relatives who are currently practicing Orthodox Judaism in Ethiopia with first-degree relatives in Israel. To distinguish between the Ethiopian Israeli

Of the 8,000 Jews currently practicing Orthodox Judaism in Ethiopia, approximately 3,000 live in Addis Ababa and 5,000 in Gondar. In Addis Ababa they remove their kippot in public for fear of discrimination. If their identity is discovered in Addis Ababa, they are evicted and can be seen scrambling to find new housing, carrying their mattresses on their backs as often as every three months. If they are identified as Jews, they are not allowed to have government identity papers and therefore have limited access to gainful employment.

The Ethiopian Jews in Gondar, in contrast, pray three times a day at the Jewish Community Center in Gondar where they openly and proudly study Hebrew in preparation to eventually move to Israel. Entire families are living in single-room huts with dirt floors in poverty conditions. The only financial assistance they receive in Ethiopia is from family members who live in Israel. Some of these Ethiopian Jews have been waiting as long as 20 years with the hope of being rescued.

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SEE WILD DEALS AND MORE INFO ON PAGE 11!

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EXCITING PROGRAMS:

THURSDAY, OCTOBER 25, 2018

TWO COMMUNITY CHALLAH BAKES

- 5:30PM @ JCC West Orange
760 Northfield Avenue, West Orange, NJ
- 6:30PM @ Shabbat House
664 Eagle Rock Avenue, West Orange, NJ

WHISKEY & WISDOM

- 8:00PM @ Suburban Torah
85 W Mt. Pleasant Ave, Livingston, NJ

FRIDAY, OCTOBER 26, 2018

SHABBAT SERVICES, DINNER AND PROGRAM

- 5:30PM @ Wilshire Hotel
350 Pleasant Valley Way, West Orange, NJ
- Keynote Speaker: Rabbi YY Jacobson
- Kids Program

SATURDAY, OCTOBER 27, 2018

- Morning Services: Cong. AABJ&D presents Rabbi YY Jacobson as Scholar-in-Residence
- 700 Pleasant Valley Way, West Orange, NJ

COMMUNITY HAVDALLAH PROGRAM

- with music and livestreaming of Rabbi Jacobson's speech around the world
- 8:00PM @ JCC West Orange
- 760 Northfield Avenue, West Orange, NJ
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FASHION LINK

OF NEW JERSEY



Fall Hair Trends of 2018



By Sari Friedbauer

In contrast with the decreasing temperatures outside, hair accessories are rising, and appearing more and more on the runways and red carpets this season. Hairpins of all types are being used to add pizzazz to any type of bun, updo or half-updo style. Bobby pins placed in unique patterns are being used to add in a touch of flair to hair left down, allowing for one side to be pulled back. Thick headbands and scarves worn with your hair up or down add both style and warmth to your fall wardrobe and helps to make sheitels and falls look so much more natural! Claw-clips, your favorite '80s hair accessory, is back and bigger than ever! Throw your hair up in one these for a comfortable look, which allows all of your hair to be off your face and neck. Top knots are still popular and work so well in sheitels when worn with hair half up. Bows are being worn with both curly and straight hair, also in hair pulled half up



and hair all up, adding a feminine flair to any hairstyle. Hair shimmer and glitter are being incorporated into so many different types of updos. Hair accessories are so big this season, it seems like you can never have enough of them!



Perfectly straight center parts, a simple yet sophisticated style, is a big trend this season. This look can be challenging for sheitel wearers and should be attempted only while wearing the newest flat tops. Even with those achieving a natural look it can be tricky; consult with a trained sheitel stylist to show you how to wear this look best. Hair tucked behind the ear to show off more of the face is popular; for sheitel wearers, achieve this look by removing the wigs earflaps so that this look is achievable. Bold bobs are gaining more popularity this season, and you will see more celebrities experimenting with this shorter length. Sleek ponytails as well as messy buns like Meghan Markle's signature look, a low-key updo, are continuing to trend. Her wispy style is achievable by spraying the crown of one's head with hairspray then brushing it back into a bun, and finishing it off by pulling out a few pieces of hair to get that wind-blown look. Banana buns, an elegant yet romantic hairstyle that involves twisting and pinning of the hair, will be seen at a lot of fall weddings. Stars are starting to embrace the half-up half-down look since it allows the hair to be kept off the face and maintains its hold well in any weather condition. This look works so well for sheitels as it prevents the heavy density of the side hair from the wig from constantly falling into one's face.

Hair textures this season are mostly silky and shiny, with an emphasis on healthy-looking hair. The spotlight will be on smooth and straight hair. To achieve this glossy look, use a frizz-ease daily nourishment leave-in conditioner. Pin-straight hair is one of the most prominent trends this year. For those tired of the typical curling iron-waved look, finger waves is a great alternative-, and gives you a throwback look. Wet and wavy curls is still trending this season, along with the bed-head-tousled-I-just-woke-up look. This tousled look is achievable by brushing out the beach-waves. This texture works super well for sheitel wearers, as your sheitel looks super



trendy once the curls fall! You will be sure to notice hair ends that are flipped up; ends that are slightly turned upward at the tip add a fun look to almost any cut. With so many looks to choose from, have fun this season and try something new. There is bound to be a flattering trend that will be perfect for you!

Sari Friedbauer is the owner of Sari's Wigs. She is a licensed cosmetologist and certified wig maker. She is available for consults and can be reached at 201-694-5319.

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FASHION LINK



How to Get More Enjoyment From Your Wardrobe



By Tehilla Harris

Do you look at your wardrobe, shrug and want to walk away? Are you uninspired? Do you wear the same basic uniform every day?

Have you thought about calling it quits with fashion?

Just so you know, everyone gets into slumps about what they're wearing. It often takes months and sometimes even years to realize we're in a slump. That's the bad news. The good news is that you can get out of a slump and have fun with clothes again real soon.

Let me show you where I'm headed with this. Clothing yourself is one thing. That's getting dressed.

Then there's getting dressed with intention. Then there's getting dressed and leaving a pleasurable impression.

It's your choice and there's help available if you need it. (More about that later.)

We've all been left with pleasurable impressions by how someone looks. It could be a stranger in the grocery store, someone at work, a sales associate at a store or someone in your book club. When you see them, your eyes want to linger and take in their look.

Perhaps her look is creative and clever, and it makes you smile. Maybe it's a friend who consistently wears color in



her outfits in ways you haven't, and it pleases you.

Let's say you're ready to leave the fashion slump and dress in a way that puts smiles on faces of strangers. One strategy is to find something that's already pleasing

to you and then go for it with a little more gusto than you have so far.

Here are some ideas for you.

Leave a pleasurable impression with your use of color.

This could be as simple as introducing some pleasing colors into your wardrobe. Every fashion season there seems to be an emphasis on a few specific colors. One excellent color resource is Pantone. This is a company that does color forecasting. If you want inspiration, start there. Or simply go to a retail store where you can pull items from the rack, walk over to a full-length mirror and hold them up to your face. Which colors make you happy? Choose a few colors to play with in clothes, coats, shoes, handbags or scarves. Bringing color into your life will inspire you and make you feel refreshed.

Leave a pleasurable impression by adding one more accessory.

Coco Chanel is famous for telling people to add accessories to their outfit, look in the mirror, take one thing off and then step out into life. As people, in general, are looking more and more casual in their dress, I don't think this is a rule that applies at this time.

If you like rings, add one more to your fingers than you have. If you like bangles, create a cluster of them for your wrist. If you like finer, more delicate, jewelry wear two or three necklaces at once. Make accessory additions to your outfit, not subtractions.

Leave a pleasurable impression by wearing one stand-out piece. Even if your lifestyle is casual or your workplace is more relaxed, you can always walk out the door wearing one standout piece.

One way to picture this is to think about how you'd dress a table for dinner guests. You may use your everyday dishes and cutlery, but you have fresh flowers at the center of the table in your favorite vase. The centerpiece brings the eye in and then leads you to the other accents you've used. So think of the standout piece as being on par with the centerpiece of that dinner table.

Your choices are many. Let me suggest a few.

1. A blazer in a pattern when you'd have customarily worn them in solid colors.

2. Carrying an oversized handbag. The exaggerated shape draws someone in, and they desire to see the rest of the outfit.

3. Instead of wearing a black or tan trenchcoat, wear one in an icy tone or one in an autumnal shade.

4. Wear an oxford shoe in burgundy, blush or blue and give your black or brown shoes a break.



5. Wear a bulkier scarf than usual. That little bit of extra volume adds drama.

It doesn't take a lot of change to feel a big lift. Clothes and accessories are here to be enjoyed. When you wear them in a pleasing fashion, you are making someone else's day brighter as well as your own.



I'd love to help you make some adjustments to your wardrobe, one's you'll find pleasing. It's all possible. Give me a call or send me an email and we'll get an appointment on the books. You'll love the results!

Tehillah is a NYC-based image consultant, style assessor, wardrobe planner, closet editor and personal shopper. She has over 30 years of experience in the fashion industry and is now doing what she loves best. She's transforming people's lives by helping them express themselves more authentically through their appearance. Clients gain confidence and streamline their closets by only buying and wearing clothes that look great on them. And have fun in the process! www.up2date.nyc

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dassiefuchs@hotmail.com

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Clothing: Men

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215 W. Englewood Ave, Teaneck

Fino

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223 Main Ave, Passaic
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328 Route 4 East, Paramus



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(845) 323-9308
51 Main Street, Monsey

Miri Couture

(201) 608-5550
39 N Dean St, Englewood

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(845) 356-0999
Atrium Plaza
401 West Route 59, Monsey

Rayna Boutique

(917) 617-4173
148 Norma Road, Teaneck



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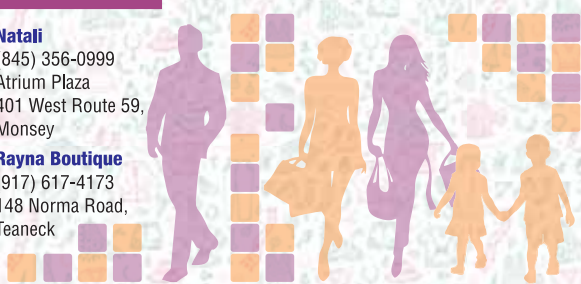
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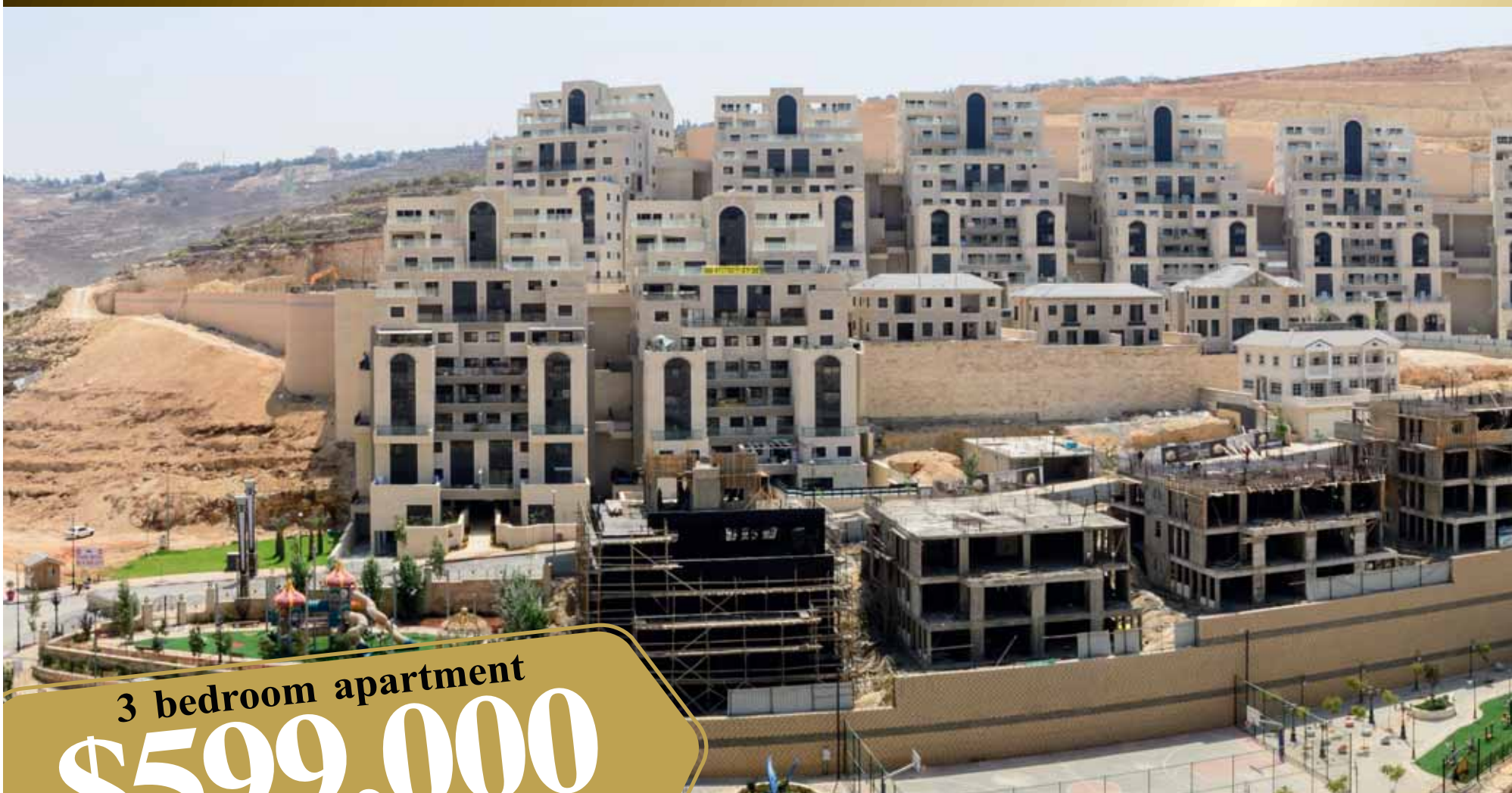
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What Is Diagnostic Prescriptive Teaching?

A prescription for making the most of your parent-teacher conference.



By Patricia London, M.Ed.

When the school year begins, teachers generally encounter a new group of students, and have to spend some time getting to know each one. There are often 20 or more eager individuals with unique faces and learning needs. For the most part, some information is provided by last year's teachers, administrators, parents and records, but aside from the fact that they all are around the same age, this year's teachers need to assess their children's learning styles in order to get started and have a successful year. There are several terms in getting to know

children's individual needs, and they are sometimes borrowed by educators from the medical profession. These include the term "diagnosis," which in the medical field includes determining if there are any problems and carefully examining and studying by observation and test performance the strengths and weaknesses of each child in particular academic areas. Another term borrowed by educators from medicine is "prescription," which is a specific direction of actions that are recommended following a diagnosis. The prescription follows in the form of the teacher taking actions such as providing individualized materials, utilizing school team efforts and perhaps making modifications to the assignments. Of course teachers are not physicians and

teaching is not the same as treating the flu; however, there is a necessity to use an organized procedure to obtain diagnostic information and then prepare appropriate instruction. Another aspect of *diagnostic prescriptive teaching* is accountability. Parents are concerned about their child's abilities in the classroom and teachers must perform continuous analysis of how a child is "doing" by maintaining notes and records to gather information. Observation is key, as are functional assessments, informal inventories, notes on the child's attitude, attention span and interest, and his or her responses during large and small group as well as individual instruction.



Parents are often the first to notice that "something doesn't seem right," but are apprehensive about approaching the school or feel they may be overreacting. In reality, educating a child is a process that involves both the school and parents when they want to help a child feel successful in school and life. As a state-certified learning disabilities specialist, I feel that there are a few facts that everyone should know before the terms "learning disability" or "ADHD" are used or mis-used. Since you as a parent are one of the best observers of your child's development, you will not be content until you bring your concerns to your child's teacher. It's most important that you also talk about your child's strengths and give this year's teacher a chance to recognize what your child can do successfully and encourage his strengths with praise.

The year has started with a few days of school in September and lots of holidays, and transitioning back to school is not always easy for everyone, teachers and students included. Soon you will be meeting with your child's teacher or want him/her to know your child very well to have a "prescription" for success.

Useful Tips for Meetings With Your Child's Teacher

1. Collect information on your child's performance—keep notes, copies of your child's assignments, correspondence from the school regarding strengths, weaknesses, performance. Work together with the school to discuss and make changes if you note patterns of performance are not on grade level.
2. Learn as much as you can about your child's study habits and difficulties doing homework, both with you and independently. Mention these to your teacher and ask for suggestions: Perhaps cut down the assignment or modify it if it is taking too much time at night.
3. Also, don't be afraid to have your child go to afterschool activities. Children need to feel happy and successful and often art, music, gymnastics etc. help them feel confident in subjects outside of the classroom. Let your teacher know about these activities so they can talk and write about them in the learning environment.
4. Ask your child's teacher if your child has consistent reading and spelling concerns, problems learning math concepts, takes a long time to complete an assignment or has trouble remembering facts.

➔ CONTINUED ON P. 51

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Education Link



Gerald Reiner

CONTINUED FROM P. 1

have expertise in town finance policy, currently working for Bergen County as director of purchasing. He is also an instructor of municipal finance policy at the Rutgers Center for Government Service, at the university's campus in New Brunswick. "The truth is that municipal finance is a unique problem, and a unique system, unique unto itself. You don't run a school or town like a private business. You don't run it like a business because there's not a [measurable] ROI (return on investment). You don't do things according to generally accepted financing principles. That is the biggest thing I can bring to the board," he told The Jewish Link.

Reiner moved with his wife, Desiree Ramos-Reiner, to Teaneck from North Bergen a little over two years ago, seeking "the best public school district we could afford," and a four-bedroom home "with a backyard for the boys to ride their bikes," he explained. Ramos-Reiner is the chief external affairs officer at the American Red Cross of the New York region (the Red Cross' largest region), and was recently recognized by Bergen County at its Hispanic Heritage Day for her service work.

"We parent as a team so it helps build our community perspective," he said, noting that "we all know the Red Cross by name, but it's not just blood drives." Ramos-Reiner went to Puerto Rico with the Red Cross to help deliver generators

last year, and Reiner said he learned only through her work that the Red Cross helps people in small emergencies as well, such as installing smoke detectors, and helping families cope after house fires.

Reiner was inspired to run for the board of education when he and his wife started registering their children for school. They heard things like, "we don't do this in this district" or "we don't handle that in this district." Even, "we don't take these kinds of kids in this district" and "we don't have a lot of resources because we spend so much money busing people out of the district."

"That didn't make sense to me because the district should still be spending 15K per student," Reiner explained. "I found [former district personnel] always looking for an excuse, rather than self-reflecting and looking for solutions," he added.

For example, Reiner referenced a special education audit that recommends dramatic cuts to special ed programs. "That audit concerned me. There's a section of the audit that calls out specifically religious, non-public school, placement, noting that the district pays for five students at 50K apiece, all 'who were represented by the same lawyer,'" he said.

Reiner, who is not Jewish, noted that he has seen veiled references to cultural differences in district literature like this and noted that, coming from northwest Bergen County (he was raised in Ringwood, which is positioned next to Mahwah), "we don't want to change the cul-



Gerald Reiner with his wife, Desiree Ramos-Reiner, and their two children.

ture of our community. There have been key words that have this inference of 'people of color, or poor people, or people who send to private school.'"

Recalling and contextualizing some old wounds from Ringwood: "The Ford plant was in Mahwah, and they were looking for a place to dump their toxic paint chemicals. There were old mines in Ringwood from the iron ore days. Ford came in and dumped their sludge, on

Ramapough reservation land. It's now a Superfund situation," Reiner said.

On the board of education, Reiner plans to work against hate and celebrate cultural differences. "Maybe people think it's okay to say stuff like this in Mahwah," referencing last summer's eruv debate, which pitted the some of the county's Jewish community and state leaders against the town council and many residents. "Unfortunately when it comes to hate, they have no boundaries. There are people who are full of visceral hate. It's unacceptable whoever you say it to, and it's behind closed doors where it's most [damaging]," he said, noting the recent resignation of Sheriff Michael Saudino.

Reiner also noted that since he has students in elementary school, he wants the board of education to be more active at the elementary schools, indicating that many of the current board members are "hyper-focused on the high schools," likely because, as parents of adult children, that's where they carved their most recent memories. He was unhappy to note that no members of the board of education attended his PTO meetings at either school last year. "As a parent of young children, my experience will bring an added focus to the board of education team," he explained.

Five other people are running for three, three-year terms: Shahanaz Arjuman, Sarah W. Rappoport, Lisa Dash-Grimes, Victoria Fisher and Michelle D. White. The election will be held on Tuesday, November 6.

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Wednesday, October 24, 2018
7:30 p.m.

Yavneh Academy
155 N Farview Ave.
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vivi.septimus@yavnehacademy.org
www.yavnehacademy.org/admissions/rsvp2018

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Tuesday, October 30, 2018
7:30 p.m.

Ben Porat Yosef
E. 243 Frisch Court
Paramus, NJ 07652

FOR MORE INFORMATION OR TO REGISTER:

Sharona Grossberg
201.845.5007
sharonagrossberg@benporatyosef.org
benporatyosef.org/openhouse

www.benporatyosef.org



Wednesday, October 31, 2018
7:30 p.m.

The Moriah School
53 South Woodland Street
Englewood, NJ 07631

FOR MORE INFORMATION OR TO REGISTER:

Mrs. Livia Marcovici
201.567.0208 ext. 322
admissions@moriahschool.org
www.moriahschool.org/admissions

www.moriahschool.org



Sunday, November 4, 2018
7:00 p.m.

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

www.RYNJ.org



Tuesday, November 6, 2018
7:30 p.m.

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

FOR MORE INFORMATION OR TO REGISTER:

Gitty Eisner
gittyeisner@yeshivatheatid.org
201.374.2272 ext. 300
www.yeshivatheatid.org/open-house

www.yeshivatheatid.org



275 McKinley Avenue, New Milford, NJ 07646



Wednesday, November 7, 2018
7:00 p.m.

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

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Sunday
October 21

Breakfast &
Academic Fair:
9:00am
Program:
10:00am - 12:00pm

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Teaneck, NJ 07666
P'nina Sepowitz
Director of Admissions
201-837-7696 ext 607
admissions@tabc.org
Register at:
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Ma'ayanot
Yeshiva
High School
for Girls

Sunday
October 28
Breakfast/
Registration:
9:00 am
Program:
9:30 am - 12:30 pm

1650 Palisade Avenue
Teaneck, NJ 07666
Dena Block
Director
of Admissions
201-833-4307 ext 255
admissions@maayanot.org
Register at:
www.maayanot.org



Jewish
Educational
Center
High School

Tuesday
October 30
Registration &
Refreshments:
6:30PM
Program:
7:00PM

330 Elmora Ave.
Elizabeth, NJ 07208
Rabbi Sarel Malitzky
Director of
Recruitment
908-355-4850 x 6197
highschool@thejec.org
Register online at
www.jechs.org



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Sunday
November 4
Program:
9:00 am-12:00 pm

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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 for Girls
Sunday
November 4

9:30 am - 12:30 pm
Registration:
9:00 am

35 North Avenue,
Elizabeth, NJ 07208
Faigy Leiter
Admissions
Coordinator
908-280-6400
fleiter@bruriah.org
Register at:
www.bruriah.org



Naaleh
High School
for Girls
Motzei Shabbos
November 10
7:45 pm

475 Grove Street
Ridgewood,
NJ 07450
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Head of School
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lipsons@ramaz.org
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The Marsha Stern
Talmudical
Academy
Yeshiva University
High School
for Boys
(MTA)

Sunday
November 11
Registration:
9:00 am
Program:
9:30 am

2540 Amsterdam Avenue
New York, NY 10033
Jono Fuchs
Director
of Admissions
212-960-5400
ext 6676
admissions@yuhbsb.org
Pre-register at
www.yuhbsb.org/openhouse



Rae Kushner
Yeshiva
High School
Sunday
November 11

Registration:
9:00 am
Program:
9:30 am

110 South
Orange Avenue
Livingston,
New Jersey 07039
Allison Lyons
Director
of Admissions
862-437-8050
alyons@rkyhs.org
Pre-register at:
www.jkha.org/RKYHSOPENHOUSE



Westchester
Hebrew
High School
Sunday
November 11

Program:
11:00 am-1:00 pm

856 Orienta Avenue
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Sunday
November 11

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Teshuva...There's an App for That

(Courtesy of Idea School Class of 2022) As part of a project-based learning assignment during the Aseret Yemei Teshuva, ninth-grade students at The Idea School were required to self-reflect upon one of four primary character traits: respect, gratitude, generosity or patience. Once they had developed a working definition of their chosen trait as well as a list of everyday opportunities where they experience that trait, they were ready to begin a week-long project of monitoring their awareness and progress within that trait. Students were required to utilize an app from the App Store to keep daily records of their progress and then submit an app review at the conclusion of their week describing how well that particular app functioned as a means for character (middot) development. Below are some of the reviews that the students wrote.

365 Gratitude: Diary, Journal (available for free on IOS and Android)

This app is designed to help you track what you are grateful for each day. In addition to allowing for written entries, it allows you to upload pictures for each grateful moment, along with many other helpful features. I personally found this app to be very useful for tracking gratitude and I would definitely consider using it again. (Zac A.)

Grateful: A Gratitude Journal (available for free on IOS)

With its simple interface and periodic prompts, Grateful is designed to devel-

op reflection and exhibiting appreciation into both a pleasant and effortless process. If one is daunted by a blank page or not quite certain where or how to begin addressing a musing or comment, Grateful will welcome them with a subjective question such as: "What made you smile today?" "What are you looking forward to?" or "What made today a good day?" It gives you space to answer the prompt, write notes, add a photo and even enter a tag to make it easy to find. You can even change the color theme to one that makes you feel happy and have it send you cute reminders at a certain time to log additional entries.

The app is completely private—there are no sign-ups, no logins, and no Facebook integration. All of one's data resides only on their device.

Though the program does include PREMIUM features, the FREE features consist of 15 journal entries; unlimited reminders; no required login of any sort; sessions that are introduced with a prompt, which compel the writing itself to be less troublesome; and the means to edit past entries. In addition, one is authorized to reply to a prompt, save any further thoughts for later reading and customize their timeline—displaying entries by time, prompt, tag or arbitrarily.

I, personally, utilized this app to monitor my own gratitude by, on a day-to-day basis, entering several entries into

the app's feed, each in response to a prefabricated question and in correspondence with a representational image that I had selected and imported from Google. I did indeed purchase the PREMIUM features, which I very much recommend. The program caused expressing the esteem I maintain for life, together with its benefits and courtesies, both simple and enjoyable. And, furthermore, it reminded me, during those "down" and dire moments we all must encounter, of the various blessings present in my own life that are now documented and recorded. Therefore, I would, without a doubt, admit to having approved of and taken an interest in this app. (Sarah G., Emma H., Jonah L.)

Notes (available for free on IOS and Android)

This app is meant for keeping any kind of information written down. I used the app to monitor my chosen character trait, gratitude. This app allowed me to very easily write down my three daily entries that I was grateful for, and what or who I thanked. I liked using this app because it was already installed on my phone. I found the Notes app very helpful because you can type whatever you want with no limit about how many words you can write or how many entries you can submit. Using an app to monitor my gratitude was also helpful because I usually have my phone with me. At the conclusion of



Idea School students researching their character traits and apps in the beit midrash. (CREDIT: TAVI KOSLOWE)

the week, I felt that I have a lot of people to thank and that there are a lot of things I have to be thankful for. I would encourage anyone to use Notes for monitoring any character trait. (Leora G., Leah M., Felicia S.)

Daily Water Tracker (available for free on IOS or Android)

This app is designed to be used by people to track how much water they drink per day by letting them add or subtract different amounts of water. I tried an experiment and used this app to track gratitude. Every day, for a week, I added a certain amount of "water" to the "cup," corresponding to how thankful I was that day. I think this was a cool and fun way to track gratitude, but it didn't allow me to record specifically what I was thankful for; I could only see a daily percentage. While enjoyable, I don't think I would recommend this app to specifically track gratitude. (Elie R.)

➡ CONTINUED ON P. 53

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Diagnostic Prescriptive Teaching

CONTINUED FROM P. 46

Discuss what you do at home and ask for suggestions.

5. For older students ask about misreading information, reading comprehension in all subjects, keeping up with assignments, turning them in on time, handwriting, time management and understanding oral discussions and expressing his/her thoughts aloud. Inquire about after school help or tutoring.

6. Most importantly, write down any questions you have before entering the meeting and if you run out of time, ask for additional time to talk on the phone at a later time. Don't be afraid to ask for clarification if you do not understand something that was said.

Additional Parent Teacher Questions to Consider Asking

1. Is my child keeping up with the curriculum?

2. How often do you schedule tests and how are they graded?

3. What can I do at home to reinforce what my child is learning?

4. Does my child have problems just on tests or with schoolwork in general?

5. Can you recommend some enrichment activities to support my child's learning?

6. What opportunities does my child have for independent, student learning?

7. Might my child have a learning disability? Before asking your teacher, first make sure you know what this term means and don't jump to conclusions without a proper diagnosis by certified personnel including child study teams from your district.

8. Does my child need a professional certified learning disabilities tutor who understands and can remediate learning differences?

Patricia London is a state-certified LDT (learning disabilities teacher consultant), school psychologist, resource teacher and counselor. Her tutoring practice, The London Learning Center, is located in Englewood to provide diagnostic prescriptive tutoring for students in grades pre-K through college. She uses research-based multisensory methods for tutoring children with learning disabilities, ADHD and anxiety, and those who need short- and long-term support in subject mastery. She is an expert in helping with executive-functioning problems and specializes in tutoring academic skills in reading, writing, study skills, spelling and vocabulary, as well as middle and high school test prep in all subjects. For more than 25 years she worked in the Blue Ribbon-winning Ridgewood public schools as a special education teacher, administrator and member of the Child Study Team, testing, consulting and advising teachers and parents. She can be reached for consultation services and tutoring through email at pnlondon@gmail.com or 201-871-1248.

'Animal Zombies' Descend on Teaneck Library

Following up on her very successful book "Daddy Depot," Teaneck resident Chana Stiefel is very excited about her new book, fresh from National Geographic Kids Books and just in time for Halloween, "Animal Zombies!" "Animal Zombies!" is a spine-tingling look at the real-life monsters of the animal kingdom and the fascinating behaviors these blood-sucking beasts and creepy creatures have honed in order to survive.

On October 28, from 2 p.m.-4 p.m., The Teaneck Library will be hosting the "Animal Zombies!" book launch with a reading and signing by Chana and featuring a special guest—The Lizard Guys live animal show!



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How to Tell If Your Child Is Stressed in School

(Courtesy of Mathnasium) Students aren't always forthcoming about problems they're having in school. The reasons why kids stay silent about it are many and varied: The child may be afraid of letting the parent down, they may be ashamed or too scared to ask for help or they may be in denial and hoping against hope that the situation will magically improve before report cards come out.

If your child isn't using words to tell you they're having trouble in school, there are other telling signs, the most significant of which is increased stress levels. Here are a few of the warning signs of stress in kids, and what you can do to help them through it.

Withdrawal from daily activities or interactions with others. When kids (or people of any age) feel stress, one of the first and most common reactions is to retreat. Fear makes us take a step back. Kids in particular will retreat into video games, television, books or any number of other distractions. If you notice that your child is suddenly quiet, reserved or uncommunicative, it could be a sign of stress.

Trouble concentrating. Stress is distracting. Even in adults, high stress levels prevent someone from focusing on the task at hand. What this means is that falling behind in one subject may eventually lead to a child falling behind in *all* subjects. Stress and schoolwork can quickly snowball from



a small, single problem to an overwhelming one for kids.

Trouble sleeping. Even adults know that one of the first signs of imbalance in life is disrupted sleep patterns. In children this can encompass everything from insomnia to oversleeping, from nightmares to bed-wetting. Often, simply getting to the root of the problem and teaching your child coping mechanisms can help, as can instituting a predictable and calming bedtime schedule.

Unexplained illness. The body is in a delicate balance, and many kids who have extreme stress in their lives will experience stomach trouble, headaches or even break out in rashes. We want to make clear that your first step in this situation should always be to call your doctor, but if there is

no clear cause of illness, ask your doctor if stress could be a factor.

Increased aggression or anxiety. Acting (or reacting) in an unusually aggressive or anxious manner is a common sign of stress, usually caused by feelings of helplessness—even when those feelings of helplessness originate in completely unrelated areas of their lives. (Increased aggression or anxiety can result in harm to the child himself/herself or harm to others; if you notice signs of this contact a teacher or doctor as soon as possible.)

What You Can Do To Help

The most important thing to do is help your child feel safe, even in the face of outside stress. Engage with your child in non-confrontational ways. Ask questions and keep a healthy flow of conversation going. Encourage them to continue with familiar routines. Listening without criticizing will help them feel that they're in a safe space.

The next step is to identify and address the root cause of the stress. If you can get a clear idea of what may be causing the stress you can take steps to help your

child feel safe and confident in that area of their lives. Do they need homework help? Do they get anxious when taking tests? Or does their stress have to do with something else such as bullying from other kids?

We always recommend talking to your child's teacher or principal. You are a partner with your child's educational leaders; it's always beneficial if you can work together to determine the issue, and jointly develop a plan to help your child. If the cause of stress is academic, reach out to tutors or experts who can help your student overcome these hurdles. Evaluate your after-school routine. Does your child have time to work on homework? Do they have a distraction-free space to sit and concentrate? Do they have resources to consult with when they have a question or trouble with a concept?

Finally, untreated stress and anxiety can have a lasting impact on a child, so don't be afraid to consult with a doctor about your concerns.

The sooner parents can recognize the signs of stress in their child and take positive action to help resolve that stress, the sooner the whole family can move forward with peace and confidence and in good health!

Mathnasium is located at 1374 Queen Anne Rd in Teaneck. Contact them at (201) 862-1600, teaneck@mathnasium.com or www.mathnasium.com/teaneck.



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CHINUCH REFLECTIONS

The Definitive Design Thinking: Bereishit Bara Elokim and Noah's Ark



By Ruth Gafni

If we examine Parshat Noah and Parshat Bereishit together, we witness the ultimate achievement of design thinking, innovation and faith: the remarkable creation of our world followed by the masterful engineering of an ark powered by belief and hope.

After executing the ark's elaborate design and construction plans to ensure the world's ultimate survival, God sends Noah, his "preacher of righteousness," on a 150-day voyage together with his wife and sons, Shem, Ham and Japheth, and their wives, and a strategically chosen menagerie of animals.

What a stroke of inspired genius to have first conceived the idea of creating the world—understanding its Divine purpose, "prototyping it," creating it and then evaluating that creation. "And God said, let there be...and there was..." In the words of Lord

Rabbi Jonathan Sacks, "It is one thing to conceive an idea, another to execute it. Between the imagination and the act falls the shadow. Between the intention and the fact, the dream and the reality, lay struggle, opposition and the fallibility of the human will." A monumental lesson follows about the power of innovation, and the need for grit, perseverance, faith and hope in the wake of our human failings in Parshat Noah.

As human beings created "b'tzalmo," in God's image, Schechter is committed to teaching its students to apply design thinking as part of our International Baccalaureate (IB) program, a rigorous, globally minded framework centered on challenging students to make authentic, real-world connections in every subject area. We have tailored this gold-standard educational framework to our Judaic studies curriculum, creating a uniquely Jewish experience for students to connect their Jewish learning and values to the world around them and to turn their learning into action.

Our goal is to help equip young students with the values, traditions, texts and skills that will help them grow into globally minded future Jewish leaders and life-long learners who are prepared for an ever-changing future. What are our tools of choice? Schechter's new IB program, our expanded STEAM (Science, Technology, Engineering, Art and Math) and Design Thinking curriculum, and this year's opening of the Popkin Innovation Lab featuring emerging technology and traditional hands-on equipment—each of which is being used to empower students to learn to question, investigate, plan, create and ultimately evaluate and reflect on their work. They will examine their final creations or outcomes, and determine whether they met the specifications or requirements of the project. "Vayar Hashem ki tov"...

During the holidays, I read the book "The Innovative Mindset" by George Couros and found myself nodding in agreement at the turn of nearly every page. The author encourages teachers and administrators to empower their learners to wonder, to explore and to become forward-thinking leaders. If we want innovative students, he writes, we need to be innovative educators. Ultimately, innovation is not about a skill set; it's about a mindset.

He goes on to explain that students walk into schools full of wonder and questions. The way educators respond to their students' natural curiosity can help further their exploration and shape the way they learn today and in the future.

As Couros writes, "The traditional system of education requires students to hold their questions and compliantly stick to the scheduled curriculum. But our job as educators is to provide new and better opportunities for our students. It's time to recognize that compliance doesn't foster innovation, encourage critical thinking, or inspire creativity—and those are the skills our students need to succeed."

Ruth Gafni is the head of school at Solomon Schechter Day School of Bergen County. Previously she served as the school's lower school principal. Ms. Gafni served in the Ridgewood, N.J., public school system as director of special needs, ESL, and gifted and talented. During her tenure she received the Ridgewood Township's Educator of the Year Award and was chosen as an Open Circle Trainer. Ms. Gafni has been instrumental in identifying the need for, and implementing, successful social competency programs in Ridgewood and at SSDS. She graduated from Bar Ilan University in Israel and received her Masters of Science from Adelphi University. She has written several articles for newspapers and educational magazines. She was recently published in the international thought-leadership site, Thrive Global, and also is a contributing author to the book "Fine Tuning a Listening Heart," ed. Jeffrey Kress.

Teshuva...There's an App for That

CONTINUED FROM P. 50

The Idea School is a Jewish, co-ed, project-based-learning high school, located at the Kaplen JCC on the Palisades. Project-based learning (PBL) uses traditional

academic subjects, but centers them around inspiring and meaningful questions for students to answer. PBL also integrates the arts into learning, and aims to dissolve the walls between school and the world. For more information about the school, please visit our website at www.theideaschool.org.

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Rav Haim David HaLevi: An Underappreciated Sephardic Gadol



By Rabbi Haim Jachter

He served with distinction as the chief rabbi of Tel Aviv from 1973 to 1998. He composed volumes of very accessible teshuvot titled "Aseih Lecha Rav" in which he responded to an astonishing range of questions for an astonishing range of ordinary Israelis. He composed Kitzur Shulchan Aruch Mekor Hayim, a one-volume-digest of halacha providing practical conclusions only, which served as the standard text for teaching halacha at Religious Zionist schools in Israel for decades. Rav HaLevi is also noted for his devoting much attention in writing to the relationship between Medinat Yisrael and Halacha. Despite all of this, mention the name of Rav Haim David HaLevi to even knowledgeable Sephardic Jews and many will say they never heard of him!

One of the Porat Yosef Stars of the 1930s-1940s

The stars fell on the iconic Sephardic Yeshiva Porat Yosef (located close to the Kotel HaMaaravi in the Old City of Jerusalem) in the 1930s and 1940s. Four great Sephardic luminaries emerged from Porat Yosef in these years. They are Rav Ovadia Yosef, Rav Ben Tzion Abba Shaul, Rav Mordechai Eliyahu and Rav Haim David HaLevi.

However, unlike the other three who were profoundly influenced by Porat Yosef's rosh yeshiva Chacham Ezra Attia, Rav

HaLevi was deeply influenced by Porat Yosef's nasi (president) Rav Ben Zion Hai Uzziel, who also served as Rishon L'Tzion, the Sephardic chief rabbi of Israel. Perhaps the special connection was made between these two great rabbanim due to their shared Turkish Jewish background. Rav HaLevi was influenced by Rav Uzziel's enthusiasm for Religious Zionism and pragmatic approach to halacha. He even became Rav Uzziel's assistant for a significant amount of time.

Teshuvot Aseih Lecha Rav

"Teshuvot Aseih Lecha Rav" belong in the home of every Jew. Here is a sampling of some of the questions posed to him by Israelis of all religious background that he addresses in the first volume of this wonderful work: Should One Make Extravagant Weddings and Bar Mitzvahs; Transcendental Meditation; Was the Yom Kippur War the Milchemet Gog U'Magog; Palestinian or Jordanian Rule in Yehuda V'Shomeron are examples of issues not typically dealt with in more conventional works of Halacha responsa.

Of course, Rav HaLevi responds to many "garden variety" questions such as is it permissible to visit a church or mosque, may a religious male Israeli army medic administer an injection to a female soldier, and the like. Most important to Rav HaLevi was to provide Torah guidance to Israelis of all backgrounds, in a manner and language that speaks to a very wide audience. It was, in my opinion, providential for him

to serve as chief rabbi of Tel Aviv. Residents of this diverse city were and still are most in need of the type and style of religious leadership offered by Rav HaLevi.

Boldness in Halacha

Rav HaLevi's bold approach to Halacha is succinctly expressed in an essay printed in Techumin (8:367). Rav HaLevi speaks about the need for halachic creativity but within, of course, the bounds of tradition. He makes a dramatic assertion: "Whoever is bonded to the written halacha of the prior generations is a 'halachic Karaite.' He is attached to the written letter and rejects the oral law."

Since Rav HaLevi's comment can be misconstrued, I share the example he provides in this essay. The example is youths interfacing with non-Jewish counterparts about intellectual and social concerns. While Rav HaLevi is not comfortable with such meetings between religious and secular youths, he feels that Jews have what to learn from the outside world and may be exposed to the thought of others outside our nation. However, he insisted on strict gender separation during these meetings.

Prohibiting Smoking, and Nacheim on Tisha B'Av

The two rulings for Rav HaLevi are most renowned are his rulings regarding smoking and the recitation of Nacheim on Tisha B'Av. Rav HaLevi is regarded as the first posek of note to formally and officially declare that smoking is forbidden according

to the Halacha (Teshuvot Asei Lecha Rav 2:1, 3:18, and 9:28-29). Rav HaLevi labels smoking as "slow suicide." Among his other reasons are:

In enlightened countries, smoking is banned in public places, commercial advertisements of smoking are banned, and manufacturers of cigarettes are compelled to print health warnings on every pack of cigarettes. Should we, whose holy Torah is a "Torat Chaim" (a life-giving Torah), lag behind?

Rav HaLevi (Teshuvot Asei Lecha Rav 6:58 and 7:65) was asked whether one must honor his father's request to purchase cigarettes for him. Normally, halacha requires one to fulfill a parent's request for service (Kiddushin 31b). On the other hand, one is not required to follow a parent's order to violate halachah (Bava Metziah 32a). Rav HaLevi rules that one should not give his father cigarettes if he requests them. Rather, he should politely and gently explain to his father (in accordance with Shulchan Aruch Y.D. 240:11) that smoking is very dangerous and that the Torah obligates us to preserve our bodies.

Rav HaLevi's ruling regarding smoking issued already in the 1970s are quite bold in light of the fact that so many rabbis and Torah scholars at that time (sadly) smoked. Nonetheless, Rav HaLevi set the mold, and by the 2000s nearly every rabbi of major stature has declared smoking to be forbidden.

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Connecting to the Parsha



By Rabbi Neil N. Winkler

This week's haftarah, familiar to us as one of the post-Tisha B'Av haftarot of consolation, is a most fitting choice for the parsha of Noach. The connections that tie our haftarah, taken from the 54th and 55th chapters of Sefer Yeshayahu, to our parsha are numerous. Certainly, the mention of "mei Noach, the waters of Noach" in the haftarah brings us back to the very heart of the parsha, i.e., the story of the flood in Noach's time. But

the haftarah also makes mention of the "brit," the covenant made with Noach never to flood the earth again, tying it to the promise Hashem makes to the generation of the Churban never again to pour out His wrath against His people.

But there are other connections as well, understated perhaps, that touch upon the events depicted in our parsha. Is there a subtle message meant for the prophet Yeshayahu himself in the fact that the flood is referred to as the "waters of Noach," a term implying, according to the Zohar HaKadosh, that the flood came as a result of Noach's failure to pray for his generation? May we

infer that Hashem was urging the navi to pray on behalf of his generation? Perhaps.

Similarly, the opening words of the haftarah, "Rani Akara, Rejoice, O barren woman," reminds us of the final episode in the parsha that tells of the barrenness of Sarai, who eventually would rejoice and even call her son Yitzchak, laughter. Likewise, the prophet's comforting prediction of the future growth of the decimated nation hints to the eventual promise made to Avraham that his nation, born of a once-barren woman, would become too numerous to count.

I would also add a thought that always occurs to me when studying this haftarah. The additional section added according to Ashkenazic practice begins with the words "Aniya So'ara, O afflicted, storm-tossed one."

Whenever hearing this phrase I cannot help but read the opening letter as an aleph, thereby rendering the phrase as "Oniya So'ara," "O storm-tossed ship," which I see as a clear hint to the story of Noach and his storm-tossed ark.

Whether or not our sages ordained this reading for all of these reasons, they nonetheless invest much meaning to this reading and challenge us to see the connections and lessons of all the prophetic selections and gain a deeper understanding of the text for ourselves and for all generations.

Hopefully, we will be able to continue doing that very thing this year as well.

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

Sephardic Gadol

CONTINUED FROM PREVIOUS PAGE

Nacheim on Tisha B'Av:

The second most famous ruling issued by Rav HaLevi is his stance regarding the current recital of Nacheim on Tisha B'Av. In the Shemoneh Esrei on Tisha B'Av, we add a prayer for the rebuilding of Jerusalem and the Temple, which starts with the word "Nacheim."

While Ashkenzic Jews recite this only at Mincha, most Sephardic Jews recite this prayer during each of the tefillot on Tisha B'Av.

In this special bracha we describe Yerushalayim as "the mournful, destroyed city, degraded, desolate without inhabitants." After our recapture and reunification of Jerusalem in 1967, the question arose whether the language of Nacheim needed to be adjusted for the new reality.

Rav HaLevi felt that while it was too soon to change the prayer, it is dishonest to say in our tefillot to Hashem that Jerusalem is in a state of destruction and denigration. The Gemara (Yoma 69b) teaches that we cannot be dishonest in our prayers to Hashem! Therefore he advocated adding the word "shehayetah, that was," before words of destruction, indicating that the city had been destroyed, but no longer is (Teshuvot Aseh Lecha Rav 1:14, 2:36-39, 7:35).

Indeed, the reality of Yerushalayim seems to accord with this approach. More than a half a million Jews reside in Yerushalayim, most of them observant and thousands of them devoted to full-time Torah study. The Jewish Quarter of Yerushalayim is pulsating with Jewish life. The synagogues destroyed by Arabs during the years of Jordanian occupation between 1948 and 1967 have almost all been restored, with even more glory than before. The Kotel HaMa'aravi has more than 10 million visitors per year. Even though 50 years have passed since the Kotel has been restored to Jewish control, the Jewish attachment to the Kotel grows in intensity as each year passes. Thus, Rav HaLevi argues, how can we describe Yerushalayim as destroyed and desolate based on the current conditions?

Although Rav HaLevi's position on this issue was accepted within certain portions of the Religious Zionist community, for the most part it has not been accepted by most Jews. Most Sephardic congregations do not implement Rav HaLevi's recommendation and recite the traditional text without emendation. At Congregation Shaarei Orah, for example, we do not accept Rav HaLevi's ruling on this matter.

Conclusion

I recently asked a young Sephardic rav if he ever heard of Rav Haim David HaLevi. His answer was, "Yes, I think he wrote Teshuvot Asei Lecha Rav." In other words, Rav HaLevi was just barely on

his radar. It is time to change this reality. I recommend rabbanim and learned laymen to incorporate Teshuvot Asei Lecha Rav in their learning and teaching. We may not necessarily follow his rulings, but his is an important late-20th-century halachic voice that we should not and

cannot continue to ignore.

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.

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- A few sprigs of thyme
- cup of extra virgin olive oil
- 1 teaspoon of kosher salt
- 1 cup of vegetable broth, divided in half

PREPARATION:

1. Preheat oven to 400°F.
2. Remove jachnun from freezer and allow to sit at room temperature while you prepare the vegetables.
3. Place leeks, mushrooms, thyme, oil and salt in 9- x 13-inch oven-to-table casserole dish.
4. Roast at 400°F for 25 minutes.
5. Remove from oven.
6. Slice jachnun into 2-inch rounds.
7. Arrange jachnun rounds in a single layer over vegetables.
8. Pour ½ of the broth over the jachnun.
9. Lower oven to 375°F and bake for 15 minutes.
10. Remove from oven, flip jachnun, pour remaining ½ cup of the broth over jachnun and bake 5 to 7 minutes more until golden.



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Menachot 58



By Rabbi Zev Reichman

May these words of Torah serve as a merit le'iluy nishmat Menachem Mendel ben Harav Yoel David Balka"l.

This week we learned Menachot 58. These are some highlights.

May one use wine that has sugar in it for Kiddush?

Our Gemara discusses the prohibition against bringing honey and leaven to the altar. The Torah (Vayikra 2:11) commands: "Ki chol se'ar vechol devash lo taktiru mimenu isheh laHashem, For you shall not offer from any leaven or honey a fire offering to Hashem." Our Gemara teaches that there is a prohibition against bringing mixtures that

honey was mixed into the mincha dough and then brought to the altar, the one bringing it to the altar would deserve lashes. Due to our sins we do not have an altar, but poskim suggest that this issue has practical resonance in regard to the laws of Kiddush.

Rambam (Hilchot Shabbat 29:14) rules that we are not to recite Kiddush on wine that has honey or leaven-type items mixed into it. Rambam writes, "We only make Kiddush on wine that could have been poured on the altar as nesachim. Therefore, if any honey or leaven mixes into the wine, (even honey) the size of a mustard seed in a large barrel of wine, the wine cannot be used for Kiddush. This is how we rule in the West. There are those who disagree. They say that the rule to use only wine that could have gone on the altar only means to reject wine that has a bad smell, was uncovered or was cooked. Each of these wines cannot

The Talmud Yerushalmi seems to be against the Rambam. Talmud Yerushalmi (Pesachim 10:1) teaches that Kiddush can be recited on yayin kunditon. Yayin kunditon is wine with honey and pepper mixed into it. Shu"t Harashba (Cheilek Aleph, Siman 24), the Ramban and Ritv"a (Bava Basra 97a) prove from this Yerushalmi that wine that has honey in it can be used for Kiddush. Shulchan Aruch (Orach Chaim 272:8) rules that we can make Kiddush on cooked wine and on wine that has honey. Shulchan Aruch quotes the Rambam as an alternate point of view. Ram"a rules that it is our custom to make Kiddush on cooked wine and wine that has honey, even when the person has wine that is uncooked and had no honey added to it, so long as the uncooked wine is not as good as the cooked wine or the wine with the honey.

What would the Rambam say about wine that has sugar in it? Pri Megadim (Mishbetzot Zahav s"k 3) writes that according to Rambam one would not be allowed to use wine that had sugar in it. Mishnah Berurah (s"k 21) quotes this ruling. However,

is of the opinion that the word devash in the Torah refers to anything very sweet and not only honey. However, Ibn Ezra says that it refers to honey from dates. Shu"t Haradbaz (Cheilek Gimel Siman 527) discusses whether Rambam would find bee honey in wine problematic just as he finds that date honey in wine is problematic. Radbaz ultimately concludes that honey from bees would also disqualify the wine according to the Rambam. Halachot Ketanot (Cheilek Aleph, Siman 218) writes that one could use sugar as salt to "salt" pieces of sacrifices. While sugar is sweet and it does not belong on the altar based on the verse "ki chol se'or vechol devash," nevertheless if one did not have sea salt, the positive command to "salt" sacrifice pieces would overrule the prohibition of "ki chol se'or vechol devash." In light of this, sugar sometimes gets on the altar when there is no salt available. If so, wine with sugar should be allowed because wine with sugar is something that sometimes goes on the altar and therefore it should be usable for Kiddush even according to the Rambam.

To conclude, while most say from our Gemara that according to Rambam you cannot use wine with sugar in it for Kiddush, some would distinguish between wine with honey and wine with sugar and they would allow, even according to Rambam, to use wine with sugar in it for Kiddush. (Mesivta)

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

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Parshat Noach: Terach's Voyage



By Moshe Taragin

Parshat Noach describes the Divine reboot of creation. Witnessing the complete moral meltdown of humanity, God decides to regenerate the entire world. A new world is launched through Noach, whose progeny begin to repopulate the freshly formed planet.

In the second part of the parsha we witness Noach's three children repopulating the human race and rapidly inhabiting the entire globe. Despite humanity's attempt at "population concentration," the human race is dispersed across the four corners of the planet. Without question, the final chapters of Noach are characterized by expansion—both population growth and geographical sprawl. Yet despite all this growth and expansion, the parsha concludes with a targeted journey to a very specific country in which the Divine presence is more acutely palpable. Conventionally, the first emigration to Israel is associated with Avram—the first believer in one Divine being. Avram had defied an entire pagan belief that still imagined that God could be associated with physical images and molten idols. Additionally, he believed so deeply in a God he couldn't "see" that he was willing to die a fiery death on behalf of these principles. Ultimately, Avram is rescued from the furnace and is Divinely summoned to settle in the land of a God that Avram alone had discovered. The first pil-

grimage to Israel is the outcome of a life of religious courage and commitment!! Or so we are led to believe...

...Surprisingly, the journey to Israel is not launched by Avram himself but rather by his father Terach, who assembles his entire entourage (including his son Avram) and commences a journey to the land of Canaan. Arriving in the city of Charan he deceases, and ultimately his voyage is completed by Avram who receives a direct Divine command to complete his father Terach's journey. Terach, not Avram, is the first person to be drawn to the Land of Israel!

Terach is an odd personality to be fascinated by the Land of Israel. Every year at the Pesach Seder we cite the verse in Yehoshua (24:2) that depicts our ancestor Terach as an idol worshipper. In fact, Chazal portray him as a pagan priest or at the very least a sculptor of pagan deities. Avram was a revolutionary who bravely disregarded his father's traditions. Terach couldn't be further from discovering Hashem, and yet he feels lured to this special land of God!

The startling expedition of Terach is a template for the often-winding road of Jewish history. At the dawn of our nationhood Hashem creates an attraction to the Land of Israel that can exist even in a vacuum of theological belief or in the absence of ritual or mitzvah performance. Terach has absolutely no interest in discovering Hashem nor does ritual attract him. Yet despite these deficiencies he is drawn unwittingly to the Land of Israel. This Divine plan ensures that future Terach-like personalities will still be incor-

porated within Jewish experience. In His infinite wisdom, foreseeing that at various stages of history Jews would wander from religion and ritual, Hashem forged a mechanism to include all Jews within one national destiny. He fashioned the ability for a Jew to relate to his own country, people and sense of nationhood independent of classic religious experience. Terach and his pilgrimage establish a model for Jewish history. Throughout history, Jews have always heard the whisper of Terach even if they were deaf to the echo of Sinai.

This Divine plan is reiterated in the second "tochacha" in Parshat Bechukotai, which concludes with the eventual retrieval of Jews from exile: "I will remember the merits of Yaakov and those of Yitzchak and I will also remember the merits of Avraham...(Vayikra 26:42). Indeed, Jews who adhere to the lifestyles of the Avot are recovered from exile based on their ancestors' merits. What about Jews who deviate from their ancestral routines and abdicate a classically religious lifestyle? How will they be redeemed? The verse concludes "V'ha'aretz ezkor, I will recall their land." Hashem promises to recall the "merits of the land" or the merits of those devoted to the land. By implication, devotion to land is acknowledged even in the absence of dedication to the lives of the Avot. Ideally, a Jew should both deeply identify with our Avot as well as entirely dedicate his life on behalf of our land and people. This blend represents a comprehensive religious consciousness. However, for those who no longer identify

with the lives of our Avot, the covenant of the land exists independently and assures redemption. The precedent of Terach's journey is invoked in Parshat Bechukotai as Hashem promises redemption for all Jews.

We are currently witnessing the implementation of this Divine plan—a historical phenomenon only He could foster. Unfortunately, we live in a world in which vast numbers of Jews are no longer captivated by classic religion or the demands of ritual. This is unfortunate and we await an era in which all hearts will veer back to Hashem. Yet, through their commitment to land, people and nationhood, millions of Jews are still engaged and involved in our common destiny. Religious Jews who reside in Israel are typically driven by an overarching sense of Divine prophecy. Despite the hardships of life in Israel, religious prophecy reinforces their resolve and bolsters their commitment to the hardships of life in Israel. The dedication of secular Israelis to our country is more astonishing. Without a comprehensive life of ritual and commandment, a secular Jew's devotion to our country is harder to grasp. Where does their commitment and love for our land and people stem from? Evidently, the ancient call of this country and her people continues to penetrate the hearts of Jews—even those who are distant from the world of belief and ritual. If this land can enchant an idolater like Terach, it can definitely enchant Jews who may have wavered from

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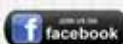


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Back to the Beginning



By Rabbi Dani Staum

Every year on Shabbos Parshas Bereishis I would begin my brilliant sermon (I only gave brilliant sermons) in the following manner:

"We set out on an incredible journey seven weeks ago. It begins with shofar blowing and reciting l'Dovid on Rosh Chodesh Elul. The week of Rosh Hashanah we begin selichos, on Rosh Hashanah we heard shofar, recited the unique tefillos and reaccepted Hashem's eternal monarchy upon ourselves, recited tashlich, fasted on Tzom Gedalia, engaged in personal penitence including teshuva, tefillah, and tzedaka, heard inspiring drashos especially on Shabbos Shuva, performed kapparos, fasted and observed the holy day of Yom Kippur, built and decorated our sukkos, meticulously picked out and purchased our daled min-

im, joyously observed Sukkos with the ushpizin, recited Hallel each day of the holiday, celebrated at Simchas Beis Hashoeivah, recited the prayers of Hoshana Rabba and geshem on Shemini Atzeres, and danced energetically on Simchas Torah.

And now we have truly arrived... at the beginning."

It is the beginning—not only of our annual Torah reading, which we recommenced with Bereishis—but the beginning of our efforts to effect lasting changes. It is the beginning of an opportunity to really make this the year we truly hope it will be.

Rav Shalom Schwadron, zt"l, quipped that our evil inclination is very wily and patient. He essentially declares: "I'll give you the month of Elul and I'll give you the month of Tishrei. I'll let you have your time to be inspired. But I'll bide my time. Just wait until Cheshvan and Kislev, and then you'll be mine."

Terach's Voyage

CONTINUED FROM P. 59

ritual fidelity but certainly aren't as remote as Terach the pagan-master.

The enchanting sway of the Land of Israel isn't limited to Jews who physically reside in the land. Unfortunately, our people are scattered across the world and deeply splintered into various groupings and denominations. Perhaps the only common and unifying force is our joint commitment

to our land and our peoplehood in that land. Jews from all denominations rally around one value—our precious land and the heart of a nation that pulses with love and devotion for that land. Terach blazed a trail that Jews have followed for millennia. The land enralls even Jews whose hearts have turned from classic religion!

Rabbi Moshe Taragin is a rebbe at Yeshivat Har Etzion located in Gush Etzion, where he resides.

Our evil inclination quickly lures us back into the familiar default mode of habit, so that all of our wonderful intentions for growth and change are quickly left at the wayside.

A friend who owns a bakery related that prior to the Shabbosos after Sukkos and Pesach he bakes many extra whole wheat challos. With the end of Yom Tov's constant delicious meals, many people commit to lose weight and eat healthier.

But, he reported, by the following Shabbos the demand for whole wheat basically diminishes.

What ends up happening is that most people hold onto the calories while the spiritual inspiration flutters away. If only we could get the calories to fade away while we held onto the spiritual inspiration.

It can be done, but only if one is able to maintain his commitment by writing down his goals, mentally picturing success, and keeping his eye on the end goal.

Rosh Chodesh each month is a wonderful time for a "check-in," to assess whether we are holding true to our goals.

It is in that sense that we have arrived at the beginning. In the beginning, God declared "Let there be light" and there was light. Our arduous task is to ensure that the light doesn't fade.

Rabbi Dani Staum, LMSW, is a rebbe and guidance counselor at Heichal HaTorah in Teaneck, NJ, principal at Mesivta Ohr Naftoli of New Windsor and a division head at Camp Dora Golding. He can be reached at stamtorah@gmail.com. Looking for "Instant Inspiration" on the parsha in under five minutes? Follow him on TorahAnytime.com.

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Noach: Going the Extra Mile With Kindness



By Rabbi Baruch Bodenheim

Before I gave my parsha shiur late Thursday night, I was wiped out from Sukkos and all the lectures I gave on Yom Tov, and I expected sparse attendance. “Maybe I should skip this week,” I thought. Nevertheless, I pushed myself to prepare, and while it was a smaller crowd, I gave it my best. The next morning, an old friend who is a rabbi in a different community called me. “Baruch, I was searching on Torah Anytime for a shiur on the parsha and I saw your name, so I downloaded it. It was fabulous! Can you tell me about the sources you used? I want to use this in my Shabbos drasha.”

Wow, I thought to myself. Hashem is sending me a message. I made the effort to spread Torah and inspired another rav

and who knows how many others through him. After Shabbos, my friend sent me a text that his drasha went very well. This whole interaction gave me a tremendous insight into Parshas Noach.

Hashem instructed Noach to build a teiva (ark) to save himself and his family from the bubbling hot waters of the flood. Indeed, anything outside the teiva was destroyed. However, Chazal tell us that Eretz Yisrael was unaffected by the flood! So why didn't Hashem send Noach and all the animals to Eretz Yisrael to be spared? Why did Noach need to become the caretaker of the largest zoo in world history, spending day and night feeding all the animals of the world?

Rav Dessler, expounding on Rashi, explains that the Torah refers to Noach as a tzadik, a righteous person, while Avraham is referred to as a chasid, someone who does chesed (kindness). The difference between a tzadik and a chasid is the latter

goes above and beyond the call of duty for others. Hashem had informed Noach of the upcoming destruction of the world, while Avraham was informed of the upcoming destruction of Sodom. Yet their reactions were very different. Noach built a teiva to save himself and his family, giving up on

the wicked people, while Avraham prayed to Hashem to spare the lives of the people of Sodom. The Lev Simcha notes that Noach was given 100 years to build the teiva, to convince the world in that time to change its ways. However, Noach only spoke to those who approached and inquired why he was building this massive boat, while Avraham traveled far and wide to tell people about Hashem.

Noach was righteous, but he did not measure up to Avraham in chesed. Chazal tell us, “*Olam chesed yibaneh*”—Hashem built the world with chesed. My rebbe, Rav Asher Arieli, related that since the teiva was a “re-creation of the world,” it had to be built on chesed. That's why Noach had to be busy with chesed the entire time.

Looking further, we see the decree to destroy the world was because of the crimes of *chamas*—extortion and immoral relations (in both men and beasts). Both of these crimes are rooted in selfishness and a lack of chesed.

Since the world lacked chesed, it was essential for Noach to build a teiva for himself and all the animals of the world, so he and his family would be literally steeped in chesed, caring for others day and night. Even though Eretz Yisrael was spared, Noach and his family did not merit to be saved unless they had the protection of chesed.

Klal Yisrael as a people possess three special characteristics: compassion, shame as a result of sin, and benevolence (chesed). The Gemara in Yevamos tells us chesed was

inserted into our DNA by Avraham. All Jews possess this quality of chesed. We are constantly presented with opportunities to help others, but sometimes we might think our actions won't help: “I tried presenting a shidduch to that family and they said no. I'm sure they will turn down the next one, so why bother.” “Last week I picked up groceries for my neighbors and they didn't even say thank you. Why do it again?” “Why bother giving my \$10 gift when they need to raise a million dollars?”

Similar thinking may have been on Noach's mind. “Why bother talking to them—they don't want to listen!” Yet, we are descendants of Avraham, who left no stone unturned in the pursuit of chesed. I was going down that road myself in my thoughts of skipping my Thursday night shiur. Hashem sent me a message that it was worth the extra mile.

Let's always remember: we have so many opportunities, every day of the week, to do an act of chesed. Each act of chesed helps sustain the world!!

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, Bergenfield, 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 in-depth chavrusa learning in Livingston and Springfield. This year he joined Heichal Hatorah in Teaneck as a Gemara iyun rebbe. His email is rb@ptiweb.org.

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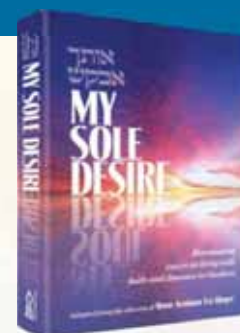
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Parshat Noach: Wings of a Dove



By Mordechai Plotsker

What is unique about the qualities of the dove that succeeded in fulfilling Noah's mission, returning with an olive branch?

Rav Shlomo Pesach Topperoff, z"tl, author of "The Animal Kingdom in Jewish Thought," explains that the word Yonah is derived from *yanah*, "to oppress or maltreat," or from *anah*, "to mourn." These derivations are alluded to in Tanach. For example, whereas Yeshayahu said (38:14), "I do moan as a dove," Yechezkel (7:16) referred to "the doves of the valleys, all of them moaning," and Nachum (2:8) recalls "her handmaids moan as with the voice of doves."

Before email or text messaging, the carrier pigeon proved to be a worthy and excellent courier, dispatching messages over long distances, with amazing precision. However, whereas the carrier pigeon is aided by human effort, the dove is not dependent upon human assistance. The dove is a master of its destiny and uses initiative. Instead of a freshly torn olive leaf, the dove could have just as easily found a leaf floating on the water. A fresh green olive leaf, however, indicated to Noah that the waters had considerably decreased as the olive tree is not tall. Furthermore, the olive tree, explains the gemara (Meseches Menachos, 53B), does not drop its leaves in the summer or rainy season for the leaves are always fresh and sturdy.

Strange that the dove, fond of sweet foods, favored the leaf of an olive, which is bitter. Here, the gemara (Meseches Erubin, 18B) provides a remarkable explanation symbolically attributed to the dove: "Let my food be as bitter as the olive leaf, provided that it comes from Hashem rather than be as sweet as honey, and I be dependent upon the gifts of man." We echo the dove's impressive sentiment in benching: "Let us not be in need either of the gifts of mortals or of their loans but only of Your helping hand."

The dove is invested with a host of virtues, all of which are symbolic of Klal Yisroel. Its strong flight is succinctly highlighted by Dovid Hamelach: "Oh that I had wings like a dove!" (Tehillim 55:7). Bereishis Rabbah 39 comments that all birds apart from the dove fly, and when they grow weary they rest on top of a tree or a rock, but the dove merely folds one of her wings and flies with the other. This characteristic has been interpreted to mean that the nations of the world need both wings, land and culture, to maintain their existence, but Klal Yisroel can fly and soar to great heights even on one wing, namely its culture, which is the Torah. Furthermore, as the dove saves herself only by her wings, so too Klal Yisroel is saved only by the merit of the Torah.

Moreover, in Shir Hashirim Rabbah (1:63), it states that as the dove from the hour she recognizes her mate does not change from him, so too Klal Yisroel, from the time we recognized Hashem we have not

changed from Him.

This passage speaks to conjugal fidelity, and may throw some light on the nature of the sin-offering that a woman after childbirth must bring to the altar. "And when the days of her purification are fulfilled... she shall bring a young pigeon or a turtle-dove for a sin-offering" (Vayikra, 12:6). This offering indicates that the woman was pure before marriage, and that she is always faithful. In this manner, we equate the purity of married life among humans with the fidelity of the dove toward its mate.

Rabbi Akiva explained (Medrash Tanchuma, Parshas Shemos, 29), "Similar to a bird that cannot fly without wings, so too our nation cannot stand without its elders." A story is narrated in the gemara (Meseches Shabbos, 130A) concerning a teacher called Elisha who was called "The Man of Wings." The Roman government issued a decree that any Jew found wearing tefillin would have his brains pierced. Elisha disregarded the decree, put on his tefillin, and walked into the street. When a Roman sentry recognized him, Elisha attempted to run, took off his tefillin and held them in his hand.



Elisha was quickly overtaken, and when asked what he held in his hand he replied, "The wings of a dove." The rabbis asked, why did Elisha reply with these words? Because Klal Yisroel is likened to a dove, "Knesses Yisroel domeh l'Yonah," just as a dove is protected by its wings, so is Klal Yisroel protected by its mitzvos.

Mordechai runs a popular 10-minute nightly shiur on the Parsha with a keen interest on the invigorating teachings of the Berdichever Rav, the Kedushas Levi. To learn more about the nightly shiur including dial-in information, visit www.shiurenjoyment.com. Mordechai resides in Hillside, New Jersey, with his wife and children and can be reached by email at marc.plotsker@gmail.com.



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Don't 'Overlook' Addiction

By Andrea Nissel

Asher Goldstein, MD, and his exemplary staff at Overlook PAIN + Recovery are helping patients suffering from chronic and acute pain conditions with non-opioid treatment options including interventional pain procedures and physical therapy. Overlook PAIN + Recovery also offers a unique program that helps people with opioid dependency come off their medications while treating their underlying pain disorder.

Bracha (Beth) Mazin, PA, works with Dr. Goldstein to treat patients who are interested in options that will successfully help with pain management while simultaneously weaning them from their opioid medications. Over time it became evident that many people in our community are looking for help to come off of opioid medication in an outpatient setting.

"At Overlook PAIN + Recovery we spend a significant amount of time with each patient, offering support both on a medical level and an emotional level, to help ease the process while weaning them off of their opioid medications," explained Mazin.

There are different approaches to helping patients who have become dependent on pain medications. One option is to lower the dosage of the medication slowly and let the body adjust with time. Another approach would be to use a medication called Buprenorphine (Suboxone), which helps patients come off of opioids while preventing withdrawal symptoms and cravings.

Regardless of the approach taken to wean a patient off of opioids, the involvement of a mental health professional is essential. Overlook PAIN + Recovery refers patients to professionals who can help with this part of the treatment plan, hand selecting the right practitioner for each patient.

"A team approach is critical to the success of this process," said Mazin. They believe that many of their patients feel vulnerable during this period of time when they are motivated to make a change yet frightened by the prospects they face.

Avi Shteingart, LCSW, who continues to work closely with Amudim, an organization specializing in drug and alcohol addiction, and Overlook PAIN + Recovery, operates a private practice for addiction and trauma counseling in Springfield and also in Brooklyn, New York. Working with people facing addiction for more than 10 years, he believes "we need an 'integrated approach' to handle this epidemic. Addiction can't be treated on one level." Patients need a structured program in place that includes a team of providers who coordinate care. At Overlook PAIN + Recovery, patients are presented with a support program as well as a treatment plan that will facilitate a more successful outcome.

In order for a patient with chronic pain to achieve long-term success without opioid medications, it is critical to treat the underlying pain. Dr. Goldstein has extensive experience in a variety of interventional pain-management procedures. One procedure he has found highly successful in



helping patients with chronic pain, including those patients who have had back surgeries and are still in pain, is a spinal cord stimulator.

Spinal cord stimulation is a procedure that delivers ultra low-level electrical signals to the spinal cord or to specific nerves to block pain signals from reaching the brain. This prevents patients from feeling pain from that specific area. Spinal cord stimulation requires implanting a small device in the body to alter nerve transmission.

"In certain circumstances, the underlying cause for pain cannot be changed, but helping manage pain without medication is the desired outcome. We can't necessarily fix the underlying cause for the pain, but we can treat the pain," noted Dr. Goldstein.

Spinal cord stimulation is recommended when other treatments such as surgery have not been successful or are not advisable options. The spinal cord stimulator has proven to be very effective in treating chronic pain conditions, such as back pain, neck pain and migraine headaches, in an

efficient and medication-free way.

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The pain relief experienced with spinal cord stimulation allows people to take fewer pain medications, thus providing pain relief with a non-opioid treatment plan. To learn more about these treatment options, please call Overlook PAIN + Recovery at 201-645-4336 or visit www.pain-recovery.com.



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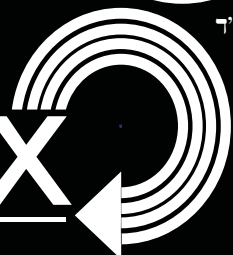
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Let's Talk About Anxiety

By Talia Marmon, Ph.D.

Anxiety in teens and children is increasingly common, and it's the most prevalent mental health diagnosis among adolescents in the U.S. In spite of that, it's rarely discussed openly in our community, which largely continues to stigmatize mental health issues. An upcoming screening of a powerful documentary intends to jumpstart a much-needed conversation about anxiety and normalize this common struggle.

On Tuesday evening, October 16, the Parent School Partnership of Yeshivat Noam will be hosting a community-wide screening of the compelling IndieFlix documentary "Angst: Raising Awareness Around Anxiety." This film is a must-see for parents, educators and others who care for children or teens with anxiety. The film's goal is to help viewers identify and understand the symptoms of anxiety

and encourage them to reach out for help; to destigmatize, normalize and offer hope.

"Angst" engagingly and thoughtfully explores anxiety, its causes and effects and ways of dealing with it. The film features candid interviews with kids and teens who suffer, or have suffered, from anxiety, and what they've learned about it. "Angst" includes commentary from mental health professionals, and the screening next week will be followed by a live panel of experts who will field questions and further the conversation.

IndieFlix presents

Angst

RAISING
Awareness
AROUND
Anxiety

sessive-compulsive disorder, and specific phobias) in adolescents in the U.S. is 31.9 percent. That means this is an important, if not pressing, topic for many families, including those in our community.

Many individuals experience an anxiety disorder, but particularly in communities that don't discuss the problem, those who suffer often feel like their situation is rare or unique. According to the National Institutes of Mental Health, the prevalence of any anxiety disorder (including generalized anxiety disorder, ob-

According to Dr. John Duffy, clinical psychologist and best-selling parenting author, "The teenagers in the film describe their suffering with stunning openness, grace and courage...the filmmakers were able to capture what so many of my young clients are suffering in these complicated days: the bullying, perfectionism, panic, obsession, and too often, hopelessness.... Whether you are a teenager, parent, educator or a mental health professional, you simply need to see this movie, and soon. And every school needs to screen this film. It's that important."

Chani Oshinsky, a Teaneck resident who saw the film at a private screening this spring, found it eye-opening. "Angst" really helps educate adults so they can validate their children's or students' struggles and help them, instead of dismissing or misunderstanding them," she says.

Notes Dr. Jerry Bubrick, senior director of the Child Mind Center, "In our world there is a stigma attached to mental health disorders. People see anxiety as a personal failing rather than a medical condition; they see it as something to be ashamed of, rather than something to be treated. In reality, anxiety is universal. It doesn't discriminate—and it's very treatable. We just need to acknowledge it and talk openly first."

The firsthand accounts of kids and teens in the film describing their experiences tend to strike a chord with viewers, many of whom have seen their children or students struggle similarly. The film and expert panel on Tuesday will address some of the different ways that anxiety presents in children, which can often be misunderstood by adults, including parents and educators.

Loretta Paley, co-chair of Yeshivat Noam's Parent-School Partnership, was instrumental in arranging the upcoming screening after she saw the film last year. "I feel that it's so critical for everyone in our community to see this film, to stop stigmatizing these kids, and to finally understand what they're going through so we can help them. There needs to be a big change in how we view mental health concerns, and we're hoping that 'Angst' contributes to that change."

The film and expert panel will take place at Yeshivat Noam Middle School on Tuesday, October 16, at 8 p.m. Admission is free and the event is open to the community. "Angst" is recommended for teens and adults but may be too intense for younger viewers. For questions, please email psp@yeshivatnoam.org.

Dr. Talia Marmon is a clinical psychologist.

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Former NYPD Officer Finally Finds Pain Relief at HRH

(Courtesy of Hudson Regional Hospital) As a police officer for the New York Police Department for 20 years, Gary Parlefsky has seen it all and has felt it all. A high-impact job of keeping New York City's streets clean and safe contributed to a back injury and significant chronic pain, causing discomfort all the way from the neck to the tailbone.

And Gary thought this pain might be permanent until he found Hudson Regional Hospital. As a new community hospital in Northern New Jersey, Hudson Regional Hospital has invested heavily in state-of-the-art technology such as Mazor Robotics and the da Vinci Xi Robotic Surgical System.



With the help of Dr. Jonathan Lewin, Gary shared his story with us, detailing how he went from being painful to pain-free!

Can you tell us a little bit about your pain history and how you found Hudson Regional Hospital?

Gary P: Back in 2003, I was working and I had a high-impact injury. The lower discs in my back collapsed. I had tried everything—therapies, chiropractors, countless injections—I even tried acupuncture. You name

it, I've tried it. I was with George Matyjewicz one Shabbos dinner and he told me about the new robotic surgery at his hospital—Hudson Regional Hospital. I called and their concierge service scheduled a convenient appointment with Dr. Lewin and he suggested the robotic surgery to me.

Had you tried other treatments in the past?

Gary P: Definitely. Over the past 40 years, I've been to countless orthopedic surgeons and they've always told me that there would be no guarantee that the procedure would work. When I saw Dr. Lewin, he said, "That's insanity, the procedure is going to work." Dr. Lewin told me that I wouldn't have any restrictions.

Dr. Lewin, what are some of the advantages of using Mazor Robotics?

Dr. Lewin: Well, part of the surgery is the placement of spinal screws. There is not a lot of room for error. What the robot is capable of doing cannot even be paralleled by human hands. We look at it like landing a plane. There is a technical assistance that can in conjunction with the pilot aid for a successful takeoff and landing. It enables us to put our best foot forward and use the skills we've been trained with to accurately place those spinal screws.

Gary, what was your experience like at Hudson Regional Hospital?

Gary P: The first few nights I was in the hospital I was in the ICU. I can't say enough about the staff. Anything I needed, they were there. If I hit the buzzer, within seconds they were there. They were just great.



I had all the confidence in the world in the facility. It's really nice to know I can live my life without pain medication. Choosing Hudson Regional Hospital is the best decision I've made in my life.

Dr. Lewin, what made you choose to collaborate with Hudson Regional Hospital?

Dr. Lewin: There are very few hospitals in the state that have both Mazor Robotics and the da Vinci Xi Robotic Surgical System together. We can develop a robotic program that will result in shorter hospital stays and a quicker recovery time. This means we can get people back in the game so much sooner. Hudson Regional Hospital is at the top of its game. The hospital has been forward-thinking in terms of its approach towards surgeons and technology. The patients are being subjected to a less invasive procedure which will translate into less negative outcomes. We are seeing that now.

What is your treatment philosophy when using Mazor Robotics?

Dr. Lewin: We put quality first. A surgery that took three hours now takes two hours with less blood loss and better post-op recovery. We have implemented a patient-first, personalized view of care, and

I think you are going to see great things from Hudson Regional Hospital. It's very exciting for the hospital to have this technology and being able to bring this technology to the community at-large.

Gary, how do you feel now, six weeks post-surgery?

Gary P: It's been six weeks since the surgery and my progress has been incredible! I don't feel any pain. I am at zero pain. I haven't been able to say this in 40 years.

Hudson Regional Hospital offers many pain management and other services, both on an inpatient and outpatient basis. Over 100 physicians have joined HRH in the past couple of months, with more joining every week, as they see the advantages of a facility dedicated to patient comfort with less pain and advanced technology robotics. For a tour of the new Hudson Regional Hospital or to meet the owner and executive staff, physicians should call George Matyjewicz at 201-392-3436 or email GMatyjewicz@HudsonRegionalHospital.com.

Patients can inquire about these services or schedule appointments by contacting the hospital directly, either via telephone, at 201-392-3100, or email, at info@hudson-regionalhospital.com. Patients facing medical emergencies should proceed directly to the emergency room. The emergency room contact number is 201-392-3210.

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Yeshiva Boys Choir Relocates to Northern New Jersey

By Pearl Markovitz

After multiple peregrinations since its inception in 2003, the Yeshiva Boys Choir will be hanging its hat in Passaic, enabling participation by Northern New Jersey residents. First in Cleveland, then the South Shore and Far Rockaway, then Flatbush and Boro Park, the young boys of the much-acclaimed Yeshiva Boys Choir have been on the move. In addition to performing in faraway venues in countries such as Israel, England, Canada and Panama, the boys have even had to travel distances to their U.S. performances. When Yeshiva Boys Choir Vol. 1 was released in 2003, choir director Yossi Newman, with all the boys in the choir then living in Cleveland, traveled up to eight hours from Cleveland to perform



Eli Gerstner, Yossi Newman and The Yeshiva Boys Choir after the two sold-out shows in Teaneck on September 26. (CREDIT: CHAIM TUITO)



Eli Gerstner, Yossi Newman, The Yeshiva Boys Choir and friends after the MCU Park show in Brooklyn on September 27. (CREDIT: CHAIM TUITO)



YBC and the audience at MCU Park, September 27. (CREDIT: CHAIM TUITO)

mances in the tri-state area. Now living in Passaic, Newman, who trains the choir, hoped that after seven albums and four live albums, he'd be able to finally move the choir closer to home.

Eli Gerstner, the creator, songwriter and producer of the Yeshiva Boys Choir, resides in Brooklyn. He and Newman charted new territory when they joined forces in 2003 to create a boys choir that included boys from pre-1A through grade eight. Today the Yeshiva Boys Choir is one of the most sought-after Jewish vocal groups in the country. Through Gerstner's compositions and arrangements and Newman's hands-on vocal training and choreography, the choir regularly gets top billing at Jewish musical events.

When the move to Passaic was announced recently, the news spread like wildfire and more than 100 boys from Teaneck, Passaic and Monsey came to audition. Maintaining its core of Brooklyn and South Shore participants, the choir will now expand. Practices will be held in Passaic prior to the big performances, such as those during Chol Hamoed Sukkot and Pesach. This format was decided upon rather than the weekly practices, which often cause hardship to the parents transporting their sons. Another consideration of the choir is that participants can remain until they complete eighth grade, after which they officially leave the choir. In this way, every boy completes the experience with the same timetable and can go on to uninterrupted studies in high school.

If you were fortunate enough to attend the recent YBC performances over Sukkot, you could not help but hear the overwhelming audience excitement and participation when classics such as "Ah, Ah, Ah," "Kol Hamispalel," "Shab-ichi," "Ve'ahavta" and the gripping "Daddy Come Home" were presented. The video backdrops so familiar to Youtube followers of YBC also added to the familiarity and enjoyment of the concert.

In addition to YBC, The Chevra and many productions across the globe, Gerstner has been producing the annual HASC Concert for the last four years. Newman is a popular musician, DJ and one-man band available for bar/bat mitzvah celebrations.

For more information you can visit their website: www.TheYeshivaBoysChoir.com.

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Cirque Italia Presents 'Paranormal Cirque'

(Courtesy of Cirque Italia) Do you love thrilling, wicked or even dangerous things? Be ready to escape to a new world! Paranormal Cirque will expose you to a unique creation of combined theatre, circus and cabaret with a new European style flare. Cirque Italia is now presenting a brand-new show for a mature audience.

This innovative horror story features an incomparable storyline - the only thing you can be sure of during this unique experience is that you will not know what to expect! It might be hard to divide reality and illusion! Are you intrigued yet? You will fall into a parallel world and end up surrounded by monstrous creatures with hidden talents that will amaze you with the circus arts.

Be prepared as soon as you step through the entrance to experience the unrivaled pre-show. This thrilling and chilling environment employs mysterious creatures to help you to your seats for a two-hour hypnotizing and enchanted show.

The latest trends of the industry are challenged with every Cirque Italia appearance and this third unit will not be any different. A careful casting selection has united the best artists from all over the world. Cirque Italia believes in multiculturalism as one of its strongest assets. Just a few of the circus arts you can expect to see in this new production include the jaw-dropping Wheel of Death, mystifying magic, a wom-

an hanging high in the air - but only by her hair, six men on a horizontal pole, the infamous Cyr wheel, and the dangerous silks. The new third unit also follows Cirque Italia's strict animal-free policy.

The Italian entrepreneur Manuel Rebecchi, president and owner of Cirque Italia, combined his vision with the flawless direction of the COO, Chanté DeMoustes, and has created a successful production known and acclaimed all over the country. Rebecchi wanted to create a show to cater to an adult audience where viewers could escape to another world. His desire to challenge and reinvent the concept of circus is a unique quality that audience members

appreciate. Demoustes focused on this idea of reinvention when creating the new look for Paranormal Cirque.

She said that "There are many hidden details, and when one experiences this show it will be unforgettable."

Paranormal Cirque is a show that takes you into a world of dreams...or perhaps more accurately, a world of nightmares and fantasies. Fear, amusement and surprise are only a few of the ingredients used to give you a mixture of emotions that will be impossible to forget. This is truly a paranormal experience like no other.

The show will run from October 18-21, at The Mills at Jersey Gardens, 651 Kapkowski

Road in Elizabeth (near AMC Theaters). On Thursday, October 18, there will be one performance at 7:30 p.m. On Friday, October 19, there will be a 6:30 p.m. performance at which kids 6 and up will be welcome, and also a 9:30 p.m. performance. On Saturday, there will be a 2:30 p.m. performance at which kids 6 and up will be welcome, a 6:30 p.m. performance, and a performance at 9:30 p.m., and on Sunday, October 21, there will be a performance at 1:30 p.m. at which kids 6 and up will be welcome, and then performances at 4:30 p.m. and 7:30 p.m.

For more information, visit www.paranormalcirque.com and make sure to check all our social media accounts. Tickets can be purchased now, starting at \$10 to \$50,

depending on availability. Those under 18 require an accompanying parent or guardian. This show has adult language and material. Paranormal Cirque is offering a special promotion: \$5 off any full priced ticket purchased in levels 1, 2 or 3. This offer cannot be combined with any other offers, discounts or deals. Please call 941-704-8572 to get the promo code for your location. You can purchase tickets through the website at paranormalcirque.com/tickets, or by phone at (941) 704-8572.

The box office will open on-site on Tuesday, the week of the show. The hours are: non-show days from 10 a.m. - 6 p.m. and on show days from 10 a.m. - 10 p.m.



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Shira Pahmer Is Loving Learning at MMY

By JLNJ Staff

Shira Pahmer is studying in Michlelet Yerushalayim (MMY) in the Baka neighborhood of Jerusalem. She grew up in Passaic, attended Yeshiva Beit Hillel for elementary school, and Ateres Beis Yaakov in Monsey for high school.

Her next stop? For now, Stern College, but aliyah is also an option.

Why did you choose to study at MMY?

I chose to go to MMY because I was interested in a school that placed a strong emphasis on academics and intellectual learning, while being Zionist and caring about developing a love and appreciation of Israel.

What kind of goals do you have for the year?

One of my main goals for the year is to improve my learning skills and become comfortable opening a sefer and learning it on my own so that I can continue learning even when I'm not in a yeshiva setting. I also want to get more familiar with Israel and explore the country, and become comfortable navigating by myself.

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

One of the biggest highlights of the year for me so far has been getting to spend time with all of my family who live here in Israel. Getting to see them for the first time in so long has been really nice, and they're

all so friendly and welcoming that I already feel comfortable with them even though I haven't been here for so long.

What kind of challenges have you faced coming to Israel?

Making my schedule at the beginning of the year was really difficult for me. I remember sitting there while all of the teachers were presenting their classes and feeling so conflicted because I just wanted to take every class; obviously this wasn't an option. Eventually, though, I was able to narrow it down, and now I have a schedule I'm very happy with. It also helped to know that I could switch classes in the first few weeks, if one of the classes I chose wasn't working out for me. It is also hard dealing with the time difference between here and America, and figuring out times to call my family back home.

How has your year been different from your expectations?

So far I feel like I've been very prepared for being here in Israel. My school has made it very clear that they are always around to help us if we need anything, so thank God my transition has been a very easy one.

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

My favorite Shabbat experience was when I stayed in Yishuv Bnai Adam. The community is still being developed—there are no buses, and only 40 families live there—and it's totally surrounded by open desert. It was really beautiful. Everyone lives so simply there and it was just a very relaxing and enjoyable Shabbat.



MMY students: Top row, l-r: Shoshana Rockoff, Arielle Borger, Adira Levine, Sela Boord. Bottom row, l-r: Shira Hagler, Suzanne Rabinovitch, Shira Pahmer.

(CREDIT: SHIRA PAHMER)

Which is one of your favorite classes at MMY?

I really enjoy Rabbi Emmett's Hilchot Shabbat class. He always makes sure we learn the background to all the halachot; we go through all of the nuances of the discussions and debates, and then he also makes sure to tell us the practical halacha. He keeps it interesting and informative but makes sure it is given over in an understandable way.

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

For the rest of the year I hope to challenge myself and grow a lot more academically. I also want to explore Israel and experience the different communities throughout the country. I'm really excited to spend more time with my family that lives here and become closer to them.



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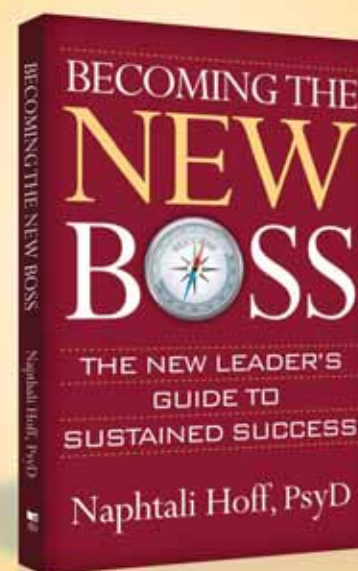
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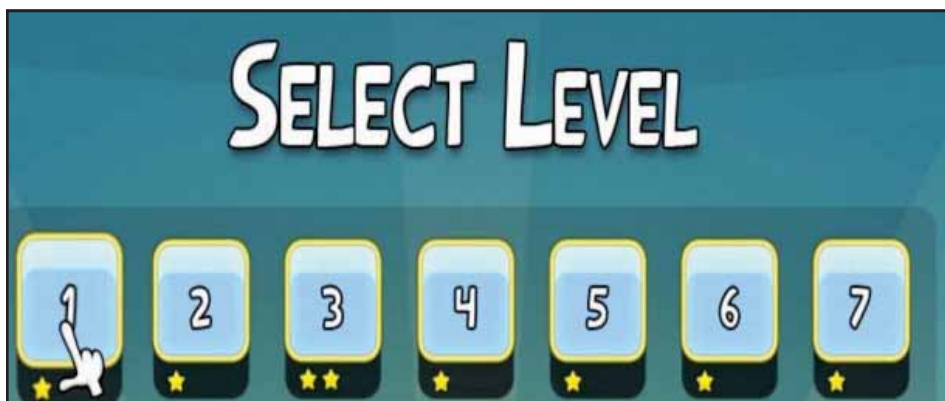
Are New Heights Like Video Game Levels?



By Rachel Zamist

Don't we all have different games hidden deep on their third screen or in their folder titled "transportation"? (Please tell me this is not just me!) We can fool ourselves and say that we just keep them on our phones for when we need to entertain a kid, but then we find ourselves on the carpool line or showing up a few minutes early to a meeting and we open up that game for a few blissful minutes of zoning out. Back in the day we would have Solitaire, Minesweeper or even Tetris on our desktop, so now we're spoiled with all the games awaiting us on our smartphones.

Thinking about video game levels, I shared a theory/mashal with someone during the Yom Tov season, wondering whether new spiritual heights can be reached like new levels on a video game. Each time we get to a new level of a game, we immediately have an instinctive reaction as to how we will pass that level. Either we come up with a simple strategy so we can pass it right away, or something in our gut tells us we have no idea how we will pass it, that this is just too difficult, that this is the level that will end us. We will simply have to give up.



So often we are faced with challenges in our life that we are so confident we will power through in no time. And then the struggle is so intense, you have no idea how you ever thought you would figure out a solution. Conversely, sometimes we have challenges that we think we will have forever, and then everything seems to work out and the pieces all just fall into place.

For the past couple of weeks we have all been inordinately focused on the Yom Tov season, but now we're back to our regularly scheduled routines. Most people around me are really excited to get back into the swing of things and even wouldn't mind some cooler weather. While we spend so much time thinking about what we will daven for before, now it's time to really wonder what spiritual heights will be attained, as has been determined for us just a few days ago.

Just days before Yom Kippur, our world was shaken up with the tragic loss of Ari Fuld. One of the many quotes from Ari, Hy"d, was "If life is easy, you are living it wrong."

What does that really mean? Should we specifically over-complicate our lives? No; definitely not. (This is why I have my groceries delivered when the weather is bad.) But we can have a new perspective on the hardships we are facing. As we sat and prayed on Yom Kippur and Hoshana

Rabba for certain aspects of our lives to change and others to stay exactly the same, Hashem was busy confirming what would really be the best for us. If we thought it was hard to figure out what to actually ask for, it seems infinitely harder to accept why it might appear that some tefillot and baka-shot have certainly been answered, while others just seem to have been ignored by Hashem when we had such positive intentions. So many times in our lives we have heard "Hashem knew you could handle [insert challenging situation here]." My chortling response would often be that I wish Hashem would think a little less of me and maybe then I would just get to coast my way through life, just for once. But as we embark on the new year, maybe we can take all that faith we worked on developing and truly put it in to practice.

One of the many beautiful drashot and shiurim I heard over Yom Tov culminated with this point by Rabbi Glasser of the Young Israel of Passaic-Clifton. First we spend an immense amount of time connecting to Hashem through prayer and really developing so much trust that we go out into our sukkah. A sukkah represents our complete faith in Hashem; we leave the security and comforts of our homes and choose to live outdoors where we don't know what to expect, but accept that

we will be taken care of. But then we go back into our homes and have to face the reality of our lives without the intensity of Hashem's presence as we felt during the Yomim Noraim. And that's when it gets hard, but that's when we get to do the work to make it great and reap the benefits.

Recently, a friend made a decision in her life that would make certain aspects of her life incredibly complicated and physically demanding, but ultimately would have incredibly long-lasting effects on her family. At first, I couldn't understand why she was making this choice. Weeks later, I can see the positive effect the decision had on her family and how it was totally worth all the hardship to get to that place. Of course we all want to be able to know for sure how we are going to pass each challenge we will face. Sometimes we will fly through unexpectedly and sometimes it will shlep and shlep for what appears to be no reason at all. We know this year can be full of challenges that will ultimately lead to fulfillment, growth and simcha because we know that Hashem has given us the strength to get to the next level. So here we go!

Rachel Zamist has lived in the Passaic community for the past 32 years and has watched it grow and transition. She is the beaming mother of Mimi, a seventh-grade student at Rachel's own alma mater, YBH.

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The Soul of Parenting: Are Our Kids Passionate About Shabbat?



Rabbi Dr. Jay Goldmintz

Rabbi Goldmintz's young grandson was seriously injured just before Sukkot and needs your tefillot. Please daven for Aharon Meir ben Yael Miriam. This article is dedicated in the merit of his refuah shelaima.

(Reprinted with permission from OU.org)

How different is Shabbat from any other day of the week? Is it just a day where the food is better than we might otherwise serve, where the clothes are a little fancier than we might otherwise wear to the table? Is it just a day when we finally eat one or two meals together as a family, when during the week we otherwise pass one another in the night? Rav Soloveitchik wrote movingly about Shabbat being all about welcoming Hakadosh Baruch Hu into our midst (as opposed to Yom Tov when we visit His house). Yet do our kids re-

ally feel that on Friday night? Is there something palpable about His presence or do we just take it all for granted? I am told that my grandfather used to feel badly for non-Jews because "they don't have Shabbos." Yet some teens lament that that they find it confining and boring and, God forbid, have been tempted to give it up. How do we inject our Shabbat with passion?

Rav Soloveitchik would often bemoan the lack of passion in our community. With regard to Shabbat, he once described this phenomenon not as it related to the unfiliated and uncommitted but to the thriving Orthodox "shomrei Shabbos" communities as well. At the same time, he gave the hint to at least one partial solution.

"Even in those neighborhoods made up predominantly of religious Jews, one can no longer talk of the 'sanctity of Shabbat.' True, there are Jews in America who observe Shabbat... But it is not for Shabbat that my heart aches; it is for the forgotten 'Erev Shab-

bat' (eve of the Sabbath). There are Shabbat-observing Jews in America, but there are no 'Erev Shabbat' Jews who go out to greet Shabbat with beating hearts and pulsating souls. There are many who observe the precepts with their hands, with their feet, and/or with their mouths—but there are few indeed who truly know the meaning of the service of the heart!" (On Repentance, pp. 97-98)

We talk a lot about Shabbat itself, but Shabbat really begins with the preparations beforehand. Just think of Shabbat as a guest. (After all, in shul on Friday night we do sing a song [Lecha Dodi] welcoming the Sabbath bride into our midst, and at home we sing Shalom Aleichem to welcome the angels who accompany us.) What would we do in our homes if we knew an important guest was coming? More importantly, what role would we have our children play in the preparations to welcome that guest?

We all know that part of the excitement of an event lies not only in the event

itself but in the preparation for it as well. The joy of making a bar/bat mitzvah, a wedding, a bris or the like is very much shaped by the preparations, even though they can be very hard work indeed. Similarly, going out on a date entails more than just the few hours a couple ultimately spend together. It usually often involves the preparation—deciding what to wear, where you are going to eat or the like, making reservations, coordinating transportation and sometimes even thinking about what the topics of conversation will be. Shabbat should be that kind of experience, for it is, after all, a date with the Shechinah, God's presence, which we welcome into our community and our home. In general, the more we prepare for something the more invested we become.

And so it should come as no surprise that preparing for Shabbat is actually a mitzvah—it's called *kvod Shabbat* (honor of the Shabbat)—and it takes place entirely before Shabbat even begins. And, most important, it seems that no one is exempt, despite the traditional burden that has fallen on women. The Rambam (Hilchot Shabbat 30:7) summarizes the pre-Shabbat practices of a number of venerated rabbis and scholars:

Even a very important person who is unaccustomed to buying items at the marketplace or to doing housework is required to perform tasks to prepare by himself for the Sabbath. This is an expression of his own personal honor. [Commentary: rather than think that involving himself in such activities will be demeaning, he should appreciate that these deeds will enhance his honor. Even if it is possible to have others perform these tasks for one, it is preferable to carry out certain deeds oneself. For there is nothing more honorable than to give honor to the Sabbath. In this context, Rabbenu Chanan'el refers to Kiddushin 41a, "It is more of a mitzvah [to perform a positive action] oneself, rather than [to charge] an agent [with its performance]."

The Sages of the former generations [would involve themselves in such activities]: There was one who would cook, one who would salt meat, one would braid wicks, and one who would kindle the lamps. Others would go out and purchase food and beverages for the Sabbath, even though this was not their ordinary practice. The more one involves oneself in such activities, the more praiseworthy it is." (translation from Chabad.org)

If it was good enough for the likes of Raba and Rav Huna, Rabba and Rav Zeira, then surely it should be good enough for us and for our kids.

In a class I once taught in the 10th grade about *kvod Shabbat*, I used to give students a homework assignment to do something different that week in preparation for Shabbat (without sharing it with family so that it would remain a very personal, private act). One student helped his mother set the table. His mother couldn't believe it—she wanted to know if he was feeling okay. Another boy cleaned up his room (different mom, same reaction). One student did some cooking, another decided not to take her usual long nap through supper. For some kids it was an eye-opener; for others, doing it once or twice was just not enough to have an impact. But if we were to insist when our kids are younger that they get involved in preparations of some kind, there is less likelihood that they will just fall into Shabbat as a passive observer.

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The Rebbe will be happy to meet and speak with individuals on a more personal basis, Motzai Shabbat after 8pm and Sunday morning from 9-12am at the home of Miriam and Alan Greenspan, 545 Winthrop Road.

Please email Miriam or Alan Greenspan to schedule an appointment to meet with the Rebbe.

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Review: 'Tanakh: An Owner's Manual,' by Moshe Sokolow



By Mitchell First

Dr. Moshe Sokolow, a professor of Bible at Yeshiva University for many years, and associate dean of Azrieli, came out with this book in 2015. I love the title! The book covers the following subjects: Authorship and Editing, Canonization, Masoretic Text, Parshanut, Translations (e.g., Targumim and Septuagint), Tanach and Modern Scholarship, and Pedagogy.

The best section of this book is the one on "Parshanut." First Dr. Sokolow writes about "Parshanut" in general. Then he has a section on the following leading exegetes from the 10th through 19th centuries: R. Saadiah Gaon, Rashi, Rashbam, Ibn Ezra, Radak, Ramban, Ibn Kaspi and Malbim. He places them each in historical context and provides insights into each. For example, regarding Rashi he writes that just prior to Rashi (11th century), the Jews of France had developed two principal approaches to the study of the Bible. The first approach, personified in Rabbi Moshe Ha-Darshan, was the way of derash. (Note that Rabbi Moshe and his colleagues were the ones who put together the midrashic collection "Bamidbar Rabbah.") The second approach, personified in R. Menachem bar Chelbo, adopted a more philological approach to the text. He writes that "Rashi sought to steer a course between these two extremes and to balance the tendency to rely, invariably and uncritically, on the talmudic and midrashic Aggadah with the opposite tendency to disregard Aggadah [and rely essentially on] grammar and lexicography." He quotes the famous passage of Rashi at Genesis 3:8: "va-ani lo bati ela le-peshuto shel mikra, u-le-agadah ha-meyashevet divrei ha-mikra..." As Dr. Sokolow puts it: "Rashi's exegetical credo, then, was that his use of Aggadah would be determined by the service it rendered to the resolution of a specific textual problem. No aggadah, as it were, would get a free ride." (Then he discusses the issue of whether Rashi was entirely faithful to his own credo! I.e., does Rashi ever quote Aggadah without a textual problem motivating him?)

I would now like to digress a bit and point out the evolution in my own understanding of Rashi. In my elementary school in the 1960's, we used those blue linear Rashi's with English translation. We saw that Rashi was continually providing us with comments, but we had no idea that he was providing these comments to answer a question! In fact I do not recall ever seeing an editorial comment in these five volumes that pointed out that Rashi was here writing to answer a question! Only in high school was I finally told that Rashi was writing because there was a question in the text that was bothering him.

But Rashi regularly gives midrashic answers. Should he be considered a "pshat commentary" or a "drash commentary"? It was only years later, while studying in Israel at age 24, that a Rabbi Baruch Kaplan gave me the proper explanation in a nutshell: "Rashi asks pshat questions, but gives drash answers." I.e., he is motivated by a question in the text. But instead of suggesting his own answer (as the commenta-

tors after him are willing to do), he generally limits himself to the answers already found in the midrashic corpus (and tries to choose the midrashic answer that most closely fits the text). If you knew this already, great, but I am sure that some of you out there did not. (P.S., I went to Columbia College. Surely, I would have learned this earlier in life if I had been at YU for college and took a class from Dr. Sokolow or one of their other Bible instructors.)

Going back to Dr. Sokolow's book. I would like to share a few more insights. Regarding Ibn Ezra, he quotes the following interesting passage from Ibn Ezra's introduction to Eichah: "Midrashim are divided into several categories. Some are riddles, enigmas and lofty aphorisms, while others are intended to provide relief after adversity and still others come to fortify those about to succumb, and to fill a spiritual void. Therefore, one should compare the meaning of a verse to a body, and its midrashim to clothing. Some [midrashim] are fine as silk, while others are coarse as burlap."

Regarding Ramban, Dr. Sokolow quotes an interesting passage from Ramban's introduction regarding Ibn Ezra: "We shall conduct an open rebuke and a secreted love." Who knew that Ramban had a secret love for Ibn Ezra's commentary!

Now it is time to discuss the weakness of Dr. Sokolow's book. My 2016 Honda Odyssey manual is 561 pages. This book is only 219 pages. Given all the topics it was meant to address, this book needs to be something like that length as well! For example, his discussions of the authorship of each book and of the canonization process are way too brief. I am not interested in who invented each part of my Honda Odyssey, or how the Honda Odyssey evolved over the decades. But in the case of Tanach, I am interested in authorship and evolution/canonization. These sections of the "manual" should have been longer!

For example, in the case of the authorship of Tehillim, he is willing to adopt the position that some of the material dates to early Bayit Sheni (e.g., Psalm 137, which commences "al naharot Bavel"). But he does not trouble to mention two important passages in classical rabbinic literature that support this position. These are Shir HaShirim Rabbah 4:4 and Kohelet Rabbah 7:19. These passages include Ezra as one of the 10 authors of Tehillim. (These passages contrast with the well-known passage at Bava Batra 14b that attributes Tehillim to David "al yedei asarah zekenim," all of whom lived either in David's time or earlier.)

Another example of his being too brief is his discussion of canonization. He cites Dr. Sid (Shnayer) Leiman's important book "The Canonization of the Hebrew Scriptures: The Talmudic and Midrashic Evidence" (second edition, 1991). But he does not mention Dr. Leiman's conclusion that the Tanach was closed around 164 B.C.E. and that a passage at II Maccabees 2:14:15 may allude to the closing of the Tanach by Judah Maccabee. He also does not mention Dr. Leiman's important distinction between inspiration and canon. Dr. Leiman writes that a book can be in the canon, but that does not necessarily mean that it was viewed as being composed with ruach hakodesh. Whether Shir

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Passaic County					
P A S S A I C					
ADAS ISRAEL	565 Broadway 973-773-7272	Rabbi Dr. Solomon Rybak	Sun: 8:30 AM, Mon/Thurs: 6:45 AM, Tues/Wed/Fri: 6:55 AM	Bzman	Following Mincha. Usually 15 min halacha shiur in btwn 09:15 PM 01:00 PM and 10:45 PM (additional 8:15 PM in winter) 08:00 PM
AGUDAS YISROEL BIRCAS YAAKOV OF PASSAIC PARK	262 Terhune Ave.	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	08:30 PM. Shkiah, 9:00 PM, 9:15 PM, 9:30 PM, 9:45 PM, 10:00 PM, 10:30 PM, 11:00 PM and 11:45 PM
AHAVAS ISRAEL	181 Van Houten Ave. 973-777-5929	Rabbi Ron Eisenman	Sun: 6:10 AM, 7:10 AM, 8:00 AM, 8:30 AM. Mon/Thurs: 6:00 AM, 6:30 AM, 7:00 AM, 7:30 AM, 8:00 AM, 8:30 AM, 9:00 AM, 9:30 AM. Tues/ Wed/Fri: 6:10 AM, 6:30 AM, 7:10 AM, 8:00 AM, 9:00 AM, 9:30 AM	1:30 PM and every 20 min approximately from 4:00 PM to sunset	
ALUMNI	280 Main Ave. Fax: 413-714-1717	Rabbi Y Celnick	Sun: 8:00 AM. Mon/Thurs: 6:50 AM. Tues/Wed/Fri: 7:00 AM		09:15 PM
BAIS MEDRASH ZICHRON ELIEZER	170 Main Ave. 973-685-4908	Rabbi Menachem Spira	Sun: 8:30 AM, Mon/Thurs: 6:55 AM, Tues/Wed/Fri: 7:00 AM	15 min before shkiah on Sunday only	01:00 PM. Mon-Thurs
BAIS MEDRASH L'TORAH	181 Lafayette Ave. 973-473-3666	Rabbi Chaim Davis	Sun-Fri: 7:15 AM and 25 min before sunrise	01:30 PM	01:00 PM
BAIS TORAH U'TEFILAH	218 Aycrigg Ave. 973-470-8888	Rabbi Menachem Zupnik	Sun: 7:15 AM, 8:00 AM. Mon/Thurs: 6:25 AM, 7:00 AM. Tues/Wed/Fri: 6:30 AM, 7:00 AM.	Bizman	08:00 PM 08:30 PM. 9:45 PM, 10:15 PM
BAIS DOVID	72 Ascension	Rabbi Shloima Isaacson			
BAIS YOSEF	580 Broadway	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
CARLEBACH MINYAN OF PASSAIC/CLIFTON	226 Van Houten Ave. 973-773-8266	Rabbi Reuven Sarett			
CHABAD OF PASSAIC-CLIFTON	482 Brook Ave. (Rear building) 973-246-5251	Rabbi Sebbag			
EITZ CHAIM	371 Brook Ave. 973-779-1994	Rabbi Yonah Lazar			
GOLDEN OPPORTUNITY INC	90 Dayton Ave. Unit 12 973-778-6722			Mon-Thurs: 2:00 PM	
K'HAL TIFERES BORUCH	232 Terhune Ave. 973-472-4247	Rabbi Schachne Weinberger	Sun: 7:45 AM, Mon/Thurs: 6:35 AM, Tues/Wed/Fri: 6:45 AM	Sun: Bizman	Sun: Bizman, Mon-Thurs: 9:00 PM
KHAL SHOMREI TORAH	1 Main Ave.				
KOL YESHURUN	540 Broadway	Rabbi Aharon Cohen	Sun: 7:40 AM, Mon/Thurs: 6:55 AM, Tues/Wed/Fri: 7:00 AM		
KOSHER KONNECTION	200 Main Ave.			04:00 PM	
MINCHA AT THE MARK ROKOWSKY CAPITAL GROUP	145 Main Ave - 4th Floor 973-574-1144			Mon-Thurs: 1:40 PM	
SHAAREI TEFILLA	24 Crescent St.		Sun: 8:30 AM followed by hot breakfast		
TIFERETH ISRAEL	180 Passaic Ave. 973-773-2552	Rabbi Aaron Cohen	Sun: 7:45 AM, 8:30 AM. Mon/Thurs: 6:20 AM, 7:20 AM. Tues/Wed/ Thurs: 6:25 AM, 7:30 AM	Bzman	08:45 PM 01:01 PM. Also Following Mincha
YESHIVA GEDOLAH OF PASSAIC	55 Ascension St. 973-472-6100		Sun-Fri: 7:30 AM	03:15 PM	09:55 PM
YESHIVA NER BORUCH (PTI)	441 Passaic Ave. 973-594-4774	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
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	
YOUNG ISRAEL OF PASSAIC-CLIFTON	200 Brook Ave. 973-778-7117	Rabbi Yaakov Glasser	Sun: 8:15 AM, Mon-Fri: 6:15 AM	B'zman	B'zman
CLIFTON					
DAUGHTERS OF MIRIAM	155 Hazel St. 973-772-3700	Rabbi Moshe Mirsky	8:45 AM		
KEHILLAS BEIS SHOLOM	733 Passaic Ave. 973-850-9619	Rabbi Avraham Shulman	Sun: 8:15 AM, Mon/Thurs: 6:55 AM, Tues/Wed/Fri: 7:00 AM	B'zman	08:45 PM. Follows Mincha on Sunday
KOLLEL AVREICHIM OF PASSAIC	270 Rutherford Ave.	Rabbi Eliezer Breslauer		02:45 PM	01:00 PM
PATERSON					
THE PATERSON SHUL @ FEDERATION APARTMENTS	Federation Apartments 510 E. 27th Street (basement level) 908.581.2972	Lay leadership	9a.m. / Call/ Email JerrySchnitz@ gmail.com for Shabbos and Yom Tov Schedule		
TOTOWA					
DEVASH FARMS	111 Maltese Dr. 845-426-3000 Ext. 107			Mon-Thurs: 4:00 PM	
WAYNE					
ALM CORP.	55 Haul Road 973-694-12232			3:00 PM. Winter Only. No Sundays.	
CHABAD OF PASSAIC COUNTY	194 Ratzer Road 973-694-6274 -W 201-454-8857-C	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	
Essex County					
CEDAR GROVE					
NOBLE PACKAGING OFFICES	20 Sand Park Rd.			Mon-Thurs: 2:00 PM	
IRVINGTON					
UNIPRO UNIFORMS	84 Coit St. 973-577-1300			Mon-Thurs: 1:45PM	
LIVINGSTON					
ETZ CHAIM	1 Lafayette Dr. 973-597-1655	Rabbi E. Samuel Klibanoff	Sun: 8:30 AM, Mon-Fri: 6:45 AM		08:00 PM 8:15 PM (Wed)
SYNAGOGUE OF THE SUBURBAN TORAH	85 W. Mount Pleasant Ave. 973-994-0122/2620	Rabbi Eliezer Mischel	Sun: 8:30 AM, Mon/Thurs: 6:35 AM, Tues/Wed/Thurs: 6:45 AM	Bizman	
MAPLEWOOD					
MAPLEWOOD JEWISH CENTER	520 Prospect Street (973) 762-5722	Rabbi Sholom Bogomilsky	Shabbat: 10:00 AM		
NEWARK					
IDT	520 Broad St 973-438-3447		Mon-Fri: 8:15 AM	Mon-Thurs: 1:40 PM, 4:00 PM, Fri: 12:40 PM (winter), 1:40 PM (Summer)	5:00 and 6:05 PM (winter only)
WEST ORANGE					
AHAWAS ACHIM BNAI JACOB & DAVID	700 Pleasant Valley Way 973-736-1407	Rabbi Eliezer Zwickler	Sun: 7:00 AM, 7:30 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 6:35 AM, 7:25 AM. Tues/Wed/Fri: 6:50 AM, 7:30 AM	10 minutes before shkiah	Mon- Thurs: 9:45 PM 10 minutes after mincha
BETH ISRAEL	567 Pleasant Valley Way 973-731-3383		Sun: 8:00 AM, Mon/Thurs: 6:05 AM. Tues/Wed/Fri: 6:10 AM		
BNEI TORAH	395 Pleasant Valley Way 973-943-2150	Rabbi Avrohom Stone			
CHABAD OF WEST ORANGE	401 Pleasant Valley Way 973-325-6311	Rabbi Mendy Kasowitz	Sun: 8:30 AM, Mon-Fri: 8 AM		
Union County					
CLARK					
DAUGHTERS OF ISRAEL	1155 Pleasant Valley Way 973-731-5100	Rabbi Tzvi Karpel	Sun: 9:30 AM, Mon-Fri: 9:45 AM		
OHR TORAH	270 Pleasant Valley Way 973-669-7320	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
THE ENGLISHTOWN SYNAGOGUE	37 Buckingham Rd. 973-243-0876	Rabbi Binyomin Hammer			
OUTERSTUFF COMPANY	60 Walnut Ave Eli Daum: 908-216-4099			1:35 PM	
ELIZABETH					
ADATH JESHURUN	200 Murray St.	Rabbi E. M. Teitz and Rabbi Yitzchok Burnstein	Shabbos: 9:00 AM, Sunday: 8:30 AM		
BAIS YITZCHOK	153 Bellevue St.		Sun: 8:00 AM, Mon/Thurs: 6:25 AM, Tues/Wed/Fri: 6:30 AM		
ELMORA HILLS MINYAN	961 Magie Ave. (908) 820-8822	Rabbi Michael Bleicher	Sun: 8:00AM, 9:00AM, Mon/Thurs: 5:45/8:00AM, Tues/Wed/Fri: 5:50, 8:00am, Shabbos: 8:30AM	Approximately 10/15 minutes before sunset	After sunset following mincha; also at 7:30 during winter months
JEC ADATH ISRAEL	1391 North Ave. 908-354-7318	Rabbi Jonathan Schwartz	Sun: 6:45 AM, 8:00 AM. Mon/Thurs: 6:20 AM, 7:10 AM, 8:00 AM. Tues/ Wed/Fri: 6:25 AM, 7:15 AM, 8:00 AM	2:20 PM and at 'mincha time' when after 6:00	7:50 PM when no 'mincha time' minyan 010:00 PM
JEC ELMORA	330 Elmora Ave. 908-355-4850/ 908-353-4446	Rabbi Avrohom Herman	Sun: 7:30 AM (Bais Medrash), 8:30 AM (Shul). Mon/Thurs: 6:40 AM, 8:00 AM (Bais Medrash). Tues/ Wed/Fri: 6:50 AM, 8:00 AM (Bais Medrash)	About 10 minutes before shkiah	20 minutes after Mincha starts 9:00 PM (Standard Time)
KOLLEL OF ELIZABETH / YESHIVA BEER YITZCHOK	1391 North Ave. 908-354-6057	Rabbi Avrohom Schulman	Sun-Fri: 8:00 AM	Sun-Thurs: 3:05 PM	09:15 PM
HILLSIDE					
BRIS AVROHOM	910 Salem Ave. 908-289-0770	Rabbi Kanelsky	Sun: 8:00 AM, Mon/Thurs: 6:30 AM, Tues/Wed/Fri: 6:40 AM	Zman	Zman
LALLYPAK	1209 Central Ave. 908-351-4141 Ext. 27			Mon-Thurs: 2:00 PM	
YESHIVA GEDOLAH EITZ CHAIM OF HILLSIDE	1531 Maple Ave. 973-926-5138/ 973-750-8699	Harav Shmuel Abba Olshin Shlita	Sun-Fri: 7:40 AM	03:15 PM	09:30 PM
LINDEN					
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	1:30 PM 10 minutes before shkiah	8:00 PM in winter months. Follows Mincha during summer months
QUALMAXX	2500 Brunswick 718-305-6766			2:00 PM	
SPRINGFIELD					
CONGREGATION ISRAEL	339 Mountain Ave. 973-467-9666	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
Middlesex County					
CARTERET					
YESHIVA GEDOLA OF CARTERET	42 Noe St. 732-969-2497	Rabbi Azriel Brown and Rabbi Yaakov Meyer	7:30 AM	3:00 PM	10:20 PM
EAST BRUNSWICK					
YOUNG ISRAEL OF EAST BRUNSWICK	193 Dunhams Corner Rd. 732-254-1860	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
EDISON					
AHAVAS YISRAEL	1587 Route 27 732-287-1230	Rabbi Gedaliah Jaffe	Sun: 8:15 AM, Mon/Thurs: 6:10 AM, Tues/Wed/Fri: 6:15 AM	Bizman on Sundays in winter, every day in summer	08:30 PM. Follows Mincha
APCO EXTRUDERS	180 National Rd. 732-287-3000			Mon-Thurs: 3:45 PM	
BEACH CAMERA	80 Carter Dr. 732-424-1000x243 SIMCHA			02:00 PM	
CROSSWAYS MINYAN	5 Price Dr. 732-572-9138				
DEPENDABLE FOODS	29 Executive Ave. 732-257-4500			Mon-Thurs: 2:00 PM	
DGL GROUP	195 Raritan Center Pkwy 732-692-5116	Rabbi Haber		4:30 PM summer/ DST and 4:00 PM winter	Follows Mincha during the winter
OHR TORAH	48 Edgemount Rd. 732-777-6840	Rabbi Yaakov Luban	Sun: 7:15 AM, 8:00 AM, 9:00 AM. Mon/ Thurs: 6:20 AM, 7:05 AM, 8:00 AM. Tues/Wed/Fri: 6:30 AM, 7:10 AM, 8:00 AM.	10-15 minutes before sunset	010:10 PM and follows Mincha
RABBI JACOB JOSEPH SCHOOL	1 Plainfield Ave. 732-985-6533		Mon-Thurs: 7:40 AM	03:00 PM	09:40 PM 010:40 PM
RABBI PESACH RAYMON YESHIVA	2 Harrison St. 732-572-5052		Mon-Fri: 7:40 AM	2:15 PM (except Sunday)	
SAKAR INTERNATIONAL	195 Carter Dr. 732-248-1306			05:00 PM	
TECHNICAL PRO INC./ VICMARR AUDIO INC.	9 Kilmer Ct. 718-567-7754 x102 (David)			Mon-Thurs: 1:45 PM	
HIGHLAND PARK					
AGUDATH ISRAEL OF EDISON/ HIGHLAND	1131 Raritan Ave.	Rabbi Reuven Drucker	Sun: 6:30 AM, 8:00 AM, 8:35 AM. Mon-Fri: 6:00 AM, 7:35 AM	12:45 PM EST, 1:45 DST, and about 15 minutes before shkiah	09:15 PM 8:00 PM EST and Shkiah
AHAVAS ACHIM	216 South First Ave. 732-247-0532	Rabbi Steven Midownik	Sun: 8:00 AM, 9:00 AM. Mon/Thurs: 6:25 AM, 7:45 AM. Tues/Wed/Fri: 6:35 AM, 7:45 AM	10 minutes before sunset	09:30 PM and following Mincha
ETZ ACHAIM	230 Denison St. 732-247-3839	Rabbi David Bassous	Sun: 8:30 AM, Mon-Fri: 6:30 AM	07:30 PM	07:50 PM
KHAL CHASIDIM OF HIGHLAND PARK	46 North 8th Ave. (entrance on Abbott) 917-886-2098	Rabbi Mechel Horowitz	Sun-Fri: 25 minutes before sunrise, Sun: 8:15 AM		09:30 PM
OHAV EMETH	415 Raritan Ave. 732-247-3038	Rabbi Eliyahu Kaufman	Sun: 6:30 AM, 8:00 AM. Mon/Thurs: 5:50 AM, 6:30 AM, 7:20 AM. Tues/ Wed/Fri: 5:55 AM, 6:40 AM, 7:20 AM.	Bizman	Follows Mincha
ISELIN					
EISNER AMPER	111 Wood Avenue South 732-690-0626			1:35 PM	
MERIDIAN CAPITAL	517 Route 1 South 732-301-3200			2:30 PM	
NEW BRUNSWICK					
RUTGERS CHABAD	170 College Avenue 732-296-1800	Rabbi Shaya Shagalow	8:30am - school year only	1:30pm - school year only	9:00 pm - school year only
RUTGERS HILLEL	70 College Avenue 732-545-2407	Rabbi Tzvi Wohlgeleerner	8:15 AM	B'zman - school year only	B'zman - school year only

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

The Bergen County Minyan Directory

Info Provided by GoDaven.com and Dr. Yosi Fishkin

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Name	Address/Contact	Rabbi	Shacharit	Mincha	Maariv
BERGENFIELD					
BAIS MEDRASH OF BERGENFIELD	371 South Prospect Ave.	Rabbi Moshe Stavsky	Sun: 8:30 AM, Mon/Thurs: 6:15 AM, Tues/Wed/Fri: 6:25 AM, Rosh Chodesh: 6:00 AM	Bzman	Follows Mincha on Sunday
BETH ABRAHAM	396 New Bridge Road 201-384-0434	Rabbi Yaakov Neuburger	Sun: 6:50 AM, 8:00 AM, 8:45 AM, Mon/Thurs: 6:20 AM, 7:10 AM, Tues/Wed/Fri: 6:30 AM, 7:10 AM	Bzman	9:05PM 10PM
OHR HATORAH	36 Rector Ct. 201-244-5905	Rabbi Sobolofsky	Fri: 8:30 AM, Sun: 8 AM	Bzman on Sundays	Follows Mincha on Sundays
E. RUTHERFORD					
GIANTS STADIUM MINCHA MINYAN	50 Route 120			At halftime during all Giants and Jets games	
ENGLEWOOD					
AHAVATH TORAH	240 Broad Avenue 201-568-1315		Sun: 7:00 AM, 8:00 AM, 9:00 AM and 33 min before sunrise, Mon/Thurs: 6:15 AM, 7:15 AM, 8:00 AM, and 33 min before sunrise, Tues/Wed/Fri: 6:30 AM, 7:30 AM, 8:00 AM and 33 minutes before sunrise	10 minutes before shkiah	Following Mincha and 9:00 pm on T/W/Th (On Mondays, 9 pm at Cong. Shomrei Emunah, 89 Huguenot Ave.)
ARTUS CORPORATION	201 South Dean Street 201-568-1000			2:15 PM	
EAST HILL SYNAGOGUE	255 Walnut Street 201-569-4008	Rabbi Zev Reichman	Sun: 8:30 AM, Mon/Thurs: 6:15 AM, Tues/Wed/Fri: 6:30 AM	Bzman	8PM. Monday through Thursday
KESHER: COMMUNITY SYNAGOGUE OF TENAFLY & ENGLEWOOD	509 Engle Street 201-227-1117	Rabbi Akiva Block	Sun: 8:30 AM, Mon-Fri: 6:30 AM		
PCS REVENUE CONTROL	560 Sylvan Avenue 800-247-3061 x1196			Mon-Thurs: 3:00 PM	
SHOMREI EMUNAH	89 Huguenot Ave	Rabbi Menachem Genack	Sun: 7:45 AM, Mon-Fri: 6:45 AM		9PM. Monday nights (Tuesday - Thursday at 9 PM at Cong. Ahavath Torah)
YESHIVA OHR SIMCHA OF ENGLEWOOD	101 W. Forest Ave 201-816-1800	Rabbi Strassfeld	Sun-Fri: 8:00 AM	2:50 PM	9PM
FAIRLAWN					
AHAVAT ACHIM	18-25 Saddle River Rd. 201-794-3927	Rabbi Ely Shestack	Sun: 8:15 AM, Mon/Thurs: 6:15 AM, Tues/Wed/Fri: 6:25 AM	15 minutes before sunset	Follows Mincha (8:00 PM M-Th in winter)
ANSHEI LUBAVITCH CONGREGATION	10-10 Plaza Rd 201-797-4770	Rabbi Levi Neubort	Sun: 9:00 AM, Mon-Fri: 6:15 AM	Mon- Thurs: 1:45 PM	9:15PM. Mondays
BRIS AVROHOM	3002 Fair Lawn Avenue 201-791-7200	Rabbi Berel Zaltzman	Sun: 8:00 AM, Mon-Fri: 7:00 AM		Follows Mincha
CONGREGATION DARCHEI NOAM	10-04 Alexander Avenue 201-773-4080	Rabbi Jeremy Donath	Sun: 8:15 AM, Mon/Thurs: 6:35 AM, Tues/Wed/Fri: 6:45 AM	Approx. 15 minutes before shkiah. Sundays only in fall and winter; daily in spring and summer.	Fall and Winter 8:00PM; Spring and Summer immediately after Mincha
SEPHARDIC CENTER OF FAIR LAWN	40-34 Terhune Place cell 201-835-5170	Rabbi Aaron Shemtob	Sun: 8:00 AM followed by breakfast in the synagogue, Mon-Fri: 6:15 AM followed by breakfast in the synagogue	Bzman	Fall and Winter 8:00PM; Spring and Summer immediately after Mincha
SHOMREI TORAH	19-10 Morlot ave 201 791 7910	Rabbi Yudin and Asst. Rabbi Andrew Markowitz	Sun: 6:30 AM, 7:00 AM, 8:00 AM, 9:00 AM, Mon/Thurs: 5:50 AM, 6:30 AM, 7:45 AM, Tues/Wed/Fri: 6:00 AM, 6:30 AM, 7:45 AM.	Bzman	9PM and about 15 minutes after Mincha
YOUNG ISRAEL OF FAIR LAWN	11-05 Saddle River Rd. 201-797-1800	Rabbi Eli Belizon	Sun: 7:30 AM, 8:30 AM, Mon- Fri: 7:00 AM		Mon-Thurs: 10PM
FORT LEE					
CHABAD OF FORT LEE	808 Abbott Blvd (201) 886-1238	Rabbi Meir Konikov	Sun: 9:00 AM, Mon-Fri: 7:15 AM		
PARKER PLAZA MINYAN @ CROSS RIVER BANK	400 Kelby Street - 14th Floor 201-808-6376			Mon-Thurs: 2:30 PM	Time is sent weekly to our email list
SCFL BET YOSEF	313 Tom Hunter Road 845-826 2006 (N.J)	Rabbi Ilan Acoca	Sun: 8:00 AM, Mon-Fri: 7:00 AM	Sun-Thurs: 7:30 PM	After Mincha
YOUNG ISRAEL OF FORT LEE	1610 Parker Avenue 201-592-1518	Rabbi Zev Goldberg	Sun: 8:00 AM, Mon-Fri: 7:30 AM	15 minutes before shkiah, summer months onl	7PM. After Mincha
FRANKLIN LAKES					
CHABAD OF NW BERGEN COUNTY	375 Pullis Ave. 201-848-0449	Rabbi Chanoch Kaplan			
HACKENSACK					
MINCHA AT HACKENSACK UNIVERSITY MEDICAL CENTER	Hackensack Medical Center 201-519-0321 (Henry Netzer)			1:35 PM	
UNIVERSITY PLAZA	1 University Plaza - Suite 120 201-742-5161 (Shoshana Poloner)			Mon-Thurs: 1:45 PM	5:45PM. Winter only
PARAMUS					
BETH TEFILLAH	452 Forest Ave 201-262-0356	Rabbi Daniel Wolff	Sun: 8:00 AM, Mon/Thurs: 6:30 AM, Tues/Wed/Fri: 6:30 AM	15 minutes before shkiah	Follows Mincha
SEPHARDIC CONGREGATION OF PARAMUS	140 Arnot Place 201-362-8493		Sun: 7:30 AM, Mon/Thurs: 6:10 AM, Tues/Wed/Fri: 6:20 AM		
THE FRISCH SCHOOL	120 W. Century Rd. 201-267-9100	Rabbi Eli Ciner, Principal	Mon-Fri: 7:45 AM	3:25 PM	5:15PM. (Beis Midrash only)
YESHIVAT NOAM	70 West Century Road 201-261-1919		Mon-Fri: 8:05 AM	Mon-Thurs: 3:30 PM	

Name	Address/Contact	Rabbi	Shacharit	Mincha	Maariv
RIDGEFIELD PARK					
SPECIALTY RX	2 Bergen Turnpike Ari- 917-734-3877		8:30AM	2:00 PM	
RUTHERFORD					
CONGREGATION BETH EL	185 Montross Ave. 201-438-4931	Rabbi Yitzchok Lerman	Shabbos morning at 9 am, and Sunday at 8 am.		
HAIN CAPITAL GROUP	301 NJ-17			Mon-Thurs: 2:00 PM	
TEANECK					
AHAVAT SHALOM		Rabbi Yehuda Halpert		check the newsletter for time and location www.teaneckapartments.com/ThisWeek.PDF	
AMBRA	1415 Queen Anne Road 201-837-0080			2:15 PM	
ANSHEI CHESED OF TEANECK	931 Queen Anne road - 1st Floor				
ARZEI DAROM	725 Queen Anne Road 201-836-1035	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
BETH AARON	950 Queen Anne Road 201-836-6210	Rabbi Laurence E. Rothwachs	Sun: 6:30 AM, 7:15 AM, 8:00 AM, Mon/Thurs: 5:40 AM, 6:20 AM, 7:10 AM, 8:00 AM, Tues/Wed/Fri: 5:55 AM, 6:30 AM, 7:15 AM, 8:00 AM	Bzman	8PM 9:30PM (from March DST through September, the 8:00 PM Maariv is discontinued)
BNAI YESHURUN	641 West Englewood Ave. 201-836-8916	Rabbi Steven Pruzansky	Sun: 6:25 AM, 7:00 AM, 8:00 AM, 8:50 AM, 9:15 AM, Mon/Thurs: 6:05 AM, 6:20 AM, 7:00 AM, 7:20 AM, 8:00 AM, 8:50 AM, Tues/Wed/Fri: 6:15 AM, 6:30 AM, 7:00 AM, 7:30 AM, 8:00 AM, 8:50 AM	Mon-Thurs: 1:45 PM and Bzman and 6:00 PM in the summer	B'zman, 9:00, 10:01 and 11:00PM
CARE ONE AT TEANECK	544 Teaneck Road		Sun: 8:30 AM	15 minutes before shkiah during DST only	Follows Mincha during DST (Otherwise 7:45 PM M-Th)
THE HAPPY MINYAN OF TEANECK NEW JERSEY	95 Edgemont Place			Friday night only	Friday night only
CHABAD HOUSE	513 Kenwood Place 201 907-0686	Rabbi Ephraim Simon	Sun: 8:00 AM, Mon/Thurs: 6:40 AM, Tues/Wed/Fri: 6:45 AM		
GREENBACK CAPITAL	1086 Teaneck Road -Suite 4E 201-837-6400			Mon-Thurs: 1:45 PM	
JEWISH CENTER OF TEANECK	70 Sterling Place 201-833-0515	Rabbi Daniel Fridman	Sun: 8:30 AM, Mon/Wed/Thurs: 7:00 AM, Tues/Fri: 7:15 AM	8:15 PM	Following Mincha
KETER TORAH (ROEMER)	600 Roemer Ave. 201-907-0180	Rabbi Shalom Baum	Sun: 6:40 AM, 8:00 AM, 9:00 AM, Mon/Thurs: 5:50 AM, 7:15 AM, 8:10 AM, Tues/Wed/Fri: 6:00 AM, 7:15 AM, 8:10 AM	Bzman	following Mincha
KOF-K	201 The Plaza 201 837 0500 ext7			Mon-Fri: 1:00 PM	Mon-Thurs: 5:15 PM , winter months
MAITLAND MINYAN	473 Maitland Ave. Jan Meyer (eve) 201 837 8661				7:45PM. M-Th; Follows Mincha on Sunday
NETIVOT SHALOM	811 Palisade Ave. 201-801-0707	Rabbi Nathaniel Helfgot	Sun: 8:00 AM		
NOAH'S ARK RESTAURANT	493 Cedar Lane 201.692.1200			Mon-Thurs: 3:00 PM	
OHR SAADYA	554 Queen Anne Road 201-801-0637	Rabbi Daniel Feldman	Sun: 8:30 AM	Sun only- 15 minutes before shkiah	Mon-Thurs: 8:15PM. Mon-Thurs; Sun - following mincha
RINAT YISRAEL	389 West Englewood Ave. 201-837-2795	Rabbi Yosef Adler	Sun: 7:00 AM, 8:00 AM, 9:00 AM, Mon/Thurs: 6:20 AM, 7:20 AM, Tues/Wed/Fri: 6:30 AM, 7:30 AM	Bzman throughout the winter	7:30PM 9:15PM and following Mincha
SHAARE TEFILLAH OF TEANECK	510 Claremont Ave. (201) 357-0613	Rabbi Kenneth Schiowitz	Sun: 8:30 AM, Mon/Thurs: 6:20 AM, Tues/Wed/Fri: 6:30 AM	On summer weekdays about 15 minutes before shkiah	Follows Mincha
SHAAREI ORAH	1425 Essex Rd. 201-833-0800	Rabbi Chaim Jachter	Sun: 8:00 AM, Mon/Thurs: 6:20 AM, Tues/Wed/Fri: 6:30 AM		
TEANECK SEPHARDIC CENTER/ CONGREGATION LEV HAIM	407 Warwick Ave. 201 357 0607	R Doniel Hakimi		7:00 PM (summer)	
TERRACE CIRCLE MAARIV	1506 W. Terrace Circle #2				9PM. Mon-Thur only
WINTHROP MINYAN	796 Winthrop Rd. Jacob Herenstein 201-240-8592	Rabbi Dr. Zecharia Senter			
YESHIVAS BAIS MORDECHAI OF TEANECK	1443 Palisade Ave. 201-833-5920	Rosh Hayeshiva, Rabbi Eliyahu Roberts	Sun-Fri: 7:35 AM	1:35 PM	9:35PM
YISMACH MOSHE	Varies each month				
YOUNG ISRAEL OF TEANECK	868 Perry Lane 201-837-1710	Rabbi Binyomin Krohn	Sun: 7:00 AM, 8:00 AM, Mon/Thurs: 6:20 AM, 7:00 AM, Tues/Wed/Fri: 6:30 AM, 7:00 AM	15 minutes before sunset DST only	8PM. EST; Follows Mincha in DST
ZICHRON MORDECHAI	268 West Englewood Ave. 201-837-7696	Rabbi Michael Taubes			
TENAFLY					
LUBAVITCH ON THE PALISADES	11 Harold St. 201-871-1152	Rabbi Mordechai Shain	Sun: 8:30 AM, Mon/Thurs: 6:55 AM, Tues/Wed/Fri: 7:00 AM	10 minutes before sunset	Following Mincha
WOODCLIFF LAKE					
WOODCLIFF LAKE CHABAD/PASCACK VALLEY CHABAD	100 Overlook Dr. Dov Drizin 201-476-0157				

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

Olim Advisors Is There Every Step of the Way

By Jill Kirsch

Many people, upon returning to the States from a trip to Israel, find themselves dreaming of the day when they will make aliyah. Oftentimes, several weeks later, reality sets in. Of course there are those who follow through on this dream but, for many, it is merely a pipedream. The question is why.

The language barrier is often cited as a major deterrent, with Americans fearful that they will feel lost in a country where they do not speak the language. Other reasons given are the difficulty in finding work or a community in which they will feel comfortable and, often, simple inertia.

Olim Advisors, headed by founder Lara Itzhaki, is there to eliminate the deterrents and make aliyah possible for anyone who has a serious desire to move to Israel.

"Although it's an exciting time, the process of making aliyah was also filled with

uncertainty and anxiety," said Mark Shinar, who lives in Modiin with his wife, Lauren, and their four children. "There's a lot to do, and it was difficult to keep all the balls in the air, especially because we were far away and didn't have complete mastery of the language."

Prior to the family's August 2017 aliyah, Shinar was the director of general studies at SAR High School in Riverdale, and moved to Israel to be the founding principal of Zarkor, a new bilingual school in Beit Hanan.

Shinar continued, "From the moment we began working with Lara, we were thrilled. She kept us focused and organized and was an incredible support. Olim Advisors kept their fingers on the pulse of the rental market on our behalf, and thanks to them, we secured a home. They also connected us to the right people in Modiin so that we could register our children for school, and they guided us to-

wards making informed decisions about moving companies and what we should bring on our lift."

Itzhaki was born in Israel, moved to the US at age 10 and officially made aliyah at 18. After marrying an Israeli, she and her husband returned to the States, moving back to Israel for good in 2010. Several years later, her brother and his family made aliyah from America, with step-by-step assistance from Itzhaki.

After settling in Israel, her brother noted that he and his family had everything set up for them by Itzhaki to ease the transition, and could not imagine making aliyah without that assistance. From that simple statement, Olim Advisors was born.

Itzhaki recognized the gap between the "amazing" work that Nefesh B'Nefesh does and what prospective and new olim need prior to and after their aliyah. She decided to "open a hand-holding service for people who were making aliyah."

"I sat with Rabbi Fass at Nefesh B'Nefesh. I asked 'What do you do?' and 'What do you think is still needed?'" Itzhaki said.

"I truly admire Lara for what she is building. What is missing, and Nefesh would say this, is personalized, western-style levels of customer service to help American olim. Lara is Nordstrom for aliyah. No job too big or small. No question too dumb or challenging. And there are no problems, only opportunities to make your aliyah easier/better," said Dan Cohen, who made aliyah in August with his wife, Aimee Fisher, and their three children. The family lives in Ra'anana.

Olim Advisors opened its doors in 2016, and works to provide any and all services that new olim need. "We had 17 clients that first summer, and more are joining all the time," noted Itzhaki. "We have different packages. The hand holding can go on for a long period of time."

Prospective olim can sign up at any time prior to their aliyah and, for the same cost, will get services for three, six or 12 months after settling in Israel. "Someone signed up now who is making aliyah next fall, so they get a full two years of service," she said.

"Lara helped us every step of the way. Before we even landed in Israel, she had arranged to have our internet set up. She came with us to the bank, which allowed us to open an account, [as it] normally doesn't deal with new olim because they are only Hebrew speakers. We have had a smooth transition into Israel. She also is helping me with all the emails I am getting from my kids' schools (that are all in Hebrew)," commented Selena Treister, who made aliyah at the beginning of August with her husband, Daniel, and their five children. "Before we moved she found us people to talk to about our jobs, bringing a van from the US versus buying here, about the education system and about housing. She gave us great advice about what cities to look at and found people for us to talk to in all of them." The family lives in Efrat.

After people sign up with Olim Advisors, Itzhaki schedules a conference call immediately to ascertain their needs, and meets with them upon their arrival in Israel.

"I love that I get to use my social work training," she commented. Itzhaki got her social work degree after her army service. "I am a true Zionist and a social worker all in one."

Olim Advisors helps newcomers buy or rent a car, obtain medical insurance and find physicians, register children for school and attend school meetings if needed, buy or rent a home/apartment and find realtors, set up internet, navigate the supermarket, find a bank and set up accounts and more.

"Lara helped us solve problems. She was right there, next to us, as we worked with the schools to ensure our children got what they needed to succeed in Ulpan and in regular class. She made it happen when it came to dealing with government agencies. She has built a powerful network of allies across government and business that help solve problems for her clients. She even got a ministry to see us in an hurry when all appointments were booked for weeks," commented Cohen.

"Lara was always available to answer questions, both big and small, and she always did it happily, graciously and competently.

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➔ CONTINUED ON NEXT PAGE

Tanakh: An Owner's Manual

CONTINUED FROM P. 77

HaShirim and Kohelet were composed with ruach ha-kodesh is what is being debated by the second-century C.E. sages in Mishnah Yadayim 3:5. But all agreed that they were already in the canon. Even if Dr. Sokolow disagreed with Dr. Leiman's points, they deserved to be mentioned.

Of course, had Dr. Sokolow attempted to be more comprehensive in each chapter and set out to produce a 500-page manual, he likely would never have finished. So I sympathize.

There is of course much to learn in this book and I recommend it. One very simple thing I learned is something I am embarrassed that I had not realized. I have opened the Soncino edition of the Five Megillot at least 10,000 times in my life. I knew that Shir HaShirim was in the front and Esther was at the back, but I never understood the rationale for the order. Dr. Sokolow's book explained that they are presented in the order they are read during the year: Shir HaShirim, Ruth, Eichah, Kohelet and Esther. This is an ancient order, found in many Biblical manuscripts. (In contrast, in the Daat Mikra they

are presented in a presumed chronological order: Ruth, Shir HaShirim, Kohelet, Eichah and Esther. This is the order in the 10th century Aleppo Codex, our earliest source that has an order for them.)

Finally, I would like to point out one interesting suggestion that he makes (at p. 61) that I am still trying to digest. He says that the Hebrew phrase "lashon hakodesh" does not mean the "holy language." That would be "halashon hakedoshah." "Lashon hakodesh," he suggests, means "the language of the sacred one," i.e., God. Similarly he suggests that "lashon hara" means the language of the Satan. I am not yet convinced that either of these interpretations is correct. I would be interested in hearing from any of you with your thoughts on this matter. I find that "ha" in "lashon hara" especially troublesome!

Mitchell First is a personal injury attorney and Jewish history scholar. When not contemplating the meaning of the term "lashon hara," he can be reached at MFirstAtty@aol.com.

Olim Advisors

CONTINUED FROM PREVIOUS PAGE

When we finally arrived in Israel, Olim Advisors was an incredible support to us as we chose health care providers, set up bank accounts and utilities and established our new lives here," Shinar enthused.

Often new olim are concerned that they will be taken advantage of because they don't know the language or culture. Itzhaki helps eliminate that worry.

"Even if people have family or friends already in Israel they still need assistance," she said. "I take them to people and institutions that I have or would use myself."

"I tell all my friends that the upfront expense is totally worth it. Could you do it alone? For sure. But if you don't want to cry every day, it is great to have Lara. Additionally, it is so nice to have someone to ask all my questions to that I don't feel like I am bothering. Because we have a business relationship, it removes that guilty feeling you might have when you ask a friend or relative to come with you

to a government office for the 10th time. Also, since she does this as a job, she has connections that your aunt or your sister-in-law or your friend might not have. I can recommend Lara and Olim Advisors 100 percent," said Treister.

"I become very close with each family. At first, they are often dazed, and a year later I get pleasure from seeing where they are, what they've accomplished and how they've adjusted," stated Itzhaki.

"Lara is warm, compassionate and always there as a thought partner on issues big and small. Aliyah is amazing and Lara helped us see around the corners to figure out what we didn't know. Frankly, looking back, the pre-aliyah anxiety really wasn't worth it. It is totally doable and Lara made it that much easier," concluded Cohen.

"It's the difference between coming here and being overwhelmed and a smoother, more fluid transition," Itzhaki commented. "We provide the comfort of having someone next to you, which makes such a difference. We really are there for you for all of your needs, every step of the way."

The Soul of Parenting

CONTINUED FROM P. 76

If they don't yet have them, kids should be given weekly jobs to do before Shabbat. It doesn't have to be "salting the meat" or "braiding the wicks," but there are surely enough things to be done to instill the sense that there is an important guest coming. Make challah or dessert together or make your child responsible for one dish. Younger children can fold napkins or set the table, clean one's room, help with the cooking, take the garbage out...the list is endless. When my hours at work prevented me from coming home in time to help out in any meaningful way before Shabbat, I took it upon myself to prepare my wife's candlesticks, taking them out, putting in the candles, testing the wicks to make sure they would light easily, leaving the matches nearby. This wasn't the biggest contribution in the world but it sent a message both to myself and my kids that you don't just fall into Shabbat. Because the more it "just happens" by itself, the more one potentially comes to take it for granted or be bored by it. People I know who have household help still instruct them not to do specific things so that members of the household can pitch in before Shabbat. And the trick here is to do things that contribute to the household (cleaning, cooking, table-setting) and not just oneself (take a shower, change your clothes). It is when we give of ourselves to others, be it to family or to God, that passion rears its head again, for what is boredom but the feeling of un-involvement?

Actively involving our kids in preparing for Shabbat can be a key component in bringing honor to Shabbat, to themselves and to one's family. And it can also lead to the creation of something our community may be sorely lacking: more Erev Shabbat Jews.

Rabbi Dr. Jay Goldmintz is a veteran day school educator who has published widely on curriculum, tefillah education, adolescent religious development and religious parenting. He served for over 30 years as a teacher and administrator at the Ramaz School and currently teaches in Ma'ayanot Yeshiva High School and in the doctoral program at the Azrieli Graduate School.



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My Stories



By Norbert Strauss

Part 45 (written 2014)

(Continued from previous week)

I cannot express enough thanks to Pfarrer Hoffmann, not only for the time and effort he and his family spent in transporting us to Schmittgen and being our guide to all the places I wanted to see, but also for the wonderful and rewarding work he has done over the past 30 or more years, and continues to do, to preserve the Jewish history of the region and to prevent that history from becoming just that, by keeping it alive amongst today's population of the region.

Angelika Rieber from the Gesellschaft had joined us in Schmittgen and accompanied us to all the stops there and then drove us back to Frankfurt. On the way we made another stop in Bad Homburg since I wanted to try to get copies of the photos and descriptions that had been on exhibit in the school in back of where the synagogue once stood. Unfortunately, the gentleman whom I had met during an earlier visit was not there at the moment. I was able to obtain his email address and will follow it up from here.

We returned to the hotel very tired from the full day of activities, but happy and satisfied with what we had seen and learned during our trip to Schmittgen.

Wednesday was going to be our last day in Germany before returning to the U.S. with only an evening activity. At 6:30 there was a reception by the municipal authorities in the Imperial Chamber (Kaiser Saal) of the Roemer, the world-famous landmark building housing the city government.

The Imperial Chamber is a huge hall with paintings of all the German emper-

ors around the walls, starting with the year 800 and ending in the middle of the 19th century. (I guess they stopped when they ran out of wall space.)

The program started with a chamber music presentation of a piece by Alexander Borodin and ended with a second presentation. In between, there were speeches by the president of the City Council, chairman of the Jewish Community Council and three representatives from our group, representing the U.S., Israel and Great Britain.

The program concluded with a delicious kosher dinner catered by the Kosher restaurant Sohar.

Various Stadt representatives were present during the ceremonies as well as at the dinner. At our table we had Dr. Gunter Stemmler, the executive assistant to the Oberbürgermeisterin (mayor). We had an interesting conversation about Stadt politics as well as national politics. Both governments are Socialist, and Dr. Stemmler agreed that both are acting as if the money they are handing out to the people comes from some mysterious source, whereas it is nothing but tax money taken from the people and handed back to them after deductions for running the government.

A few days earlier Gabrielle had told us that, although there is no independent kosher-supervision organization for food and restaurants in Germany, as we are used to in the U.S., there is an organization that has published a booklet listing those foods that are considered kosher. The organization is called Orthodox Rabbiner Deutschland (ORD) and the publication is authored by Rabbi T. Hod, Rabbiner der Juedischen Gemeinde Mannheim. The booklet is in four languages: German, English, Hebrew and Russian. I was able to copy those parts that a future traveler to Germany would be interested in.

(To be continued next week)



Kaiser Saal im Römer with paintings of German emperors on the walls.



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Jewish, Christian and Muslim Theologians Find Common Moral Ground



By Arthur Goldberg

Jewish, Christian and Muslim theologians from Melbourne, Australia, found common moral ground when publishing "An Education in a Shared Ethic," a little-known but ground-breaking document that sets forth the common values upon which Judaism, Christianity and Islam agree. These values, part of a Divine covenant, are referred to as the Noahide Code.

Dr. Shimon Cowen, a Chabad rabbi and director of the Institute for Judaism and Civilization; Ismail Albayrak, chair of Islamic Studies and the department of Islamic-Catholic relations at Australian Catholic University; and Professor Tracey Rowland, appointed by the Pope to the International Theological Commission and a dean at the University of Melbourne, stated, "The common values making up this shared ethic are found in the Abrahamic stem of the world religions, Judaism, Christianity and Islam." They suggest that although western societies were founded on what has become known as the Judeo-Christian ethic, "the interaction of Islamic culture with Judeo-Christian culture, both in Australia and globally, has now made it desirable to seek a deeper common denominator, which we have here called the Abrahamic values."

The shared values of these three Abrahamic religions are the "moral rules by which Abraham lived before these religions developed." The authors explain that even though "these religions absorbed, elaborated and added to these stem Abrahamic values," they continue "to acknowledge them as central... These differences—the way cultures have developed beyond this stem—do not detract from the educational template of this shared ethic and do not disturb it." The individual religions continue to acknowledge these seven laws of Noah as the foundation upon which the religions were developed. Moreover, "at the Divine revelation at Mount Sinai, of which the Ten Commandments are the centerpiece, these pre-existing moral laws were reiterated by Moses. Judaism, Christianity and Islam acknowledge Moses as a genuine transmitter of these values to their own prophetic traditions."

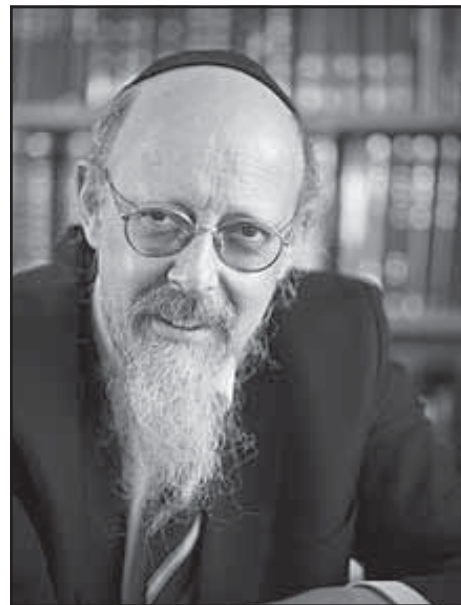
A Monotheistic Moral Vision

The heart of the commonality shared by the Abrahamic faiths concerns the ide-

al of monotheism. These faiths concur on three classical theological dimensions of monotheism and the importance of God's relationship to the world.

The first is that creation is wholly dependent upon God. God is the world's Creator and Sustainer.

The second is that God has revealed a moral code or compass for humanity. The norms of that Code are eternal, have been set forth in Scripture and are elaborated upon by religious tradition.



Rabbi Dr. Shimon Cowen

The third involves a process, guided by God. The process aims at a reconstituted creation that is brought into alignment with the Divine. Such reconstituted creation will be freed from evil and imperfection and can be accomplished through the interaction of Divine providence and ethical human conduct that is informed by Divine teaching.

To produce a civilization based on Godly values, a respect or a reverence for God is paramount. Such reverence is the principle motivator enabling people to follow the moral conduct communicated through revelation. The knowledge of the existence of Divine redemption is what in turn activates redemption into concrete moral actions and permits us to rectify our conduct in a way that is consistent with the moral code of Noah.

This universal moral code acknowledges that, in order to transcend our innate selfishness and the subjectivity of our intellects, society must be predicated upon a belief in God. If we are to follow His Command-

ments, we must recognize the existence of a Higher Power, one to whom we are responsible for our actions. Morality should not (and cannot) be altered to suit one's personal whims or social convenience.

Once we understand these first two commandments of the Noahide Code—belief in One Creator (God) and respect and reverence for Him by not blaspheming His name—the three faiths agree on five other specific laws initially provided to Noah by God. They involve guarding sexual purity, establishing a system of justice to bring society's rules into alignment with God's moral principles, sanctifying human life, respecting the property of others and prohibiting gratuitous pain to animals, including the needless destruction of natural resources.

Cooperation Among the Abrahamic Religions

While the original 2013 report from Australia may be one of the first times in which members of all three Abrahamic religions together wrote of our shared common values, individual leaders of the three faiths have previously recognized their support for the Noahide Code.

Jews recognize they have a special obligation to spread knowledge of the Noahide laws, which were reiterated at Sinai and are elaborated in the tradition of commentary that comes down from Sinai. Maimonides (1138-1204) stated that Moses was instructed by God to charge the Jewish people with the task of communicating to "all of the inhabitants of the world" the universal commandments given to the children of Noah and to bring about their observance.

Throughout history, circumstances often prevented Jews from sharing the Noahide laws. In the early 1980s, Rabbi Menachem Schneerson began advocating a revival of this lost tradition. The Rebbe urged Jews to inform non-Jews about the Noahide Code of Conduct. He said that, "every Jew has the obligation to encourage all the peoples of the world to observe the Seven Noahide Laws. An integral component of the Jew's task is to see to it that all peoples, not just Jews, acknowledge God as Creator and ruler of the world... The religious tolerance of today, and the trend towards greater freedom, gives us the unique opportunity to enhance widespread observance of these laws." A group of Modern Orthodox rabbis more recently affirmed "the fundamental ethical obligations that all people have before God [as] ... taught through the universal Noahide covenant."

Our tradition is clear: Jews are mandated not to proselytize religious conversion to Judaism but simply to make known to all of humanity the laws that we are all commanded to follow. The Noahide Laws are not co-extensive with all the commandments given to the Jewish people. Rather, they are the common-denominator values that all human beings—including Jews, Christians and Muslims—are obligated to preserve. Because a life of atheism can be more dangerous to society than believing in the Divine, regardless of one's particular faith, Rabbi Schneerson opined that it was generally preferable that "non-Jewish children are educated in their [faith-based] schools rather than in public schools."

Most Christian believers today see these Seven Noahide Laws as compatible with

the main ethical tenets of their faith and advocate adhering to its Code of Conduct. Indeed, early Christian references to the Noahide Laws as a Code of Conduct can be found in the first century when Paul agreed to admit gentiles into the Christian Church only after they accepted the substance of these principles.

A Bilateral Commission 2007 meeting in Jerusalem between a Vatican delegation and Chief Rabbi Shear Yashuv Cohen contained an agreement recognizing the Noahide Covenant as a universal moral code that is incumbent upon all humanity. The Bilateral Commission affirmed that "This idea is reflected in Christian Scripture in the Book of Acts 15:28-29." The New Testament incorporated the universal values of the Noahide Laws.

Because Noah is recognized as a prophet in the Koran, several Muslim leaders expressed support for and compliance with the Seven Noahide Laws. For example, the Arab mayors of Shefa-Amar and Abu Gosh signed a 2004 Declaration committing to establish a more humane world by adopting the values of the Seven Noahide Laws. The spiritual leader of the Israeli Druze community, Sheikh Mowafak Tarif, likewise recognized these seven principles as fundamental values of society and called upon non-Jews living in Israel to observe the Noahide laws. Moroccan King Mohammed VI expressed the view that these values truly unite civilizations. And Sheikh Abdul Hadi Palazzi from Italy unequivocally declared, "Islamic law holds within it the seven laws of Noah and can be taught correctly to the Muslims of the world." It is hoped that acceptance of these common moral values can end the centuries-old animosity between Muslims and Jews and Christians.

AN EDUCATION IN A SHARED ETHIC

Common values of Judaism, Christianity and Islam

Compiled by Rabbi Dr. Shimon Cowen
on behalf of a reference group of Jewish, Christian and Muslim scholars

It is encouraging that some Jewish, Christian and Muslim leaders in Australia sought to find common ground and worked together to promote the flourishing of humanity through educating about a shared ethic: the Noahide Code that provides the foundational premises of the three Abrahamic faiths.

Religious leaders of other western societies should follow the Australians' example and educate their citizenry about the shared universal moral and ethical values of the Noahide Code. By doing so, we may have a chance to reverse the widespread acceptance of a worldview that is fundamentally atheistic, materialistic and geared to a pleasure and pain calculus alone.

Our religious institutions must avoid parochialism and stand up for the traditional values promulgated by God to Noah after the Biblical flood. Spreading this ethical tradition not only enhances the spiritual good but also verifies the resonance of this common ethical quest.

Arthur Goldberg is co-director of the Jewish Institute for Global Awareness (www.jifga.org) and can be reached at Arthur@jifga.org.

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Cheshvan: No Holidays, but Plenty of Important Dates of Commemoration



By Joel S. Davidi Weisberger
Part I

Firstly, it is hard to believe we are already at Parshat Noach and past the jam-packed month of Tishrei. I hope all of

you spent the chagim in a meaningful and joyful manner.

This month, known as Cheshvan, is also referred to as MarCheshvan. Where does the “mar” come from? Well, there is a pshat answer and a remez (or drush) answer. Pshat is that it derives from Akkadian warahsamnu, which literally means “eighth month” (if you recall, the Talmud states that the names of the months were brought by the Jews when they returned to Israel from Babylonia; indeed, the original Israelite name of this month seems to have been “Bul,” which may be related to mabul. See further).

Others have linked the “mar” with its Hebrew homonym meaning bitter. This refers to the fact that the month of Cheshvan does not contain any holidays or any major days of commemoration (after all, Av is supposed to be the saddest month of the year, yet it is not called MarAv).

Well, I have news for you: The month of Cheshvan may not contain any biblical or major rabbinic holidays, but it does contain no less than three (now extinct) Mishnaic-era holidays and no less than seven Purims! In addition, there are many other important commemorative dates both ancient and modern.

At the outset, it is important to note a delicious “coincidence” wherein several of the events that are described in our first two parshiot occurred around this time.

Let us begin with the mabul, the Great Deluge. There is a difference of opinion in the Talmud regarding the exact dates of the mabul. According to Rabbi Eliezer, the flood commenced on the 17th of Cheshvan and ceased completely on the 27th of the month (his colleague Rabbi Yehoshua demurs and places these dates in the following month).

In addition, according to the Tanna Rabbi Yosi ben Chalafta in his Seder Olam, Sunday, October 7, corresponds to the date on which God created the world in 3761 BCE. This marks the start of the modern Hebrew calendar.

And now to the Purims. Rabbi Dr. Yaakov Geller describes this phenomenon thus:

Various communities and families have celebrated a certain day of the year on which a miracle happened to them, such as being delivered from dire straits, a harsh decree, murder, a pogrom, an earthquake, fire or other disaster, and proclaimed a special celebration, Purim Katan (Minor Purim), on that particular date. The celebratory day would be preceded by fasting, and on the day itself a feast of thanksgiving would be held for Torah scholars, charity given, candles lit as on the festivals, Psalms and Al ha-Nisim recited, passages from commemorative scrolls read in synagogue, liturgical poems marking the miracle recited, a day taken off from work, and mishloach manot as well as gifts to the poor be distributed. The day thus marked was passed down to future generations as a time of celebration.

Let us begin in chronological order:

1 Cheshvan:

*Although not a Purim, a significant event worth noting: King Solomon com-

pleted the construction of the Temple (although he did not dedicate it until the following month).

*Purim Posen, 1704. I have seen various dates proposed for this particular Purim, including the second and third of Cheshvan. Background: A coalition of Polish, Russian and Saxon soldiers bombarded this city on the Polish-German border with thousands of cannon balls in order to oust the Swedish occupiers. The Swedes tasked the Jewish inhabitants of the city with picking up the shells, many of which were still smoking, and miraculously nobody was injured or killed. The community therefore decided to declare a day of fasting followed by a day of festivities and merrymaking.

2 Cheshvan:

*Purim Shiraz (also known as Moed Katan), 12th century. Background: The Jews of Shiraz, Persia, were accused of blasphem-



Various Megillot for various Purims.

(CREDIT: THE NATIONAL LIBRARY OF ISRAEL)

my against Islam and were compelled to convert. The charges stemmed from a certain Jewish butcher who sought vengeance against his fellow Jews for losing his business after he was accused of selling non-kosher meat. Said butcher had a change of heart on his deathbed and confessed that he had fabricated the charge. The result was that the Jews were allowed to return to their faith. It was decreed that this day

would be commemorated as a holiday for generations to come.

4 Cheshvan:

*Purim Edom (called also Purim al-Naara), 1541. Background: King Charles V. of Spain attempted to seize Algiers. The Spaniards landed, amid the deep fears of the multitudes of Jews including many Sephardim whose fathers had escaped the Iberian Peninsula and its brutal regime. During the siege, the Spanish fleet was suddenly caught up in a storm and was completely decimated. This victory was attributed to the prayers of Rabbi Solomon Duran, grandson of the celebrated Solomon ben Simon Duran. The Jews thus escaped the fanaticism of the Spaniards and they instituted a Purim.

*Purim Bosnia (also known as Purim de Sarajevo), 1819. Background: The corrupt Pasha (Turkish-appointed ruler) decided to arrest the rabbi of the community, Rabbi Moshe Danon, along with 12 other notables and demanded an exorbitant sum of

➔ CONTINUED ON P. 91

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## In Defense of Halacha



By Ben Rothke

**Reviewing: "Halakhah: The Rabbinic Idea of Law" by Chaim N. Saiman. Princeton University Press. 2018. Hardcover. ISBN-13: 978-0691152110.**

The subtitle of the classic medieval work "The Kuzari" is "In Defense of the Despised Faith." In "Halakhah: The Rabbinic Idea of Law" (Princeton University Press 9780691152110), a subtitle of "In Defense of Halacha" just might be in order here. The book provides a conceptual introduction to halacha, with an emphasis on how to think about halacha.

In this fascinating work, Chaim Saiman (professor of law at Villanova University) has written not just an overview of halacha, but a defense of it. Halacha has long been under siege from its adversaries. In his opening salvo, Saiman deals with none other than Jesus of Nazareth. While Jesus was certainly was not the first to attack halacha as being far too obsessive to the letter of the law, while

being deficient to the greater spirituality, he certainly left a lasting impression. Saiman notes that those who blindly attack halacha often do so as focusing on it as Jewish law. To which Saiman is quick to note, and this is a major point in the book, that halacha is not Jewish law.

It's far too easy to merely translate halacha as *Jewish law*; Saiman writes that it is profoundly more than that. Halacha is currently a system of governing rules and practices, a forum for legal analysis, a platform for religious expression and an object of devotional study.

The challenge with halacha is that it presents itself as a regulatory system that governs every aspect of Jewish life. Of course it is that, but it's important to realize that it's much more than that. And the significant problem in translating it as law is that it both overestimates and underestimates the role of halacha and how it functions.

And that is precisely the point the book makes. That those who see halacha as law are missing the forest for the trees. Halacha, and ergo the Talmud, is not simply a

legal code. It is the launching pad for all of Jewish thought. And on that launching pad is the mechanism to deal with every issue, every topic and every Jewish scenario under the sun. The beauty of halacha is that it is the vehicle the Talmud uses as its channel for much broader discussions.

Simply saying that Halacha is not Jewish law may seem at first disingenuous. Yet Saiman is uncovering a nuanced approach that far too many outsiders don't appreciate.

Of course, halacha is law. But he notes that halacha is entirely different from any other legal systems. Aside from lawyers and government officials, the average US citizen does not peruse the US legal code. It goes so far as that few Americans can elucidate the specifics of the Constitution. And they certainly don't really study it.

In the book, Saiman picks out numerous Talmudic and Mishnaic passages, and shows what it means to view halacha through the lens of Torah study, and not simply as dry Jewish law. That difference is not trivial, and is exactly what makes halacha so unique.

The book eloquently shows how, far from being the cold blade of Jewish law, halacha is the Swiss Army knife of Judaism, as halacha fills so many roles, from legal to devotional, spiritual, cultural and much more. Each of halacha's paradigmatic forms represents a pole that exerts a magnetic force on the field as a whole.

In truth, Saiman's book is an expansion of the Talmudic observation that after the Temple was destroyed, the only place where God can be found is within the halacha. When the Temple stood in Jerusalem, one would visit there to be in God's presence. After its destruction, the best way to encounter God is through halacha.

For those who think that halacha is nothing but cold, dry law, "Halakhah: The Rabbinic Idea of Law" turns that coldness into a warm godly embrace.

Ben Rothke lives in New Jersey and works in the information security field. He reviews books on religion, technology and science.

## Can Diseases Be Treated Through Dietary Changes?



By Elizabeth Kratz

**Reviewing: Heal Your Soul, Heal Your Gut: A Beginners Guide to Healing Autoimmune Disease Based on Science and Ancient Jewish Wisdom, by Jill Friedbauer. Available on Amazon.com. ISBN: 9781721222476. Paperback, self-published, June 14, 2018.**

Teaneck resident Jill Friedbauer has been working as a physical therapist for the past 16 years and has recently been certified as a Integrative Nutrition Health coach from the Institute for Integrative Nutrition, the world's largest online nutrition school, which certifies graduates as health coaches.

Integrative nutrition is a philosophy based on helping clients make dietary choices that promote wellness, tailored toward each person's specific health needs or concerns. Among others, famous names such as Dr. Mehmet Oz and Dr. Andrew Weil give webinars through the program as visiting instructors.

"We need health care, not sick care. Step-by-step health coaches are creating a new future for healthcare and for humanity. Together we are strong," wrote Institute for Integrative Nutrition Founder Joshua Rosenthal, on the organization's website.

"Our work is focused on the concept of bio-individuality. We guide and empower our clients to figure out what works for their own body," Friedbauer told The Jewish Link.

It was Friedbauer's concern for her own health that prompted her to write and publish an extraordinarily personal account of her own challenges facing increasingly difficult pregnancies, a lifelong fight against migraine headaches and ulcerative colitis, an autoimmune disease, through the lens of her strong Jewish faith. In the book, she heavily endorses the power of prayer, in addition to other recommendations for diet as well as activities that promote good health, such as tai chi. Peppered throughout the book are quotes about health, positivity and wellness from the Torah and by such diverse

names as the Lubavitcher Rebbe, Mahatma Gandhi, Rebbetzin Esther Jungreis, Hippocrates and Reb Nachman of Breslov.

There have long been medical directives regarding nutrition as it relates to certain diseases. Physicians who treat gout and heart diseases, for example, often recommend that their sufferers refrain from eating rich foods (saturated fats) and, particularly, red meats. Type II diabetes sufferers are warned that excess carbohydrates and sugar-laden foods and drinks can worsen their condition. Now, Friedbauer explains, there are tested theories that espouse that the pervasive use of anti-inflammatory medications and processed foods can create, or contribute to the worsening of, symptoms of autoimmune diseases of those with a genetic predisposition and act as a trigger that unleashes the disease, in addition to causing other health problems.

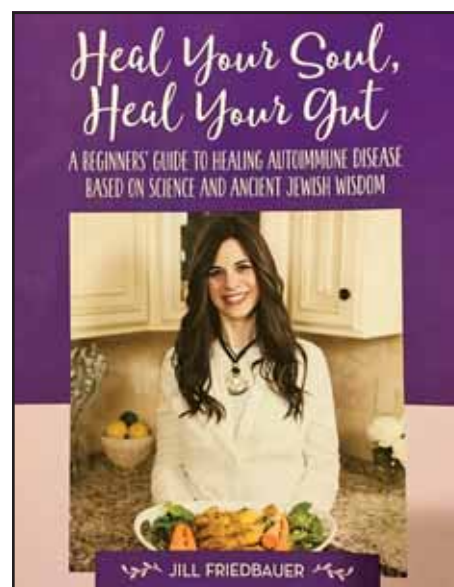
"Those can include environmental triggers, such as in the case of leaky gut syndrome and stress. Also, certain viruses, such as Epstein-Barr and mononucleosis, which go hand in hand, can trigger autoimmune diseases in those with that genetic predisposition," Friedbauer told The Jewish Link.

Through meeting with her own health coach, fellow Teaneck resident and frequent Jewish Link contributor Gila Guzman, Friedbauer was introduced to the benefits of the Paleo diet, which recommends against processed foods, gluten, sugar, dairy or caffeine. Rather, whole foods, proteins, fruits, vegetables, nuts and seeds are promoted.

"I was quite surprised at how quickly I began to feel better," Friedbauer wrote. "Initially, I was only changing my diet with the hope that my ulcerative colitis would improve enough to stop taking harsh medications. However... the migraines from which I had suffered from age six began to disappear. I no longer had brain fog, and the belly bloat that made me look three months pregnant went away. Shockingly, over time, I also discovered that I no longer suffered from severe seasonal allergies."

Friedbauer described that after about a year on the Paleo diet, she was able to, un-

der her doctor's guidance, stop taking the "harsh immunosuppressant" she had begun taking years before. She reported she is not averse to medications and takes preventative medications when required, but has not had an autoimmune flare-up sufficient enough to take a course of steroids in over five years. However, "There's no cure for autoimmune diseases, so I am always on guard for symptoms," she added. "It is something that is managed."



In later chapters, Friedbauer espouses a myriad of health and wellness advice, much of it commonly known, about the importance of drinking water (a lot each day, but not during meals) and sleeping (how much depends on your body's own biology), and taking personal time to "go love you." She also provides favorite recipes for Paleo-friendly meals, and includes lists of acceptable foods as well as items she characterizes as "caution foods," which can be inflammatory or problematic for some people. She also recommends organic, grass-fed or pasture-raised meats and while she recommends fruits, she cautions against moderate-to-high glycemic fruits, which can spike the blood sugar.

Foods are also recommended that contain gut-restorative bacteria, and she notes research that shows the strong connec-

tion between the gut and the brain, including "how 80 to 90 percent of serotonin is secreted in the gut," she said. Friedbauer, in this chapter, discusses diets similar to Paleo, including the Specific Carbohydrate Diet (SCD), as a way to help people with her own condition, ulcerative colitis, achieve clinical remission. Another diet as well, the Gut and Psychology Syndrome (GAPS) diet, "took the SCD and noticed that it was also helpful for kids with autism, and as we learn the long connection between the gut and brain, we also found that the diet helps with those who have anxiety, depression, ADHD and a variety of other mental health disorders," Friedbauer said.

One of the material points of this chapter is that with SCD, all the dietary changes of the Paleo diet will not fully place the disease into remission without the creation or recreation of healthy gut bacteria flora. Gut bacteria, she explains, can be thrown out of whack due to anti-inflammatory medications, antacids, mercury, mold, antibiotics, steroids or yeast overgrowth. For this she recommends avoiding sugar and eating organic produce that do not contain GMOs (genetically modified organisms), which have less frequent exposure to pesticides or other toxins. She also recommends ingestion of prebiotics (raw vegetables like onions, asparagus, garlic, radishes, carrots, jicama and leeks), that are good for the creation of friendly gut bacteria, and probiotics (unpasteurized fermented foods, like yogurt, kimchi, miso, sauerkraut, pickles and kombucha).

The book is beautifully designed by Julie Farkas. Each page is illustrated with beautiful pictures or stylized pull quotes which stand out, making each page easy for the reader to read and enjoy. The book rightly places Friedbauer's own story front and center, while providing classic, solid ideas behind good eating, with a strong scientific foundation, and good living, as backup chapters.

Heal Your Soul, Heal Your Gut is available on Amazon.com and at this link: <https://tinyurl.com/ybj7bbbl>.



# For Students With Special Needs, 'Impossible Thoughts' Can Become Reality



By Nina Glick

**Reviewing: Taking Your Place at the Table: The Art of Refusing to Be an Outsider, by Joseph JB Bensmihen. ISBN: 9781683504528,**

**Morgan James Publishing, 2018.**

Joseph Bensmihen, best known as JB, describes his life from the time he was a young child who had been diagnosed with cerebral palsy. However, in order to fully appreciate his story, which documents his desire and determination as a young child to be accepted despite his handicap, one must know something about the JB's personality and charisma.

As it happens, JB grew up in a suburb of Montreal, and this reviewer had the privilege of knowing his mother from many years ago when we met at a support group for mothers of children with cerebral palsy. Mrs Bensmihen and I were in totally different places as her son, then known by his French name, Serge, was mentally and educationally on par with others of his age. His disability was totally a physical one. To this day, he walks with two canes.

JB asked of his parents, as is described in the book, "Why do I have to go to a special school? My brain works fine. My mouth and ears and eyes work fine. I don't pee in my pants. I just walk funny." Unfortunately the local school board did not see it that

way. When told by his father that the government in Ottawa had made most of the laws pertaining to special education, JB decided that he would like to go to meet with the Prime Minister of Canada in Ottawa. One thing that was in their favor, when they arrived at the building housing Mr. Pierre Elliott Trudeau's office, was that most guards do not stop anyone walking together with a young boy with leg braces and two canes. None of the security guards could think of stopping a 6-year-old who together with his father was on a specific mission. They walked directly into the receptionist's office of the prime minister and while standing there the prime minister walked out of his office.

He asked his receptionist just what was going on and was answered by this young, persistent 6-year-old who said, "I want to talk to you about my school." While others standing around the prime minister were perturbed and disturbed, Mr Trudeau himself invited Joseph and his father into his office. It took a year until finally the local school board, together with the encouragement of the prime minister, changed the rule in order to allow Joseph to go to a regular school.

This incident is only one very small occasion that JB decided that, just because of his handicap, he did not deserve to be isolated from the "normal world." He learned to never take no for an answer.

He suffered through his first years of elementary school with many of the teaching staff intent on making the point that he did not belong in a "regular" class. In 1981, as he was about to enter grade six, he was determined to go to a Jewish school. He and his family were shomer Shabbat.

The Hebrew Academy of Montreal accepted him as the first student ever to have such challenges within its walls. He climbed the four stories in the school each day and with the encouragement of some teachers, whom he considers his angels,

and graduated as the French valedictorian from high school, chosen by his peers. (There are three valedictory addresses in Quebec Jewish schools: English, Hebrew and French.) He also received the midot tovot award for exemplary kindness and conduct. An additional award was created that year for community service, which he received acclaiming his activism on behalf Ethiopian and Soviet Jewry.

JB continued on to his studies at Yeshiva University, where he today sits on the Board of Overseers. He sits as well on many other corporate boards. He has a master's degree in social work and became a social worker for the city of Deerfield Beach, Florida. He was the CEO of a very successful business. His family lived in Boca where he sat as the president of the Boca Raton Synagogue for two years. He has many other accomplishments as well, though he has had some serious hiccups along the way, some of his own doing and others as a result of life's challenges.

He and his wife, Lisa, are divorced and he remains extremely attached to his four children.

He has had political aspirations and is now at the helm of a new business, Care at Home Florida, in St. Petersburg, Florida.

JB's story is one of inspiration and determination, and he powerfully suggests the way for people to allow doors to be open for them despite great hurdles.

From the time that I met Alegrina Bensmihen at a support meeting for mothers of children with cerebral palsy at the Montreal Children's Hospital in 1971, I have observed and taken great pride in the enormous steps that JB took for himself, and in fact for the entire special needs community, in Montreal. He refused to take no for an answer and this is a mantra that all families involved with special needs should adopt. I recommend that you read his book, which is available on Amazon.

It should make one realize that with determination many "impossible" thoughts can become realities.



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# Steinsaltz Commentary: Discovering Something Novel in the 'Voice' of the Humash



By Miriam Krupka Berger

**Reviewing: The Steinsaltz Humash, with new commentary by Rabbi Adin Even-Israel Steinsaltz, Koren Publishers Jerusalem, (ISBN 9789653019430), 2018.**

In his New York Times bestselling book "Moonwalking with Einstein," author Joshua Safran Foer discusses the way in which the modern reader encounters texts; namely, we read (articles, books, product descriptions) in order to gain knowledge we do not already have. Re-reading a text that one has encountered numerous times before feels monotonous and unproductive. Foer analyzes the change from our ancient relationship with text, in which manuscripts were so rare that when a text was read and discussed it not only usually occurred in a communal setting (the idea of "silent reading" was almost nonexistent), but the texts being read were usually something like the Bible or an almanac, something with which the readers were already highly familiar.

Communal readings were less about obtaining knowledge and more like a "concert" experience—a powerful recitation of a tribe's communal language. The weekly communal Torah reading (which Foer mentions in this context) often reminds me of the struggle that we as modern Jews experience as we read the weekly Torah portion along with the communal reader. Until now I have found that I am left either joining the communal, familiar voice of the reader in the group experience, or losing the common text entirely as I engage in the added knowledge of some private reading of commentators, thematic introductions, or external essays on the portion's themes. Koren Publishers calls its recently published

Steinsaltz Humash a "pioneering translation and commentary on the Torah," which seeks to "remove any 'barriers' to the text, connecting us directly to the 'voice of the Torah.'" Rabbi Steinsaltz also emphasizes in his introduction that "this work does not aspire to be revolutionary or novel," but rather "seeks to offer the reader the plain meaning of the text...to enable the 'voice' of the verses to be heard." I would argue that this new work is actually quite revolutionary, precisely in the way in which it allows that "voice" to be heard; namely, in how Rabbi



Rabbi Adin Even-Israel Steinsaltz

bi Steinsaltz's translation and commentary allow the reader to pursue the discovery of something novel in their understanding of the text, while simultaneously following the "voice" of the traditional reading.

The format of the English translation places the translation to the right of the text (it actually appears on the right-hand page of the book in traditional Koren style), provides the literal translation of the Torah verses in bold, but weaves in an additional translation, not bolded, that allows for a smoother understanding of the verse, without resorting to lengthy detached commentaries. For example, in this week's Torah portion of Noach, Chapter 8, verse 11, the translation reads:

**"The dove came to him at evening time, after it had been sent off in the morning, and behold it had plucked an olive leaf in its mouth.** Since olive leaves are relatively

tough, they did not rot in the water. **And Noah knew that the waters had abated [kallu], that they had become light [kal] and diminished from upon the earth."**

This translation (similar to what Artscroll did in their Talmud translation) allows the reader to easily differentiate between the literal biblical text and which are supportive commentary. One "simple" translation manages to offer contextual background, quote the commentary of the Ramban (a small endnote to the source citation is included) and provide a brief etymological lesson, all effortlessly combined in the "p'shat" translation. This fusion of text and commentary enables a valuable reading of the text, but I would argue that it is especially valuable when the text is being used during krias ha-

Torah. It allows the shul-goer to follow the text at a given pace, along with the communal reading, while simultaneously opening the text to deeper understanding. In this way, this commentary will definitively add something particularly fresh and innovative to the synagogue experience.

An additional aspect of this translation is the commentary at the bottom of the page, which divides into two categories. While there are discussion notes that include collections of midrashic and philosophical ideas (thematically related and brief), most of the commentary provides clarity on the cultural, etymological and geographical abstractions in the text. There are a number of simple colored maps throughout the Humash, elucidating military strategies as well as travel and trade routes. Species of flora and fauna mentioned in the text are accompanied by annotated images that also discuss the geography of the Land of Israel.



The colorful photographic imagery accompanying the discussion in the Book of Leviticus about kosher birds and fish is supported by notes such as that on Leviticus 11:16, which translates "shachaf – שָׁחַף" as "seagull" and provides the etymological background for the translation, the location of the bird's habitats near water sources in Israel, and the nature of its webbed toes, which is what lands it on the list of forbidden birds. This model of attaching the descriptions in the text to the geographic realities, archeological findings and etymological history mimics the well-known Da'at Miqra commen-

tary, but in doing so not only makes this type of valuable textual reading accessible to English speakers, but actually does so in a more concise way. As promised, the text itself is the main attraction. The common focus of the translation and the accompanying commentary is in how they function as a "voice" of the text, or as R' Steinsaltz puts it, "a barely perceptible screen rather than a heavy concealing coat of armor."

The commentary's division of the Torah portions into thematic units, each with a short introduction, also allows for the reader to experience this text as a guide to the reading of the Torah—as its conductor and illustrator—so that the encounter with the text feels fresh and new, while the shul-goer still feels anchored in the communal reading. Whether you've heard or seen this text a thousand times before, or are coming at it for the first time, this new Steinsaltz Humash will elucidate, and contribute to, that encounter.

The Humash can be purchased on the Koren Publishers' website and retails at \$44.95. Translations are by R' Joshua Schreier and reviewed by Rabbi Dr. Joshua Amaru.

Teaneck's own Miriam Krupka Berger is dean of faculty and former Tanach Department Chair at the Ramaz Upper School in Manhattan.

## CAMPS

# The Social Benefits of Day Camp



By Rabbi Dr. Daniel Herrmann

As a school psychologist during the school year, I experience the amazing social and emotional growth that occurs in our wonderful yeshiva day schools. In addition to the academic skills that our students are being taught, attention is focused on their emotional and social development as well. As a Camp Director at Camp 613 I have seen how the day camp environment provides a growth opportunity for children to develop socially and emotionally in a number of unique ways.



## Inclusiveness

Day camps bring together students from different communities and schools, providing an opportunity for all children to experience inclusiveness. Everyone belongs regardless of their background, similarities or differences. In an ungraded, non academic environment, children are able to see each individual as unique and special and to embrace each other's differences. Our camp has participated in multiple fundraisers over the years, whether it has been a camp-wide color run, swimathon or danceathon, the children not only had a blast, but also learned about the importance of teamwork as well as inclusion.



## Conflict Resolution

In camp, children have a multitude of teachable opportunities. Throughout the day a camper will typically participate in sports, bunk time, creative pursuits and interactive programming activities to practice resolving conflicts in a relaxed setting with their peers. They learn how to communicate honestly and kindly to each other—even when they are upset. They also have counselors to serve as role models for how to handle disagreements and difficult social situations.

## Friendship

Campers come to camp with previously developed friendships, but leave camp with many more, as camp is the perfect friendship incubator. On a daily basis, campers learn to share, take turns, respect one another and develop listening and empathy skills.



As a fun and relaxed setting, day camp is a wonderful opportunity for our children to not only enjoy themselves, but also to gain and develop these valuable social skills while having an amazing summer experience.

Dr. Daniel Herrmann has been the Director of Psychological Services at Hillel Yeshiva in Deal, NJ for the last 12 years, and part of Camp 613's head staff for the last six years, where he serves as Camp Director, overseeing staff and campers ranging in age from Nursery through eighth grade. He serves as a consultant to teachers, principals, and parents regarding mental health, behavioral, social-emotional, and educational concerns. He received his Bachelors degree from Yeshiva College and his PsyD in Clinical Psychology from Ferkauf Graduate School. Dr. Herrmann also received his rabbinic ordination from RIETS.



# Camp RTC to Open Its Doors in Summer 2019

By Andrea Nissel

Enrollment is now open for RTC, a premier travel camp for boys entering ninth and 10th grade.

Camp Founder and Director Ari Rosalimsky came up with the idea for Camp RTC after being approached by rebbeim, parents and kids who were interested in a travel camp for boys during the second half of the summer.

"I decided to start RTC at the behest of many parents and rebbeim in both Teaneck/Bergenfield and the Five Towns," explained Rosalimsky. "They felt that for ninth and 10th grade boys, there was a need for a 'frum and fun' choice for the second month of the summer. I have already planned much of the program, and I am very excited about what promises to be an unforgettable experience," he said.

The program will run for three consecutive weeks in August 2019, from Sunday through Thursday. Campers will be taken by a coach bus each Sunday to different regions in the Northeast, including Scranton/The Pocono Mountains, Philadelphia/South Jersey and Baltimore. They will participate in daily trips, such as white-water rafting, amusement parks, paintball, water tubing, stadium tours, MLB games, NFL pre-season games, swimming, intense sports leagues and much more. After what will surely be a fun-filled day, each night all camp participants will stay at a hotel. In addition to Rosalimsky, the staff will include an EMT, fun and experienced counselors and highly respected rebbeim. The buses will return on Thursday night, and the boys will be home on Friday and Shabbat with their families, before they depart again on Sunday for another fun-filled week.

Rosalimsky has extensive experience working with kids of all ages. In recent years, he has served as a rebbe, a mentor/advisor, a division head, a baseball league commissioner, a youth director and a program director for junior high school and high school boys. Through his various positions, Rosalimsky has worked with and impacted the lives of hundreds of kids in the NY/NJ Metropolitan area. Rosalimsky's students and campers have described him as warm, fun, caring and someone who will always go above and beyond for them. Rosalimsky is currently attending the Yeshiva University semicha program as well as the Azrieli Graduate School of Jewish Education and Administration.

Rabbi Chaim Marcus, rav of Congregation Israel in Springfield, New Jersey, will be joining the camp and is eager to spend quality time learning and developing meaningful relationships with the campers. Rabbi Marcus is a beloved rebbe at both Bruria High School and Camp Kaylie.

"I'm very excited to be a part of this great new travel camp that is being headed by Avi Rosalimsky. With Avi at the helm, it will surely have real ruach and amazing experiences for the boys. B"EH it will be a camp that everyone will gain from in many ways," said Rabbi Marcus.

Also joining the program will be Rabbi Aryeh Lebowitz, rav of Beis Haknesses of North Woodmere, senior rebbe in both Landers College for Men and DRS High School for Boys and head of the Masmidim Program in Camp Kaylie.



Avi Rosalimsky

"RTC is a much-needed camp option for those who want their sons to have an incredibly fun, yet unshakably frum summer experience. I am very much looking forward to being involved with this very special camp," said Rabbi Lebowitz.

Joining the all-star line-up of counselors for RTC will be Moshe Bennett. Bennett is currently learning at Yeshivat Sha'alvim in Israel and is a graduate of DRS High School, where he was a well-known basketball star. Bennett is also a counselor at Camp Kaylie and enjoys learning and playing ball with his campers.

"I am really excited about joining the staff of RTC. It's going to be an awesome experience and tons of fun for the campers. This is a truly great program for anyone looking for an amazing second month option this summer," said Bennett.



Teaneck residents Eva and Mordy Rothberg registered their son Avi for RTC.

"We are really excited that Avi Rosalimsky has decided to start RTC as a second month option. Avi is amazing with the boys and he knows exactly how to facilitate fun and exciting programs, while maintaining a truly frum and wholesome environment." The Rothbergs believe that RTC will

provide high school boys with a winning combination of entertainment, growth and relationships to last a lifetime.

Registration is currently open for summer 2019. There is an early bird incentive of a \$100 discount for those who enroll by Sunday, October 14. For more information or to register your son, please email Avi Rosalimsky at RoseTravelCamp@gmail.com.

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# Foy & Sepowitz Marks Fifth Year of Service to Community

By Pearl Markovitz

The law firm of Foy & Sepowitz, located on Main Street in Hackensack, is marking its fifth year of service to Bergen County and the surrounding communities. The firm is a boutique law firm dedicated to representing individuals accused of crimes or serious motor vehicle offenses in the state and federal courts of New Jersey and New York. Over the past five years, Foy & Sepowitz has successfully represented hundreds of clients in a variety of cases, including murder, fraud, drugs, drunk driving, assault, weapons, racketeering, theft, disorderly conduct and other related charges. Their 2013 merger allowed clients access to their combined 35 years of practice in criminal law.

Jason Foy grew up in Englewood and has resided in Teaneck with his family for the past 20 years. He began his legal career serving as a prosecutor for the Bronx District Attorney's Office. In 2001 he opened his criminal defense practice in Hackensack. In addition to his practice, Foy is an executive officer of the Bergen County Bar Association (BCBA) and co-chair of the BCBA Criminal Practice Committee. Foy holds the distinction of being the first African-American executive board member over the course of the 120-year history of the BCBA. Foy was honored to be the keynote speaker at the 2017 Bergen County NAACP Freedom Fund Gala.

James Sepowitz grew up in Westchester and has resided in the Teaneck commu-



(l-r) James Sepowitz and Jason Foy

nity with his family for the past 14 years. After law school he clerked for a judge in the criminal division of the Bergen County Superior Court. He had practiced criminal law exclusively at a Hackensack law firm for nine years before partnering with Foy in 2013. In addition to his law degree, Sepowitz holds a master's degree in criminal justice. Sepowitz serves on the BCBA Board of Trustees and as co-chair of the BCBA Municipal Court Practice Committee. He is also serving a four-year term as a member of the District II-B Ethics Committee, which investigates ethical grievances filed against local attorneys.

Foy and Sepowitz met through their active participation in the Bergen County Bar Association and through their representation of clients in the same courts. In their leadership roles in the BCBA, they coordinated continuing legal educa-

tion (CLE) seminars and became friends through the process. They soon realized they were generally on the same page regarding criminal justice, so that when Sepowitz proposed forming a partnership, Foy agreed and the partnership was formed shortly thereafter.

As diverse as their backgrounds seem, their similarities far outweigh their differences. Both are devoted family men. Foy is the proud father of two daughters, currently college students, who attended Bergen County and Teaneck public schools where they studied alongside diverse student populations. This open-minded educational experience was reinforced in their home where Foy and his wife, Karla, also an attorney, taught their girls about different perspectives and beliefs.

Sepowitz and his wife, P'nina, are the parents of two sons and a daughter who attend local yeshiva day schools. The Sepowitzes are concerned and involved members of their community through their children's schools, their shul and various community projects.

Foy & Sepowitz LLC has sponsored local sports teams, including a Teaneck Baseball Organization (TBO) team and currently a flag football team in the Teaneck Junior Football League. They have also sponsored adult sports teams in local softball and ice hockey leagues.

Foy and Sepowitz value diversity and bridging gaps between communities. Sepowitz noted how one of the highlights of

his son's bar mitzvah was when Foy spoke at the reception in the shul. Among other things, the speech focused on the strong foundation of support available within and outside the Jewish community for his son. To this day, Sepowitz receives extremely positive remarks about Foy's speech at the bar mitzvah from his family and friends who were in attendance.

Consistent with their commitment to community outreach, Foy and Sepowitz LLC has provided internship opportunities for students from local high schools, colleges and law schools. Some of the schools represented include Teaneck High School, Torah Academy of Bergen County (TABC), Rutgers College, Syracuse University and Rutgers Law School. Foy and Sepowitz have also been invited to speak at local Bergen County schools, such as Dwight Morrow High School, Bergen County Technical High School, Ma'ayanot, TABC and Teaneck public schools.

What makes the partnership successful? According to Foy and Sepowitz, their partnership has flourished because their diverse perspectives and joint commitment to justice enable them to best serve their clients. The success of their partnership is fundamentally based on their trust in one another and in their ability to work as a cohesive team in serving the interests of their clients.

To contact Foy & Sepowitz and learn more about their services, visit [www.foyseplowitz.com](http://www.foyseplowitz.com).

# A&E Fine Art Represents Israel's Leading Artists

By Bracha Schwartz

If you have been to Israel recently, maybe just returning from the Sukkot holiday, you know that Israel has developed a thriving art scene, with visual content and styles ranging from Biblical to ultra-modern, religious to abstract. Isaac Aviram has been mentoring and representing Israeli artists for 30 years, first in Tel Aviv galleries and now from A&E Fine Art in Fair Lawn. Anyone interested in starting or adding to an art collection, perhaps to keep the connection with Israel visible every day, can arrange an appointment to take a journey through the world of Israeli art in A&E's



Isaac Aviram with Jacob's Ladder by Ben Avram. (CREDIT: BRACHA SCHWARTZ)



Isaac Aviram in his office. (CREDIT: BRACHA SCHWARTZ)

overflowing warehouse. Bring home a piece that calls to you, with an eye towards both aesthetics and investment.

Previously, A&E sold art from the Fair Lawn warehouse exclusively to galleries, auction houses and corporate buyers. This summer, Jennie Mohl joined the company as sales director to open the warehouse to the general public by appointment.

Isaac Aviram works with established and emerging artists, many who are Russian immigrants to Israel, and helps bring their work to a wider audience. He represents artists like Michael Rozenvain, who



Painting by Shmuel Katz. (CREDIT: COURTESY OF A&E FINE ART)

was born in Kiev in the Ukraine in 1963 and immigrated to Israel in 1990. Rozenvain has had a number of one-man shows and has been commissioned to paint murals and decorative elements in many public buildings. Aviram also represents older artists like Shmuel Katz, who was born in 1926 in Vienna. He escaped to pre-state Palestine but was first detained in Cyprus. It was there, with nothing else to do, that he began to draw. However, it wasn't until the 1950s that he devoted himself to art and then built a world-class reputation. Other names known to knowledgeable collectors include Agam, Kadishman, Ben Avram, Tarkay, Tremler and Bratsky.

While Israeli art has been Aviram's specialty, he is always looking for new artists. With his travels around the world to participate in prestigious exhibitions and events, Aviram meets and represents artists of many nationalities. Learn more about artists represented by Aviram at <https://www.aefineartgallery.com> and on [www.artaviram.com](http://www.artaviram.com).

Aviram and Mohl will get to know your tastes and budget and help you sift through the A&E collection, priced from \$100 to thousands. In addition to original paintings, A&E has serigraphs, giclees and sculptures. You can even exchange your art within a year, should you decide you want something different. You can comfortably purchase a gift or gift certificate for someone, knowing the recipient has the flexibility to choose what makes him or her happy. Other services offered by A&E include framing and appraisals. A&E also runs fundraising art sales for organizations with a professional, licensed auctioneer.

Art is both a personal pleasure and an investment. You want to love the work, but



Isaac Aviram with painting by Julie Hendeles. (CREDIT: BRACHA SCHWARTZ)



Isaac Aviram and Jennie Mohl with painting by Dr. Bruce Freund, a local New Jersey artist. (CREDIT: BRACHA SCHWARTZ)

also understand its value. As Aviram is acting as both a wholesaler and retailer, with no one in the middle, his prices are much less than what a gallery would charge, bringing even more value to your purchase. If you're a novice buyer, Aviram can help you learn how to evaluate art and grow in your understanding of technique and trends.

To arrange an appointment, contact Jennie Mohl, A&E Fine Art, by phone at 201-791-2250 or by email at [jennie.artaviram@gmail.com](mailto:jennie.artaviram@gmail.com).



# Where Was the Outrage?



By Alex Grobman, PhD

Part X

During the final months of 1939, the Jewish press continued its extensive coverage of the events surrounding the proposed

Lublin reservation. The mass deportations of Jews from all parts of the Reich to the Lublin region were reported in the Jewish press including the Congress Bulletin and Der Tog, as well as The New York Times; The Nation, a journal of progressive political and cultural news, opinion, and analysis; and The New Republic, a liberal American magazine of commentary on politics and the arts.

These news outlets reported on the frightful sanitary and housing conditions; the appalling shortage of food; pneumonia, typhoid and dysentery, which had reached epidemic proportions; Jewish girls being taken from their homes to satisfy the lusts of Nazi soldiers; and the many suicides committed by those who had been driven to this act of desperation.

Many Jews sought asylum in other countries and requested help from Jews abroad. On November 5, 1939, the JTA reported that the Jewish residents of La Paz, Bolivia, received more than 300 cables from their relatives in Germany appealing for help to save them from being sent to the Lublin reservation.

On November 30, the JTA reported that the Paris office of the Joint Distribution Committee received a telegram from the Jewish community of Vienna "appealing urgently for \$200,000 dollars to enable the emigration of several thousand Jews, many of whom" had American visas. They were faced with either immigrating to America or being deported to Lublin. "The very word 'Lublin' was synonymous with 'inquisition' to the Jews of Germany, and especially in Vienna," reported the JTA. Very often men were threatened or thought themselves threatened with deportation "disappeared or committed suicide," according to the London Times.

The absence of any protest or moral outrage at the atrocities perpetrated by the Nazis on the Jews in the Lublin reservation was the subject of considerable discussion in the Jewish press. Samuel Margoshes asked his readers, "Where is the world-shaking protest against the atrocities in Poland...? We have heard of no great meetings at which the Nazi atrocities received condemnation. It's as if American public opinion had lost its soul together with its propensity to cry out in the face of wrong. And we, Jews of America, why are we keeping silent? Are we waiting for all the three and a half million Jews in Poland to be slaughtered like cattle? Are not the

atrocities already perpetuated upon them heinous enough to move us to a public protest? The blood of our brethren is crying to us from the Polish earth; shall we remain silent? We cannot, we dare not." Finally, he asked, "Where was the American Jewish Congress? Why wasn't it leading the Jewish masses in protest and 'denunciation of the Hitler atrocities?'"

The Zionist Organization of America also charged American Jewry with complacency in the face of disaster. The Workmen's Circle remarked that while the Yiddish press was "replete with stories of Jewish suffering," there was little response: "The heart, even as the mind, becomes accustomed to things; and we are beginning to take these matters for granted."

The American Jewish Congress thought it strange that during the first six years of confronting Nazi Germany, American Jewry openly confronted Germany through their demonstrations, protests and the anti-Nazi boycott. "But now when the deadly hand of Nazism has fallen most devastatingly upon us," American Jewry "plays the part of neutrals."

In attempting to understand the failure of American Jews to respond in a vigorous manner, a number of reasons were proffered. The American Jewish Congress suggested that perhaps American Jews were not up to the task history had thrust upon them. Though they had learned to contribute funds for relief, and depend on others for their defense, they were not prepared to advocate as a people when the "deadliest of their enemies perpetrated the most inhuman crimes of their kind."

The American Jewish Congress added that American neutrality might have influenced their reticent response. Fear of transgressing the neutrality act could account for their silence. Yet, the American Jewish Congress did not believe speaking out against the Nazis would compromise America's position.

After further consideration, Congress suggested on December 4, 1939, that maybe American Jews were not entirely at fault: "Before action can be taken, the situation itself must first be clearly comprehended. In this case, our minds fail to grasp the meaning of what is going on in Poland. Even the mind of the individual, searching for analogies and explanations in the past and present, fails to accept the facts as reality.

"Words like 'savagery, atrocity, bestiality,' which are constantly made use of in reference to the Hitler method of destroying the Jews, are actually no more than subterfuges for our inability to place the facts within the framework of own human experience. When we say 'savage' or 'bestial' we mean something that is beyond the boundary of our comprehension."

Congress recognized that this explanation "may partly be the justification for our

failure to act so far...it will not justify us in the eyes of the martyrs to whom we are the only branches of the Jewish people capable of action."

B'nai B'rith and the American Jewish Committee did not share these negative views. They were generally pleased with the way their organizations and those affiliated with them responded to the crisis. The November-December 1939 issue of the Contemporary Jewish Record singled out the JDC for its "heroic and unparalleled relief efforts" on behalf of European Jewry.

## The Island of Madagascar

When the Nisko plan failed after Hans Frank and his administration objected to having to manage the enclave, Yehuda Bauer wrote that the Nazis resurrected the idea of expelling millions of European Jews to Madagascar, the island nation off the southeast coast of Africa.

In "The Destruction the European Jews," Raul Hilberg explained the Nazis had a simple strategy. France, after having been defeated by Germany in June 1940, would cede Madagascar to the Nazis in a peace treaty. The German navy would then choose bases on the island. The rest of Madagascar would be under the jurisdiction of a police governor, who would oversee the Jewish reservation, and report directly to Heinrich Himmler. Resettlement of the Jews would be funded from Jewish property they were forced to abandon.

The Nazis viewed this plan as being significantly more favorable than establishing a Jewish presence in Palestine, which they claimed belonged to the Moslems and Christians. Furthermore, the Jews in Mada-

gascar could be detained as hostages to ensure the good behavior of their "racial comrades" in America.

For this scheme to proceed, there had to be a peace treaty with the French, which depended on the end of the war with England. Without the cessation of hostilities with England, no peace treaty could be signed, and with no peace treaty, there could be no Madagascar. By October-November 1940, the plan ended.

Offices of the Nazi Security Force, the Foreign Office and the Generalgouvernement profoundly hoped the plan to rid all the Jews under Nazi control would succeed, Hilberg pointed out. Even though the plan had practically disappeared into oblivion, it was mentioned for the last time in February 1941, in Hitler's headquarters.

The Madagascar plan marked the final significant attempt to "solve the Jewish problem," by emigration. At this point, Bauer said, the term "Final Solution," still meant expulsion of millions of European Jews. Once the Nazis chose to attack the Soviet Union, the Final Solution became "synonymous with mass murder."

Alex Grobman, a Hebrew University-trained historian, has written three new books on Israel: "BDS: The Movement to Destroy Israel," "Erosion: Undermining Israel Through Lies and Deception" and "Cultivating Canaan: Who Owns the Holy Land?" He also wrote "Nations United: How the UN Undermines Israel and the West." He is a consultant to the America-Israel Friendship League, a member of the Council of Scholars for Scholars for Peace in the Middle East (SPME) and a member of the Academic Council of The David S. Wyman Institute for Holocaust Studies.

## Plenty of Important Dates

CONTINUED FROM P. 85

ransom from the Jewish community. Miraculously, the local Muslims staged a vigorous protest and demanded that he free the Jews. Eventually he had to escape and the prisoners were freed. The community of Sarajevo declared this day as a day of Purim and they read from a scroll known as the Megillat Sarajevo.

To be continued...

Joel S. Davidi Weisberger runs the Jewish History Channel and is an independent researcher and writer. While it is hard to understand how he finds the time, Joel is also pursuing rabbinic ordination at Yeshivat Chovevei Torah while serving as an assistant at Cong. Beth Tefillah in Paramus, NJ. He resides in Fair Lawn with his wife Micky and their scrumptious son Shaya, and would love to hear your compliments and criticisms (especially the latter) at joelswe@gmail.com.



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# Daf Yomi Shiurim

## Teaneck

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

## Bergenfield

- **Congregation Beth Abraham:** Tues, Wed, and Fri @ 5:40am, 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 Sun @ 6:30am
- **Yeshiva Passaic Torah Institute (PTI):** Sun-Thurs @ 10:05pm
- **Kahal Yereim:** Sun-Thurs @ 8:30pm
- **Kahal Kol Yeshurun:** Mon-Fri @ 5:45am, Shabbos @ 45 min before mincha

## 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

## Elizabeth

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

## West Orange

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

## FEATURES

# Yeshiva Ohr Elchonon Holds Inspirational Hachnosas Sefer Torah

By Yosef Sosnow

It was a powerful maamad of kavod ha-Torah attended by numerous prominent roshei yeshiva and rabbanim, including HaGaon HaRav Boruch Mordechai Ezrachi, shlita, rosh yeshiva of Yeshiva Ateres Yisrael of Yerushalayim, HaGaon HaRav Dovid Cohen, shlita, rosh yeshiva of the Chevron Yeshiva, and HaGaon HaRav Yitzchak Yechiel Eherenfeld, shlita, rav of Kiryat Mattersdorf.

The event was a hachnosas sefer Torah to Yeshiva Ohr Elchonon. At the event, the founding roshei yeshiva of Yeshiva Ohr Elchonon, HaGaon HaRav Simcha Wasserman, zt"l, a son of Rav Elchonon Wasserman, rosh yeshiva of Baranovitch, and HaGaon HaRav Moshe Mordechai Chodosh, zt"l, who served as rosh yeshiva for decades, were remembered. Their pivotal role in creating one of Eretz Yisrael's most distinguished network of yeshivos, at a time when many naysayers thought that the yeshiva would never succeed, was highlighted.

The hachnosas sefer Torah took place on Chol Hamoed Sukkos. The sefer Torah was given by the Goldfinger family of Los Angeles. The procession began at the home of Rav Dovid Hofstedter, nasi of Dirshu, located in the Ganei Geulah neighborhood of Yerushalayim, not far from the campus of Yeshiva Ohr Elchonon.

Rav Hofstedter enjoyed an extremely close relationship with the yeshiva's founder, Rav Simcha Wasserman, and he hosted Rav Simcha on Rav Simcha's frequent trips to Toronto. Through Rav Simcha, Rav Hofstedter became very close to Rav Moshe Chodosh and they maintained a close relationship until Rav Moshe's untimely passing just over two years ago.



Rav Dovid Hofstedter welcoming HaRav Boruch Mordechai Ezrachi at the event.

The kavod haTorah at the event was manifest by the participation of so many prominent gedolim and rabbanim who gathered at Rav Hofstedter's home to give honor to the yeshiva. In addition to Rav Ezrachi and Rav Dovid Cohen, the current roshei yeshiva of Ohr Elchonon, Rav Aryeh Chodosh, a son of Rav Moshe Chodosh, and Rav Tzvi Weinfeld, a son-in-law of Rav Moshe, were in attendance along with many prominent talmidim of Rav Moshe Chodosh who are today roshei yeshiva in their own right.

Before the procession, with its enthusiastic singing and dancing from Rav Hofstedter's apartment to the yeshiva, a beautiful gathering with drashos in honor of the occasion was held. The gedolim and rabbanim, seated at the head table in front of the sefer Torah, spoke in honor of the Torah.

Rav Dovid Hofstedter reminisced about the early years of the yeshiva. "I remember decades ago when the yeshiva was established. At the time, Rav Simcha Wasserman was an elderly man, in his 80s, and Rav

Moshe Chodosh was a relatively young man. They came to Toronto with a dream of opening a yeshiva which, in Rav Simcha's words, would be a matzeiva for his illustrious father, Rav Elchonon Wasserman, who had been murdered by the Nazis in Kovno and had no matzeiva. There were plenty of skeptics and naysayers who questioned, 'How will Rav Simcha, an elderly man, pull this off? How can a young man like Rav Moshe Chodosh take on such an ambitious project?'"



HaRav Dovid Cohen delivering Divrei Brocho at the the Hachnosas Sefer event.

Rav Hofstedter explained with a question on the haftarah that was read on the first day of Sukkos. "The pasuk there states that at the end of days, the remaining nations of the world will come and celebrate Sukkos. The pasuk goes on, 'And if they do not come to celebrate, *lo alayhem yihyeh hagashem*—they will not have rain.'

"What connection do the nations of the world have with Sukkos?" Rav Dovid asked. "Some meforshim explain that celebrating Sukkos doesn't mean sitting in the sukkah but rather that the nations will bring the korbanos."

Still, why will they specifically bring korbanos on Sukkos?

The connection of the nations with Sukkos is that Sukkos is the holiday of the harvest. It is the time of year when Hashem bestows His shefa of bracha on us. At the time of Moshiach, even the nations will understand that the shefa comes only from Hashem. They will realize that although they have no connection to the mitzvah of sukkah and they cannot sit in the shadow of Hashem, they will still understand that all material bounty comes from Hashem. If they do not recognize this, then Hashem will take away that shefa and "*lo alayhem yihyeh hagashem*—they will not have rain."

From here we learn that when a person sees the hand of Hashem, it is incumbent on him to recognize it and publicly declare that all of his success and siyata dishmaya comes directly from Hashem.

Yeshiva Ohr Elchonon has grown into one of klal Yisrael's most distinguished yeshivos despite the naysayers' predictions at its inception. Perhaps the secret to its success was the fact that Rav Simcha Wasserman and Rav Moshe Chodosh always saw the yad Hashem in everything they did and recognized that the entire shefa, spiritual and material, was siyata dishmaya. At this maamad of kavod haTorah we see the fruits of their labor and their emunah!

As the massive crowd enthusiastically danced the sefer Torah to its new home, the pervasive simcha was the profound simcha of the knowledge that Hashem was continuing to bless the yeshiva, along with the successors of Rav Simcha and Rav Moshe, with great siyata dishmaya!



## What Does All of This Mean?



By Rabbi Mordechai and Nina Glick

We are sure we are not alone in attempting to understand the atrocious news of the past few days. Two young people viciously killed by an Arab coworker in an execution-type assassination, each one parenting young babies and children with their entire lives ahead of them. Why? Do any of us have the power to make any sense out of this?

And then several days later, 20 people are killed in a horrendous car crash. We cannot conceive of how the news was delivered to the parents of four daughters killed at the same time. Do they have any reason to go on with their lives? How can they? The tragedy is just too overwhelming to wrap our heads around.

Few of us can fathom such sorrow. Even for those of us who daven and believe in Hashem, it has to, for at least a few moments, shake our emunah.

But in truth, this is not just true now—it has always been true. “Why” is not just a question now—it has always been the question. We go on, we have no choice. Along the way we do some amazing things—like invent cell phones, which were only science fiction not very long ago. Or, as will soon happen, repair the Hubble gyroscope, which was sent into the earth’s orbit more than 30 years ago. How much is being done each day in cancer research, Alzheimer’s studies, causes of mental illness, etc.? We are accomplishing more, controlling things that were never thought possible, and we are not an inch closer to understanding why. From time immemorial, we have come up with no answers to these difficult questions. For some reason, we are obviously not meant to understand, and despite all of our efforts we will never be able to understand.

Why is there suffering? Why do people die? Why are there nations killing each other? These questions just keep repeating themselves. We are sure there will never be an answer. All we are left with is what we can understand—life. What this boils down to is that we need to focus on our lives the best that we are able. We need to work on the things that are under our control. We can do chesed, we can give tzedakah, we can show respect to our partners, our entire family and our peers. We are positively sure that the young couples killed in the accident in Schoharie, New York, did many right things in their lives. Just look at the fact that they hired a limo to take them to a party so they would not have to worry about anyone who was intoxicated driving them back. At least one of them was a teacher who gave her all to her students.

Our history shows us that millions of people have died just because they were Jewish in the wrong place at the wrong time.

This week they are predicting another powerful hurricane that will soon reach the Florida coast. Homes will be destroyed and, God forbid, lives could be lost. Does anyone understand why such an act of God has to happen? There is no way in a million years that one can say that the people affected by such a horror deserve it. Look at the awful earthquake that recently devastated the Philippines. People were buried. Vacationers in a hotel were gone forever. Can there be any plausible explanation for these catastrophes?

The answer to these difficult questions does not exist. Any rabbi will tell you that when he visits a shiva house and is asked the proverbial “why” that he will have no answer. He is as baffled as everyone else. We think it is time to recognize, even though at times like this it becomes that much more difficult, that life goes on without our ability to make any sense of it. That does not mean that we cannot make a difference. We

need to continue to express our gratitude to Hashem. We need to help each other at these low times when we doubt so many things. In our emunah we need to realize that these atrocities are not meant to be understood by us. None of us is on a level to make any sense of it. We need to console each other and be there for each other and continue to believe, even when the times are most dark. It is truly a matter of emunah.

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](mailto:nina@jewishlinknj.com).

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## The Plan Going In



By Mordechai Schmutter

Thank you for coming to our Shabbos Sheva Brachos! Below you'll find a detailed schedule of what's happening this Shabbos,

including what time we're lighting, which we probably should have let you know yesterday 3-6 p.m.: Show up at the kallah's parents' house and get this schedule. You will also get kugel, a little gift bag featuring Advil and a free local ad magazine that we picked up 20 of from the supermarket. The gift bag is for you. Don't accidentally give it to your host as their gift for having you. That's weird.

Please note everyone will have to give a speech, so be prepared. You're probably speaking tonight.

6 p.m.: Mincha. We're making our own minyan in a side room of the shul about 10 minutes off of the regular minyan. Show up at the wrong minyan, daven there for a while, wonder why there's no one you know, and then find us in middle of Kabbalas Shabbos, just as we all turn around for Bo'ee b'shalom.

7 p.m.: Friday night seudah in the shul's social hall. But first everyone has to stand around being social.

7:10, 7:20, 7:30, 7:40 p.m.: Father of the kallah makes several attempts to get everyone to make kiddush.

7:41 p.m.: Someone says they thought they were all waiting for him to make kiddush.

7:55 p.m.: Guest who accidentally went to late minyan shows up for seudah.

"What did I miss?"

"Nothing. No one wants to make kiddush."

8:00 p.m.: Fish course, featuring fish and various dips such as mayonnaise with pickles, mayonnaise with olives, mayonnaise with shredded cabbage and mayonnaise with potatoes.

8:10 p.m.: Someone asks a waiter if there's mayonnaise.

8:20 p.m.: Kallah's father thanks everyone for coming, especially the relatives who are no longer with us but showed up anyway in spirit to watch us eat.

8:30 p.m.: Kallah's father finally introduces the first speaker, who "needs no introduction." Chosson's family has no idea who this guy is.

8:31 p.m.: First speaker starts by saying that there's nothing in the parsha to speak about. He proceeds to speak anyway.

8:35 p.m.: First speaker steals second speaker's vort.

8:45 p.m.: Soup. Second speaker disappears to look up another vort. One relative pulls out several bottles of schnapps that he never leaves home without.

8:55 p.m.: Second speech. Speaker makes a joke featuring marriage advice that awkwardly reflects on his own sholom bayis issues.

9:10 p.m.: Speech #3. Speaker makes a joke about renting a bayis ne'eman b'Yisroel. More relatives come to schnorr schnapps from the schnapps guy.

9:25 p.m.: Main course, featuring chicken, green beans and a kugel that is not as good as Friday's. The kids, meanwhile, who got up when the first speech started and have been making noise in the background ever since, have no idea the meal's still going on.

9:35 p.m.: Speech #4. Someone says a complicated gematria that is impossible to disprove on Shabbos. It also involves various creative spellings of English words in Hebrew.

9:50 p.m.: Pareve ice cream.

9:55 p.m.: Kids wander back for soup.

10:00 p.m.: Bentching/Sheva Brachos. Every speaker gets a bracha. By the time the last person gets the cup to make his bracha, it's about half full.

7 a.m., 7:45 a.m., 8:30 a.m.: Shacharis minyanim. We don't care when you daven. Lunch is at 12.

Note that the 7 a.m. Shacharis has an aufruf this week, the 7:45 has a bar mitzvah and the 8:30 has a Shabbos Nachamu Shabbaton featuring guests, a lot of singing, and some ac-

tual dancing. Try to grab your seat during the dancing.

9:00 a.m.: Aufruf kiddush/breakfast cholent.

12:00 p.m.: Seudah. Kiddush stand-off begins.

12:30 p.m.: Chosson and kallah show up late from the 8:30 minyan upstairs that ended over an hour ago.

12:40 p.m.: One family actually has the guts to make kiddush and wash while everyone else fusses over seats. All the good sodas somehow end up on their table.

1 p.m.: Fish course, featuring all the fish that the waiter said there was no more of the night before.

1:15 p.m.: Kallah's father gets up and thanks everyone for coming again, all the way from whatever local host is putting them up. He introduces the sixth speaker.

1:20 p.m.: Everyone takes their Advil.

1:25 p.m.: Brother of the kallah delivers a speech that is mostly inside jokes about the kallah that no one in the audience gets except the kallah and like two other people. Speech doesn't actually include a d'var Torah.

1:40 p.m.: Liver/egg salad course, featuring 25 kinds of mayonnaise.

1:50 p.m.: Speech from someone who wasn't aware that he was going to be asked to speak.

1:52 p.m.: Cholent.

2:20 p.m.: More pareve ice cream. The kids want liver.

2:30 p.m.: Bentching and Sheva Brachos in which not a single one of the seven people knows what bracha they're up to without being shown.

2:45 p.m.: Our own unscheduled Mincha, with a baal koreh who didn't know he was going to be asked to lein.

3:10 p.m.: Naps?

4:30 p.m.: Local women's shiur in the home of someone who is not expecting an influx of 30 extra people.

6:00 p.m.: Pareve Seudah Shlishis where every single person who walks in goes, "Are we milchig?"

6:20 p.m.: Kallah's father introduces kallah's teenage brother, who gets up to give

a speech/vort/marriage advice. Kallah's little brother makes a well-meaning but awkward joke about mothers-in-law.

6:35 p.m.: One scheduled speech from chosson's side/rebuttal. Chosson's brother makes inside jokes about the chosson, and points out that the kallah's brothers' names have interesting gematrios too.

6:50 p.m.: Chosson's father decides that there were too many speeches from kallah's side and not enough from chosson's side. Gives his own introduction.

6:55 p.m.: Chosson's father starts off thanking kallah's family for putting them up and feeding them and being warm people. (Yes, we know this will happen. No kallah's family has ever invited the chosson's family for Sheva Brachos and then made them find their own food in the street and listen to speeches against the skylight in the snow, like Hillel.)

7:00 p.m.: Chosson's father points out that the new couple ties very much into the haftara and doesn't know why no one spoke about that. No one wants to admit that they had no idea what the haftara was.

7:15 p.m.: Chosson's father finishes.

7:16 p.m.: Chosson's father says, "And one more thing..."

7:30 p.m.: Chosson's father finishes again.

7:35 p.m.: Chosson decides to give a speech.

7:36 p.m.: Everyone sings over him.

7:37 p.m.: Chosson says it's not a vort, it's just thank yous. He didn't have a chance to look up a vort, he was busy getting married.

7:38 p.m.: Everyone sings over him.

8 p.m.: Our own late Maariv, followed by Havdallah stand-off, followed by one big Havdallah featuring individual baggies of besamim.

Post Shabbos: Last-minute invitations to tomorrow's Sheva Brachos.

"Oh, and you're speaking."

"I haven't confirmed that I'm coming yet."

Mordechai Schmutter is a freelance writer and a humor columnist for Hamodia and other magazines. He also has six books out and does stand-up comedy. You can contact him at MSchmutter@gmail.com.

## OY VEY!

## Kugel Cravings



By Jon Kranz

When it comes to food, few things sound more Jewish than kugel. It is a side-dish staple of Jewish cuisine and a seudah stalwart but it surprisingly receives little fanfare and often is taken for granted. For many shoppers and meal-makers, kugel is an after-thought, a last-minute supplement just in case the brisket is a catastrophe, the schnitzel is a calamity and the tzimmes is a tragedy. In many ways, kugel is sort of like the friend you invite for a Shabbos meal at the last second but who winds up being the life of the party and stealing the show. In this regard, kugel might be the most underrated and underappreciated aspect of Jewish cuisine.

Many scholars agree that the term "kugel" is a Yiddish term deriving from the German word for ball or globe. Apparently, the German version of kugel was spherical in shape but the kugel moniker stuck despite the fact that nowadays most kugels are square or rectangular. By the way, you will not find triangular kugels because that

shape is reserved for hamantaschen. You also will not find parallelogram-shaped kugels because you will not find parallelogram-shaped tins.

According to some scholars, the kugel of today can be traced back to a dish eaten during Talmudic times known as pashtida, which featured two layers (top and bottom) of dough with a filling. Some argue that the pashtida, which is mentioned in the Shulchan Aruch (168:17), represented the manna and dew that fell from the sky during the Jews' forty years in the desert. One could argue that the pashtida sounds more like a knish but most folks will not talk about the knish in this regard because, as they say, you really shouldn't knish and tell.

Kugel, a/k/a/ the kosher casserole, comes in many varieties, the most popular being potato, noodle, broccoli and spinach. Within these broad categories are more exotic versions like sweet potato kugel and salt & pepper kugel. Technically, there are no limits to creating different flavors of kugel but at your local supermarket you are unlikely to find kale kugel, kumquat kugel or curry kugel.

Within the noodle category are several types including lokshen and Yerushalmi. The word "lokshen" actually is Yiddish for noodle and lokshen kugel typically is asso-

ciated with a sweet noodle kugel featuring raisins, nuts and cinnamon. As many rabbis will tell you, if you gossip pejoratively about someone else's noodle kugel, you may be guilty of speaking lokshen hara.

Yerushalmi kugel, a mash-up of sweet noodle and salt & pepper kugel, has a story behind it. In the 18th century disciples of the Vilna Gaon flocked to Israel and brought with them their own distinctive Eastern European culture including cuisine. Along the way, they concocted a special version of noodle kugel with caramelized sugar that eventually became known as Kugel Yerushalmi or Yerushalmi Kugel. Yes, had these Chasidim wound up in Tel Aviv, the dish probably would have been called Tel Avivi Kugel, which reminds me of a really bad joke: How much did they Tel Aviv? Eilat.

Beyond the broad kugel categories mentioned above, you will find some outliers including challah kugel which, as the name suggests, is made using an actual challah. Such a hybrid sounds decent and certainly less alarming than other possible culinary combos like chopped liver soufflé or gefilte fish cake.

It is interesting that while salt & pepper noodle kugel remains relatively popular, other combo flavoring is not. For in-

stance, good luck finding lemon & lime kugel, ketchup & mustard kugel or peanut butter & jelly kugel. You also will not find Sephardi & Ashkenazi kugel, but mostly because the two cannot agree on whether the kugel should be served standing upright (Sephardic) or lying down on its back (Ashkenazic).

For the record, not all Jews refer to kugel as kugel. Some Jews, particularly those from Poland and the Ukraine, refer to it as "kigel." That can be sort of confusing when placing an order at the deli counter.

Customer: Excuse me, do you have any kigel?

Store Manager: No, we don't have kichel here. Try the bakery.

Customer: No, not kichel. Do you have kigels?

Store Manager: No, I don't have the giggles. What was so funny anyway?

Customer: No, not giggles. Kigel!!!

Store Manager: No, we don't have kigel. But would you like to try some kugel instead?

Customer: Oy vey.

Final thought: Some people contend that kugel is like pizza, bread and the Earth's top layer because each is only as good... as its crust.



# Adding a Sense of Urgency to Your Work



By Rabbi Dr. Naphtali Hoff

On Motzei Sukkot, the forecast in the greater New York City area was grim.

Tornado watch. Heavy winds. Punishing rains.

Compounding the problem was that I was planning to dismantle my wood panel sukkah and needed to do before everything got wet. Otherwise it was be a few days of sunny, dry weather before I could try again.

So, I galvanized my family and we went "all hands on deck," returning the sukkah to our shed in record time.

Some helped to dismantle the structure. Others cleared place in the shed for the wooden panels and other components. Whatever needed to be done was attended to. And we managed to dodge a wet bullet by getting it done before the rains arrived in earnest.

Research is clear that people respond better—both qualitatively and in terms of completion time—when there is a sense of urgency to their work. While it's important that leaders not overplay the urgency card (that can dull people's responsiveness and induce unneeded stress) with their teams, there are many benefits to strategically adding an element of healthy pressure to the workplace.

Here are some "earnest" ways to increase a sense of urgency at work:

1) Expectations: The first thing people need to know is where things stand and what needs to change. Once you get your team clear on where they are and what needs to happen, you can reasonably expect that they will focus their efforts and energy to move things forward.

2) Awareness: They also should be made aware of why this task is of increased importance, as in what's going to happen if nothing changes. In my example, it would be that we need to prioritize dismantling the sukkah to ensure that it gets into the shed before the sky opens up and everything gets soaked. Your consequence may relate to losing customers, taking a loss on a faulty product or service, or an opportunity to gain market share.

3) Reflect (through your actions): When something is more urgent, your actions should reflect it. Your people will pick up on your increased focus, seriousness, etc., and respond in kind. If you're "on" all of the time or keep a flat, low profile regardless of what's at stake, then your people will not know that this task should take higher priority.

4) Note (the temperature): If you sense that folks are a bit too comfortable in how they approach their tasks, do things to adjust people's working "temperature." For example, instead of 45-minute weekly sit-down meetings in the usual meeting space, meet briefly first thing each morning while standing in the hallway.

5) Employee (recognition): Reward small successes by recognizing your team members who set a positive, "urgent" ex-

ample for others. A simple "thanks" or "way to go!" can go a long way.

6) Stop: Give your team a breather when needed to help them recover from the unexpected increase of time, energy, concentration, etc., that you've been demanding of them. Consider something like an extended weekend or early dismissal after meaningful progress has been achieved.

7) Take stock: Pause from time to time to measure what worked and what didn't. Use

this information the next time you want or need to increase the level of urgency at work.

Rabbi Naphtali Hoff, PsyD, is an executive coach and president of Impactful Coaching & Consulting. For a free, no-obligation consultation, please call 212.470.6139 or email [nhoff@impactfulcoaching.com](mailto:nhoff@impactfulcoaching.com). Check out his new leadership book, "Becoming the New Boss," on Amazon. Download his free eBook for understaffed leaders at [ImpactfulCoaching.com/EPIC](http://ImpactfulCoaching.com/EPIC).

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## New Jersey NCSY Leads by Example

(Courtesy of New Jersey NCSY) Immediately after Chag the staff of NJ NCSY went to help out with hurricane clean-up in Wilmington, North Carolina. "One of our main focuses is on leadership training and development, and what better way to educate the teens than by leading by example," said Rabbi Ethan Katz, regional director. NJ NCSY has also planned a Chesed Mis-



(l-r) Aliza English, Devorah Lieberman, Miriam Pittinsky, Rabbi Shmulie Greene, Rabbi Ethan Katz and Etan Vann.

sion to North Carolina for teens. "Not only was this mission an important opportunity to help others in [desperate] need, but it also allowed for staff growth and bonding, allowing us to return to NJ re-energized and more passionate about the work we do," said Aliza English, assistant regional director.

## AMIT to Host Software Development Course for Young Women

(Courtesy of AMIT) The AMIT network and Ra'anana municipality have joined forces with an organization called "she codes" to offer software development courses to young women free of charge during the course of this school year.

Young women in junior high and high school who are interested in learning how to code software can sign up for the course, which is being held once a week at AMIT's Gogya teacher training center in Ra'anana. That innovative hub is where AMIT teachers learn radically new teaching methods that transform the learning experience into one that is more student driven. AMIT is hosting the sessions and will provide light refreshments for the girls and their mentors.

"This is a welcome initiative that aims to advance technological professions among girls and young women in Ra'anana," said Eilat Deutsch, deputy director of research and development at the network.

AMIT, which was just named the No. 1 educa-

tional network in Israel by the Education Ministry, operates 110 schools and programs for more than 34,000 Israeli children, in which they receive the most cutting-edge, Jewish values-based education. The network prides itself on empowering students and preparing them for the 21st century by teaching them the skills that will serve them in school, in the army and in the workforce.

She codes was founded in 2013 to achieve an equal number of female and male software developers in Israel. Its 20,000 members include women who want to learn software development or make a career shift into high-tech, developers who want to advance their skills and network with other women in high-tech and high school students who are learning to program.

Its core values, which are Believe in Yourself, Perseverance and Community, reflect AMIT's core values as well, making it a natural fit to empower young women in Ra'anana and elsewhere in Israel. For more news, visit [www.amitchildren.org](http://www.amitchildren.org).

## FEATURES

## Sen. Robert Singer and Duvi Honig Announce 'New Jersey Economic Development Day'

(Courtesy of Jewish Chamber of Commerce) The New Jersey State Senate has passed a resolution sponsored by Senator Robert Singer that names the second Monday of May as "New Jersey Economic Development Day."

"I was proud and honored to work with Duvi Honig and the Orthodox Jewish Chamber Of Commerce to put words into action and enhance New Jersey's business network," Senator Singer stated. "By teaming up with Mr. Honig and the Chamber,

we can take networking to a new level in this state. Additionally, I want to thank Senate President Steve Sweeney and Senator Loretta Weinberg for their leadership and support of our legislation. I look forward to celebrating 'Economic Development Day' for years to come."

"Economic Development Day helps to put the focus on one of my top priorities: doing all that we can to promote and support economic growth, the creation and retention of jobs, and the expansion of long-term economic opportunities," said Senate President Steve Sweeney. "I applaud Duvi Honig, the Founder and Chief Executive Officer of the Orthodox Jewish Chamber Of Commerce, for all his efforts in advancing this cause. This is a goal that we all share because we recognize its importance to New Jersey's future."

"New Jersey has long been an attractive place for business and industry," said Governor Phil Murphy. "I am proud to support Senator Weinberg and Senator Singer's joint resolution to establish the second Monday

of May as Economic Development Day. This resolution would not have been advanced without the work of Duvi Honig, who has been the biggest proponent of establishing this day to celebrate our state's openness to new business and innovation."

Senator Singer's joint resolution, SJR-72, aims to encourage and promote New Jersey state and local economic development programs. The resolution requests that the Governor annually call upon elected officials, business owners, and the citizens of New Jersey to discuss job creation, fiscal resiliency, and how to best enhance business development plans.

"The Orthodox Jewish Chamber Of Commerce is excited to work with Senator Singer," Honig added. "We have the opportunity



to create new business avenues through existing funding. Let's synergize state government and corporate dollars to reduce overlap and stimulate the economy. This will help all New Jerseyans regardless of race, religion, or creed. Our group is bipartisan, and we were honored at the U.S. Capitol for Jewish heritage month for similar actions. We look forward helping empower Americans with financial stability and dignity."

Honig noted that the legislation is based off current innovative programs, which he created with the Orthodox Jewish Chamber of Commerce. These programs were motivated by the recession. He explained his programs help empower underprivileged residents, local businesses, and large corporations.

"Today's designation of a statewide 'Economic Development Day' honors and inspires our youth to create, build, and dream of a better New Jersey," Senator Singer said. "The Garden State is blessed with a well-educated workforce, an ideal location, easy-to-access public transportation, and the best schools in the nation. That is why our economy will continue to grow and thrive. My thanks to Mr. Honig and my colleagues in the Senate for backing this important legislation."



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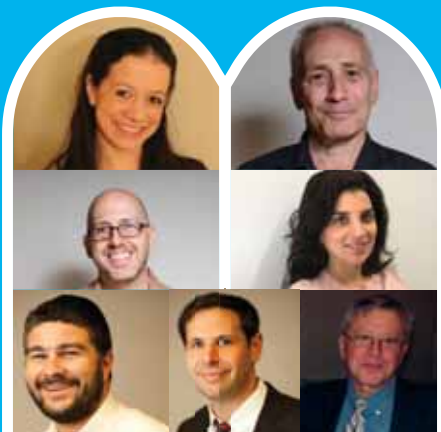
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# FOOD & WINE LINK

## OF NEW JERSEY

### The Feast of Legends From the Sea

By Rabbi Dr. Natan Slifkin

What's the most radical thing that you have ever eaten? At the Biblical Museum of Natural History, we create annual events in which we serve gourmet exotic dishes of unique halachic and/or zoological interest. Our first event was a Biblical Feast of Birds & Beasts (being repeated in Teaneck later this month), featuring animals and birds that are eaten in the Bible. Our second event was a non-Biblical menu, a Feast of Exotic Curiosities. Our third event, which took place last week, was a different menu again: A Feast of Legends from the Sea.

When one thinks of seafood, what comes to mind is either fish, or treif, or both. But, between myself, award-winning chef Moshe Basson and mashgiach Rav Yonatan Gabbai, we devised a menu of legends from the sea that was much more than just fish, and yet was fully kosher!

The appetizer was fleishig. How can there be a fleishig food from the sea? Well, the Torah says that the Children of Israel were pining for the fish that they ate in Egypt, and also begging for meat. The commentaries explain that God responded by giving them a food that has aspects of both



fish and meat: the verse states that God sent "a wind that blew *salvim* from the sea." Today, we interpret this as a reference to how quail migrate over the Mediterranean into the Sinai. But in medieval Europe, other explanations of this verse were given by the Rishonim. One was that the quail is a sea-bird, which has a fishy taste to its flesh. Another was that *salvim* refers to barnacle

geese—a type of goose that was believed to be generated from ocean barnacles (and which, in the view of some Rishonim, did not require shechita!). Accordingly, our first legends from the sea were quail wrapped in crispy goose bacon.

For hors d'oeuvres, we capitalized upon two concepts introduced in the Talmud: that non-kosher food is not repulsive, just

prohibited; and that for every non-kosher food, there is a kosher equivalent. Based on this, we served kosher versions of oysters, shrimp, squid and Coquilles St. Jacques. The oysters were made from quail eggs, dried in anchovy salt and served in genuine oyster shells. Guests were invited to sprinkle these with powdered oystershell, which is kosher, according to halachic rulings from Rav Shachter and others, since the shell of the oyster is not considered the "flesh" of a non-kosher creature. Thus, the guests were able to eat something that looked like oyster, that had the taste and texture of oyster and that actually had (partial) oyster in it, and yet was not oyster! The squid was made from a fishy concoction formed in a special squid mold that we imported from Japan, to which guests could add powdered nautilus shell, with the nautilus being the only cephalopod to possess an external shell.

The next delicacy was caviar. True caviar, one of the most expensive foods in the world, is the roe of the sturgeon. This is a fish that is popularly believed to be unequivocally treif, but is actually steeped in

➔ CONTINUED ON P. 100



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# FOOD & WINE LINK



## The Feast of Legends

CONTINUED FROM P. 98

halachic dispute, with no less an authority than the Noda B'Yehudah insisting that it is kosher. However, since halachic authorities today prohibit sturgeon caviar, we managed to find two kosher substitutes (which are still extraordinarily expensive!)—one from Europe that is created via molecular engineering, and one from a fish called a bowfin, which is very close in taste to sturgeon.

The soup was "A Potage of Predators: Cappuccino Crab Bisque With Piranha & Shark Fin." Sharks, which lack scales, are not kosher, and thus the "shark" fin was actually that of a kosher fish. But piranhas, contrary to popular belief, are indeed kosher; they possess fins and scales. While the

laws of kosher mammals and birds exclude predators, no such principle exists with fish. The problem with serving piranhas is that, outside of the Amazon, they are almost impossible to obtain. We managed to obtain two baby piranhas; one went in the soup, and the other was cooked whole and auctioned off!

The first of the entrees was "Beasts From the Sea: Sea Donkey Without Ox." The Talmud states that "the donkey of the sea is permitted, the ox of the sea is forbidden." While historically there were those who believed this to refer to aquatic mammals, it seems that it refers to certain fish that share similarities to mammals. The "ox of the sea" is the oxfish, better known as the manta ray, which possesses appendages that resemble horns; we displayed a

manta, but did not serve it. The "donkey of the sea" appears to be a member of the cod family, perhaps the hake, which is kosher and which we served.

Then came the highlight of the evening: swordfish! Swordfish is popularly believed to be non-kosher, due to it lacking scales. However, the Talmud lists swordfish (under an Aramaicized form of the Greek name Xiphias) as a kosher fish, due to its possessing scales when it is young (these are later absorbed into the skin). Jews ate swordfish for many centuries with the approval of major halachic authorities and to the protest of nobody at all. It was only beginning in the 1950s that some people, lacking relevant information, started to fear that swordfish was not kosher and revised the historic tradition. By framing it as an Orthodox vs. Conservative issue, they succeeded in removing it from the Orthodox lists of kosher fish. But the tide has started to shift, with kashrut authorities such as Rav Machpud of Bnei Brak having personally inspected swordfish and attesting it to be kosher.

Yet acquiring swordfish is not at all straightforward. For starters, because an adult swordfish lacks scales, one cannot purchase a swordfish steak, since there is no halachic way to be certain that it is actually from a swordfish. One must purchase a complete swordfish, and they are enormous, rarely available and certainly not cheap! After many months of searching, we finally scored a lucky catch, with a fisherman based out of Ashdod who had caught a six-foot swordfish! The price: three thousand shekels! Chef Basson cooked this leviathan whole, and it was brought in on an enormous platter carried by four men, to

the musical accompaniment of Strauss's "Thus Spake Zarathustra" (better known as the iconic soundtrack from the movie 2001: A Space Odyssey). The 80 guests present gasped and cheered, and there was a frenzy of photography!

For dessert, we presented an Ocean Extravaganza. Smoke (from liquid nitrogen) swirled around a table spread with confections, with the centerpiece being a magnificent cake in the form of a giant octopus. Also served were caramelized locusts, the only type of insect listed in the Torah as being kosher. While Jews from Europe forgot which types of locusts are kosher (since there are no locusts in Europe), Jews from Yemen and North African communities all retained the tradition. Crunchy on the outside with a chewy center, locusts are highly nutritious!

The Feast of Legends From the Sea was a unique event in the history of kosher food. Aside from being delicious and entertaining, and being tremendously educational, it also proved that keeping kosher does not mean that one's culinary pleasure has been limited. The richness of Jewish law and the animal kingdom provides an ocean of opportunity.

Rabbi Dr. Natan Slifkin, popularly known as the "Zoo Rabbi," is director of the Biblical Museum of Natural History. A full volume that was published to accompany the Feast of Legends From the Sea is available from the Biblical Museum of Natural History in Beit Shemesh, [www.BiblicalNaturalHistory.org](http://www.BiblicalNaturalHistory.org). The next event, "A Biblical Feast of Birds & Beasts," is taking place in Teaneck later this month—for details, see [www.BiblicalNaturalHistory.org/feast](http://www.BiblicalNaturalHistory.org/feast).

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## Hakafot Shniyot Are Filled With Simcha at Yeshivat He'Atid



Although Yeshivat He'Atid faculty and students didn't have a chance to be together on Simchat Torah, we were able to celebrate the Torah together today! Students and teachers danced with a beautiful sefer Torah, courtesy of the Fields family—this Torah will now call Yeshivat He'Atid home. After the celebration, students got the chance to see the sefer Torah up close with Rav Daar. May the Yeshivat He'Atid community continue to share in amazing moments like these!



## Yeshivat Noam Throws Back to School Family Celebration

Thanks to a dedicated large team of parent volunteers, the Yeshivat Noam Parents Association ran a phenomenal opening event for Yeshivat Noam families. Under the leadership of event chair Shira Shatzkes and co-presidents Lisa Mandelbaum and Cindy Forgash, the event was filled with bubbles, inflatables, balloons and tons of fun! The fourth graders, under the leadership of Rabbi Yaakov Nadler, ran a station building marshmallow shooters to raise tzedaka dollars. The event also included a granola bar collection by the Girl Scouts and make-your-own snow cones was enjoyed by all!



## TABC Bonds Together Over Sukkot



TABC places great value on the rebbe-talmid relationship and the warm environment it creates throughout the school and beyond. To that end, rebbeim invited the students from their Gemara shiurim to celebrate a Simchat Beit HaShoeva in their sukkot over Chol HaMoed. A group of juniors and seniors also went with Rabbi Yablok, Mr. Poleyeff and Rabbi Finkelstein to Boro Park to experience a leibedik and inspiring Simchat Beit HaShoeva Tour throughout the community.

For the fourth consecutive year, TABC was proud to provide a Simchat Torah evening for talmidim. Well over 100 boys came to dance with their friends and teachers in the TABC beit midrash. The ruach in the room was electric as the Yeshiva celebrated Simchat Torah with genuine enthu-

siasm. Students enjoyed shiurim from their rebbeim between Mincha and Maariv before hakafot. To cap off a wonderful night of ruach-filled dancing, a festive BBQ was provided as seudat Yom Tov, which everyone enjoyed together. TABC is thrilled to provide an opportunity for talmidim to connect to Simchat Torah in a program specifically geared towards teens. What wonderful, holy ways to celebrate zman simchateinu with TABC faculty.

While students were celebrating state-side, alumni were gathering for the annual Israel reunion at Big Apple Pizza. It was wonderful to see how many alumni came to gather together with each other and former Rebbe Rabbi Nosson Rich, who made aliyah last year. The smiles were ever-present and the spirit was classic TABC!

## BCHSJS Students Celebrate Sukkot

This past Sunday, the Bergen County High School of Jewish Studies celebrated Sukkot during the "break" by shaking the lulav, drinking lulav "shakes" and playing Sukkot bingo. Additionally, eighth grade students took photos with their new friends and decorated fall photo frames.



## RYNJ Has Sensational Time in the Sukkah



RYNJ middle school students enjoyed a festive Simchat Beit Hashoeva with their rebbeim and friends at Congregation Beth Aaron. Great friends. Great food. Great music. Great dancing. Great time.



## TABC Students Earn High Recognition From National Merit Scholarship Program



TABC is proud to announce that almost 10% of the senior class has been recognized by the National Merit Scholarship Program either as a merit semi-finalist or as commended students. Senior Akiva Sturm was named a National Merit Scholar semi-finalist this year. This outstanding achievement ranks TABC among the top yeshivot in the tri-state area in National Merit recognition. Sturm will have an opportunity to continue in the competition for some 7,400 National Merit Scholarships, worth more than \$32 million, that will be offered next spring.

Of the over 1.6 million students who entered the National Merit Program by taking the Preliminary SAT/National Merit Scholarship Qualifying Test, eight TABC students, received selection index numbers that were among the top 50,000. Their accomplishment is particularly notable because the State of New Jersey has higher



threshold to become a merit semi-finalist than any other state in the country. TABC is proud that so many students have received the academic preparation and challenge to reach this high level. Those commended are Avraham Davis, Uri Garfunkel, Jonathan Haberman, Avraham Kahan, Jacob Lerer, Eli Rifkind, Yonatan Stewart and Nathanael Vinar.

## Anshei Lubavitch Preschoolers Get Creative With Creation

The students at Anshei Lubavitch Preschool were immersed in parsha learning as they used different art mediums to explore the story of creation in parshat Bereishit.



## Preschool at Chabad of Fort Lee Enjoys the Harvest Season

What a wonder-filled moment! During the summer, children at Chabad had planted a garden and cared for it by watering it daily. What a surprise when they came back to school and saw the growth that had occurred. They loved enjoying the fruits of their labor.



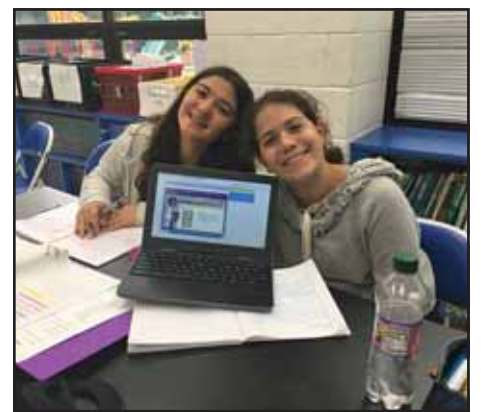
## Yavneh Academy Holds Bereishit Fair

The Yavneh Academy early childhood department held a Bereishit Fair this week in honor of the parsha. Each classroom was transformed into one of the days of creation. The children were able to experience each day through wonderful hands-on activities such as playing with shaving cream clouds, creating telescopes to see the stars, planting seeds for a garden, observing fish, baking challah for Shabbat, learning about the animals and light and dark.



## Moriah Eighth Graders Become Engineers

Eighth grade Moriah students are diving headfirst into engineering! Before Sukkot, they designed cell phones for the elderly using the virtual platform Edheads. Working in groups, the students applied their knowledge of the engineering design process by conducting research and writing up design briefs. Based on feedback from virtual elderly people, the students were able to design and redesign specific cell phones for them. Many of our engineers received high scores for their final sales! We look forward to many more engineering labs throughout the year.



## RYNJ PTA Hosts Amazing Chol HaMoed School Carnival



Thank you to RYNJ PTA for sponsoring an amazing Chol Hamoed carnival. RYNJ families enjoyed a variety of blow ups, refreshments and spending time with each other.



## Yeshivat Noam Practices Inclusivity and Kindness



Yeshivat Noam middle school students witnessed acts of strength and words of inspiration by Jon Pritikin, nationally acclaimed speaker. This important workshop focused on the power of inclusivity and kindness.



## Ma'ayanot Freshmen Navigate the Rapids

Ma'ayanot's Class of 2022 made a splash on Freshman Day—a day of bonding and rafting on the Delaware River with members of the senior class. They are, after all, the Rapids!



## Yavneh Academy Joins Gan Yavneh for Project Shabbat



Yavneh Academy's eighth grade joined with Gan Yavneh pre-k class for the first ever joint Project Shabbat. They ushered in the ruach of Shabbat with singing and hand motions! The eighth graders enjoyed traveling back in time and revisiting their pre-Shabbat favorites!

## Yeshivat Frisch Welcomes Rabbi Sobolofsky for Weekly Shiur

Yeshivat Frisch's early morning "Cougar Kollel" is excited to welcome Rabbi Zvi Sobolofsky, a rosh yeshiva at Yeshiva University's Rabbi Isaac Elchanan Theological Seminary (RIETS) and founding rabbi of Bergenfield's Congregation Ohr HaTorah, for a weekly Friday Gemara shiur. The shiur delves deeply ("lomdus" style) into the holidays of the year.

Rabbi Andrew Israeli, who runs Frisch's Cougar Kollel alongside Rabbi Burry Klein, said that the shiur came about thanks to a number of students who learned with Sobolofsky at NCSY Kollel this past summer. "Those students wanted their friends to have the same opportunity to learn the Torah of one of the most prominent rabbis in our community," said Israeli, highlighting that the shiur connects students, alumni and faculty who learn from Sobolofsky.

"Yeshivat Frisch is always looking for ways to facilitate learning opportunities outside of regular scheduled programming," stated Israeli, noting that scholars



from the New York/New Jersey area and from Israel visit Frisch throughout the year, "to expose students to Torah personalities in our community."

Frisch's early morning Cougar Kollel meets numerous times per week, and is open to all students who are interested in additional learning outside of class.

## Ben Porat Yosef Is Full of Artists, Scientists and Engineers



## Colorful Creations Are Fun at Leah Sokoloff

The children of the Leah Sokoloff Nursery School are learning about the concept of creating as they begin their study of sefer Berishit. They created their own artistic paintings and had a great time learning about light and dark as the morot opened and closed the classroom lights. They celebrated the first week of creation with a special Shabbat party in honor of the new world!





## LPS Students Create Jackson Pollack Masterpieces



Students at Lubavitch on the Palisades are mastering the masterpieces of famous artists. They are participating in a program which explored the work of Jackson Pollack and learned that he was a serious thinker who enjoyed painting while listening to loud music. The children gave their interpretations of Pollack's pictures and created their own artwork in the style of Jackson Pollack.

## TABC Students Earn Over \$1,000 Towards Sefarim in YU Bekiut Program



TABC is very proud to announce that twenty talmidim earned cash rewards towards sefarim for participating in the YU High School Bekiut Program this past school year! In total, TABC students earned \$1,035 for their high test scores.

TABC is particularly proud of Moshe Golubtchik '19, Eitan Mermelstein '21 and Akiva Sturm '19 for earning \$125, \$130 and \$180 respectively!

## Yeshivat Noam Buds Build Torahs While Exploring Creation



Embarking on learning parshat Bereishit, buds students are recreating Torah's individually and collaboratively, using various mediums and even dressing up like Torahs!

## RYNJ Middle School Boys Compete in a Game of Clue

This past Sunday, RYNJ middle school students arrived at RYNJ to compete in a great scavenger hunt modeled off of the game of Clue. With teamwork and fun, students were able to solve various riddles and clues that were sprinkled throughout the RYNJ building. Ultimately, students were reunited with their rebbe and enjoyed some delicious pizza.



## He'Atid Holds Family Meet and Greet



On Sunday morning, Yeshivat He'Atid families gathered for the annual parents association meet and greet. New relationships were forged and the kids were entertained by a laser light show. School swag was available for purchase as were "He'Atid Handprints," painted ceramic handprints created to adorn the school's walls the the hands that will build the future. Kol hakavod to all who organized and participated!



## Moriah Kindergarteners Learn How to 'Turn and Talk'

This week found the kindergarten children working on their interpersonal and communication skills. As members of a class community, we are learning how to share with one another- not only toys and books, but opinions, feelings, and ideas, as well. One technique that we like to use is called, "Turn and Talk." After a discussion topic is

introduced, a question is posed to the children. Each child gathers their thoughts, and turns, "knee to knee" and "eye to eye," facing their talking partner. Taking turns, each child shares their idea/feelings/information. The children are enjoying this bonding time, as they have fun working on developing their conversational skills.





## MTA Talmidim Learn Mishnayot in Memory of Ari Fuld ('91), HY"D



MTA talmidim enjoyed pre-mishmar kugel and chulent on Thursday, October 4, to kick off a meaningful evening of learning. The beit midrash was filled with the beautiful sounds of Torah learning during mishmar, as talmidim learned Seder Nezikin Mishnayot together in preparation for a yeshiva-wide siyum on Monday, October 8, in memory of Ari Fuld ('91), HY"D. The Siyum is part of MTA's hachnasat sefer Torah, which will include a dvar Torah from Yeshiva University President Rabbi Dr. Ari Berman ('87), dancing the new Torah from the 185th Street plaza into the MTA beit midrash, and a seudat mitzvah.

## Moriah Sixth Graders Read 'Nine, Ten: A September 11th Story'





To begin the year in English class, Moriah sixth graders are reading the novel "Nine, Ten: A September 11th Story" which tells the tale of four American children on the day prior to September 11, 2001. This novel is character driven with each of the four main characters experiencing the events of 9/11/01 differently. Will is a boy living in Shanksville, Pennsylvania, Sergio befriends a NYC firefighter, Aimee is a Jewish girl whose mother has a vital business meeting at Cantor Fitzgerald and Naheed is a Muslim girl whose life is turned as people begin to view her in a different light. The children will explore this historical fiction novel and work on analytical reading and writing skills.

## BCHSJS Collects for 'Tackle Kids Cancer'



Students at the Bergen County High School of Jewish Studies participated in a collection drive for Tackle Kids Cancer. Students brought in items to help teens battling cancer pass the time while undergoing treatments.







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## JKHA Launches Theme of the Year: Be the Link



JKHA launched their second annual theme of the year to “Remember the Past, Live the Present, Look to the Future—Be The Link!” The goal is to bring the lessons and teachings of the Torah to life throughout the year, thereby gaining a deeper love and understanding of Jewish values and reinforcing their relevance and significance in students’ daily lives. This will be accomplished through a year-long experiential learning endeavor that is complemented by related learning, programming, trips and chesed projects. Every division will have the opportunity to lead the school in

theme programming.

To kick off this year’s theme, all divisions of JKHA gathered together and viewed an introductory video put together by the eighth grade and they heard from division representatives on the meaning and importance of their respective theme for the year.

In preparation for this assembly, every JKHA student created a unique paper chain link, demonstrating the special part they play in the chain of the Jewish story. At the assembly, all links were joined together to create one JKHA chain which was displayed in the school sukkah.

## IBECC Pre-K Builds Handmade Sukkot From Scratch

The students in the pre-k class of the Iris Berman Early Childhood Center enjoyed building different types of sukkot. A special



visitor came in and helped them measure, cut wood and hammer and screw together a pop-up sukkah in their classroom. They even put real branches on top as schach. In addition, they created a sukkah outside using the trees and rolls of mesh material. The material was taped to a tree and then carried by the children as they wrapped the material around the trees like a gift. It really was a gift and the children delighted in playing sukkah and fairy castle with their installation. The students really enjoyed eating and playing outdoors in all their different types of sukkot that they built with their own hands.



## The ‘Extras’ Begin at JEC High School

This week featured so many extra learning opportunities at JEC High School.

The tremendously successful night seder program, which meets twice a week, began with almost 100 students in attendance. The kol haTorah was intense as the students and rebbeim learned together, reviewing and preparing for their shiurim. The five minute snack-and-learn program, in which over 20 students meet daily with Rabbi Shmuel Taub to learn Gemara after davening, got off to another great start, as they make their way to being mesayem Ma-

sechet Megilla. Our quest to complete Shas began this week as JEC officially joined Daf Hashavua. Twenty five students will meet daily, during their lunch break, together with Rabbi Moshe Frankel, to accomplish this most amazing goal. The shiur can be streamed live daily at 12:45 at [jechs.org/hs-student-life/daf](http://jechs.org/hs-student-life/daf).

Add to these our model congress, advanced STEM, STEM business and personal finance courses kicking off this week, JEC students are taking advantage of all of these different, and amazing opportunities.



## ‘We, The People:’ RKYHS Students Mark Constitution Day

RKYHS students joined thousands of students and teachers around the country to take the Preamble Challenge for Constitution Day, which celebrates the signing of the Constitution.

The theme of the 10th grade English class is power: the pursuit of power and the unchecked exercise of authoritarian control, as reflected in the literature in the curriculum. The class initially studied the preamble as a counterweight to and protection from the evil of totalitarian re-

gimes. In groups, students discussed the aspirational clauses, contrasting their relevance and importance in 1789 and 2018. The students then condensed their conclusions into a few sentences written on posters. On Constitution Day, students recited the preamble, interjecting their commentaries.

The Preamble Challenge is organized by the Civics Renewal Network through the Annenberg Public Policy Center of the University of Pennsylvania.



## JEC Is Off to a Great Tech Start



The new school year brings new learning opportunities, and at the JEC Lower School, that learning is augmented by the power of technology. In these first few weeks, the children in every grade have already explored multiple tech-based experiences, from iTalAm for interactive Ivrit to PicCollage for visualizing social studies lessons, and robust programs such as Newsela, Freckle, IXL and more. Thanks to this parent-driven technology initiative, the JEC Lower School students have access to an engaging, broad and enriched education.





## RKYHS Students Selected as National Merit Commended Students



RKYHS seniors Zach Marcus and Danielle Shapiro have been selected as National Merit Commended Students. Of the 1.6 million entrants, 50,000 with the highest PSAT/NMSQT® Selection Index scores qualify for recognition in the National Merit® Scholarship Program. Approximately two-thirds of the 50,000 high scorers receive letters of commendation in recognition of their outstanding academic promise.

## JKHA Middle School Faculty Member Selected for Elite Science Friday Educator Collaborative

JKHA middle school faculty member Srividhya Sundaram was one of eight selected as a Science Friday educator—2018, among a record number of applicants nationwide. Science Friday is the trusted source for news and stories about science and has been honored with dozens of awards for their high quality science journalism. After receiving her bachelor's degree in science and a master's degree in educational leadership, Sundaram later joined NASA's Endeavor program and was certified by NASA as STEM Teacher Leader.



compelling approaches to STEM education. As a part of this amazing opportunity, Sundaram committed to an intensive

month-long training and development cycle with fellow educator collaborators, Science Friday staff, and expert colleagues in the fields of science, education, media and publishing. In the future, Sundaram will be field testing some of the wonderful resources created by other educators in her cohort.

As part of the collaborative, Sundaram developed a resource focusing on paper engineering, renewable re-

sources and circuitry for grades six to eight. Students break apart and study circuits of inexpensive solar-powered toys and lanterns, then reverse-engineer a lantern that turns on and off by simple motions of the user. Students optimize their design for use by communities without reliable access to electricity.

## JEC Early Childhood Learns Through Play



The JEC Early Childhood is alive with the sounds of children playing—and learning through play! Each activity is carefully designed to be a fun and open-ended experience. Morah Lani Krausz, the early childhood director of the JEC, bases this practice on her years of graduate school training and early childhood teaching experience. She explains that children at play are in fact children at work—but they are relaxed, and “comfortable enough to learn and process information.” Whether in the

context of exploring our world through binoculars to learn about parshat Bereishit or playing a game featuring numbers, “Children are empowered to ask questions and delve deeper into topics.” From the start of her tenure in this role, early in the summer, Morah Lani has invested in creating a program that furthers this vision. The JEC Early Childhood takes the best of all educational philosophies and blends them into the most developmentally appropriate and worthwhile program.

## JKHA Students Embark on Important ‘Names Not Numbers©’ Journey



The opening session for the “Names, Not Numbers©” Holocaust documentary film project was held at JKHA. Through the project, eighth graders will learn interviewing, filmmaking and editing skills from professionals to assist them in preserving the stories of Holocaust survivors by creating a documentary film to be screened in the spring.

Students heard what to expect from the year-long program from the program creator Tova Rosenberg, JKHA Principal Debbie Finkelstein, Head of School Rabbi Rubin as well as personal reflections from RKYHS eleventh grader Maya Minsky who spoke about the lasting impact that participating in “Names Not Numbers©” has had on her.

## RKYHS Students Hear From Former White Supremacist

Each week at RKYHS students participate in the SEED (Student Enrichment, Education and Development) speaker program, where students are exposed to multiple perspectives on a range of topics from broad-thinking professionals and volunteers. The speakers encourage students to challenge assumptions and engage in issues.

For its recent SEED speaker program, RKYHS students heard from Tony McAleer, a former organizer for the White Aryan Resistance (WAR). McAleer spoke to the students about his background, his journey and his personal transformation away from living a life of hate. McAleer is currently active with the organization Life After Hate, a nonprofit organization with a mission to help people leave hate groups, particularly white supremacy groups.



## Science Is Hands-On at JEC Middle School



The seventh grade boys class had an authentic hands-on learning experience in biology. In conjunction with their study of flowering plants and their parts, the boys dissected flowers in their science class. Through this fascinating and interactive lab, the boys developed a deeper understanding and appreciation of the flower's parts and how they work.



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## FUN & GAMES

Yoni Glatt's

### JEWISH SPELLING BEE

How many common words of 5 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: 25=Good; 30= Excellent; 36= Genius



Answers on page 110



## The Kosher Crossword

Answers will be printed next week.

### Symbolism

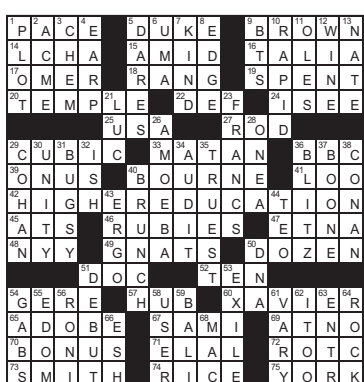
By Yoni Glatt,  
[koshercrosswords@gmail.com](mailto:koshercrosswords@gmail.com)

Difficulty Level: Manageable

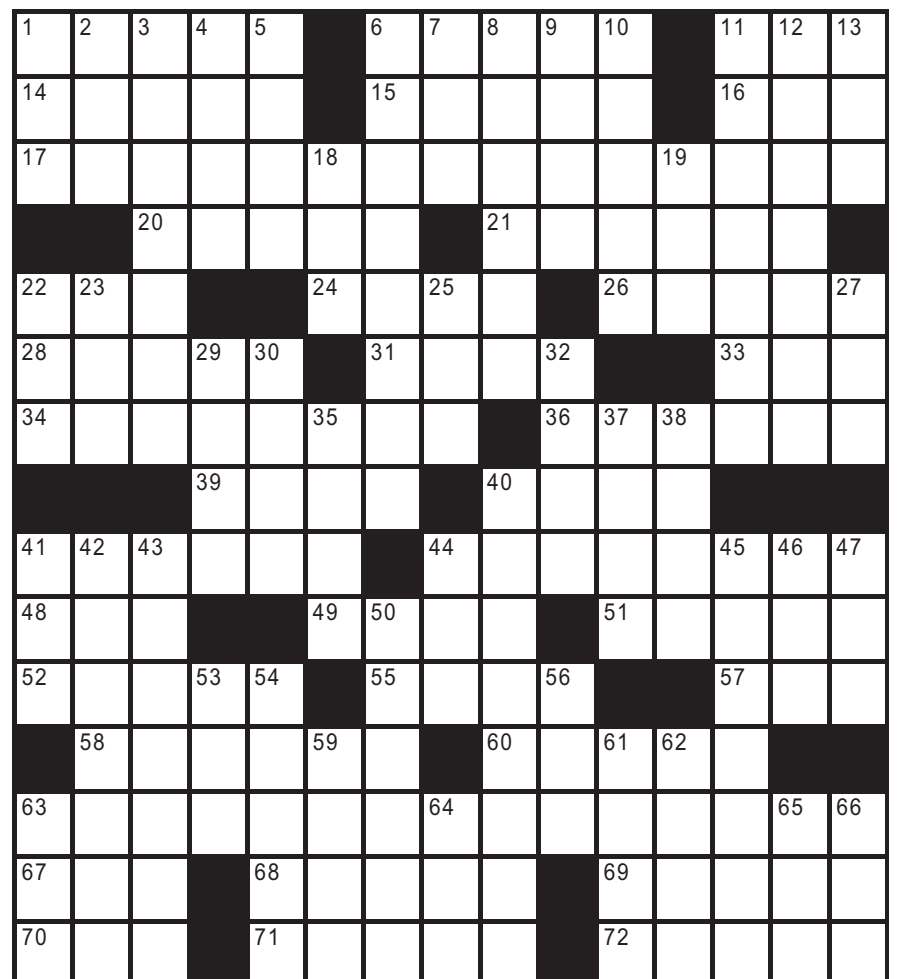
#### ACROSS

1. TV's Joy
6. Not level
11. Search party at JFK but not TLV?
14. Hockey starters
15. Genesis hit "\_\_\_ of Mine"
16. Beltmaking tool
17. Notable Jewish duo
20. Curl one's lip
21. He succeeded and preceded Churchill
22. Rage
24. Tag info
26. Make like Dora's nemesis

#### Last week's crossword answers



28. Forman who directed "One Flew Over the Cuckoo's Nest"
  31. The most popular fish in crosswords
  33. Durocher who said, "Nice guys finish last"
  34. Shylock's demand
  36. Actor Gabe or Rabbi Aryeh
  39. Baltimore's McHenry, for one
  40. Baklava dough
  41. Israel's greatest basketballer
  44. Roseanne Barr, Mayim Bialik, and Bea Arthur, e.g.
  48. Courtroom oath
  49. Black in poetry
  51. Word with milk or fair
  52. Mabovitch who became Meir
  55. Jerusalem has a light one
  57. Dominate NBA team, initially
  58. Carrier of drum cases, maybe
  60. The last surviving Maccabee brother
  63. Marx Brothers' hit
  67. \_\_\_ Moines, Iowa
  68. Fall foliage shade
  69. Serial \_\_\_
  70. Wrestling move named for a hazardous pesticide
  71. Tide alternative
  72. 69-Across is unlikely to do this
- DOWN**
1. Humanities degs.
  2. High Priest with wicked sons
  3. Who Larry David plays on
  4. "Curb Your Enthusiasm"
  5. Soon, to a bard
  5. Philosopher Descartes
  6. Most incensed
  7. Burn \_\_\_ crisp
  8. It's called the only democracy in the Middle East
  9. Artist's perch
  10. Bolt fasteners
  11. Get sick
  12. "Popeye" cartoon kid
  13. Tide alternative
  18. Peruvian mountains
  19. Dodgers' div.
  22. Confiscate a car
  23. 2011 animated bird movie
  25. "This", in Hebrew
  27. It's quite a while
  29. Some buttons
  30. Eats for a pig
  32. Improv act
  35. Great Lakes city
  37. October MLB matchup
  38. Christopher Robin's "silly old bear"
  40. One downing leftovers
  41. It's unhealthy to draw on, briefly
  42. Bedecked



43. First-chair violinist, perhaps
44. "\_\_\_ guy walks into a bar..."
45. Marvel Holocaust survivor
46. "Game of Thrones" family
47. Stitch up
50. Possible instruction to one freaking out
53. Ha\_\_\_ Nahash
54. For a special purpose, as a committee
56. What some do to get out of trouble
59. Bug bite symptom
61. Shabbat \_\_\_, oven option
62. Milky-white gem
63. Recipe word
64. Number after due
65. Trump party (Abbr.)
66. "Her ways \_\_\_ ways of pleasantness" (Prov. 3:17)



# Teaneck Doghouse Sportstar of the Week: Judah Vogel

By JLNJ Sports Desk

The Jewish Link of New Jersey and Teaneck Doghouse would like to recognize almost 13-year-old Judah Vogel as this week's Sportstar of the Week. The Rosenbaum Yeshiva of North Jersey seventh grader will be celebrating his bar mitzvah this coming Shabbos. Judah is the Bo Jackson of Bergen County athletics: He is a member of the RYNJ Jaguars and has a trophy case full of championship trophies (two TBO, two Teaneck soccer, and one flag football). RYNJ Jaguars head coach Steve Gutlove told the JLNJ, "You can tell a lot about a boy, by the way they handle themselves on the court. Judah is a mensch on and off of the court. He is a pleasure to have on the team and I am looking forward to another season with him."

*Judah, mazel tov on your upcoming bar mitzvah. I know you have many great influences in your life but if you had to select just one or two, who would you point to as your role models and why?*



My role models are my grandfathers—Zaidy Chaim (Klein) played baseball, tackle football, was one of the greatest players of 43 man squamish and still made time to read tons of books. Zaidy (Rabbi Sam Vogel) was an awesome hitter for many years, can still hit and always has a dvar Torah and a joke for any occasion.

*What is your greatest sports accomplishment?*

I was a member of the first ever TBO summer travel championship team.

*Who is your favorite professional athlete and why?*

Gleyber Torres because he is exciting to watch and has a ton of potential.

*What is your earliest sport memory?*

My dad's friend treated us to "transportation" and a Yankee game.... in Toronto.

*What is your favorite sports memory?*

My favorite sports playing memory is scoring on my first shot for the sixth grade RYNJ Jaguars last season vs. Yeshivat Noam.

My favorite sport memory as a fan was attending a Yankee play-off game and watching as Yankees scored four runs in ninth inning to send the game to extra innings.

*What is the weirdest sports related thing that has happened to you?*

Throwing toilet paper across the street at the 2009 Yankees Ticker tape parade.

*What is your post game ritual?*

My mom makes me a special "hungry boy" sandwich consisting of two runny sunny side eggs, melted cheese on thick toasted bread.



*What is the best thing about being a Sportstar?*

I love seeing myself in the Jewish Link!

The Teaneck Doghouse Sportstar of the Week will receive a \$15 gift at the Teaneck Doghouse. Please send nominees for an upcoming Jewish Link of New Jersey and Teaneck Doghouse Sportstar of the Week to Sports@jewishlinknj.com.

## AC70.3

By David Roher

Part I

I don't normally chronicle a half Ironman because as difficult as they are, they are not as epic as a full Ironman...except last week.

A full Ironman is 140.6 miles, so a half is called a "70.3."

Both Ironman and Half Ironman events are listed by their initials.

Ironman Lake Placid is referred to as "IMLP." Ironman Arizona is referred to as "IMAZ."

Half Ironman events have the 70.3 attached to them. AC70.3, as its referred to, became that epic story.

It started out when the race director accepted my Shabbos lunch invitation. Race directors don't normally do that. They are too busy managing everything that has to be overseen:

3,000 athletes checking in their bicycles. The placement of the bouys in the water. Road markers for the bike and runs.

All the tables of food for the athletes and all the food: cases of water, Gatorade and Coca Cola.

During lunch he informed me that on race day he will procure kosher pizza for the finish line food.

I've completely five Ironmans & 15, 70.3s. Never have I been able to partake in the post race hot food.

(So why are you telling us this?)

Because...well, you will see why.

At 5:15 a.m. on race morning I waited



downstairs at valet services for our hotel, Tropicana Atlantic City. I had 30 minutes to travel one mile by car to race start. Well, it turns out, so did 3,000 other people.

(Why was 5:45 important?)

I had told race officials that I would pick up my bicycle at that

time. I had to set up my transition by 6:30. Set up takes me three minutes, but I needed five minutes to park and five more minutes to get into transition with 3,000 other people.

(So you were worried that you would run out of time?)

Just a bit.

(Your nightmare is...)

...oversleeping and missing the start of the race.

(No pressure.)

Thanks!

6:05 a.m. I was sitting in traffic and it occurred to me, I should daven now.

Fifteen minutes later I was parking my car. Now to find the trailer where my bike was being stored. There were many tents and it was still dark out. "This is going to be fun."

6:23 a.m. I found the trailer and it was locked. As I started to freak out, I heard, "We didn't think you were coming."

There in the tent was a volunteer holding my bike.

6:28 a.m. I had racked my bike, dropped my sneakers next to it and clipped in my shoes.

I was ready to race.

(Whew)

You said it.

6:30 a.m. Everyone walk to swim start... and wait. Two by two we marched over to the timing mat that officially started my race.

7:05 a.m. I entered the swim start with my friend Ed Lapa, DDS. Ed is the person who took all those pre-race swim start pictures of me at.

(Ironman Lake Placid?)

You are learning.

(The ones where you were freaking out?)

Yeah...those pictures.

We entered together, we swam 1.2 miles, we exited together.

7:55 a.m. I ran to my transition area. Tzitzit on, socks on, helmet on, sunglasses on.



Once on the bike, it was onto the Atlantic City Expressway for three loops.

First loop completed in one hour, 15 minutes.

Just as I was beginning to dry off, it started to rain. Rain on the bike is BAD!

(Doesn't it keep you cool?)

Cycling at 16 mph means wind in your face. When it's 65 degrees and you are rain soaked, you are freezing.

Secondly and more importantly, any mistake can result in a crash.

(Why?)

Rain = zero traction on the bike. It's hard to see potholes when they fill with rainwater.

Sure enough, I drove right into one. The bike lurched forward and I struggled to control the bike as my torso was propelled forward into my handlebars.

David Roher is a certified triathlon and marathon coach. He is a veteran special education teacher and a multi-Ironman finisher. He can be reached at Davidroher140.6@gmail.com



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## TABC Track Earns First Place in Cross Country Meet



By Gabe Greenberg

This past Sunday, the STORM track team headed over to Van Cortlandt Park for a scorching hot 5k race at the inaugural yeshiva league cross country season where they earned a first place victory. Leading the way for TABC, junior captain Ezra Seplowitz ('20) took first overall place with a time of 22:19. In third place overall, was senior captain Yo-

nah Schneier ('19) with a time of 23:21. In fifth place was sophomore Benjy Grin (23:43). Yehuda From, senior captain Gabe Greenberg, Daniel Grin, Yosef Kryzman, Shlomo Jacob, AJ Seplowitz, Elisha Levin, Luzzy Hunger and Yaakov Suldin placed as well. This race was the first race for new coaches, and previous captains, alumni Zachary Greenberg ('16) and Jonah Ganchrow ('16). TABC opened up the new season by STORM!

### Jewish Spelling Bee Answers (puzzle on page 108):

Jewish Answers- TASHLICH, HALACHIST. 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)- ATTACH, CATCH, CATCHALL, CATCHALLS, CATTISH, CHALLAH, CHALLAHS, CHATS, CHILL, CHILLS, CHITCHAT, CHITCHATS, CLASH, HAILS, HALLS, HALTS, HILTS, HILLS, HITCH, HALACHA, HALACHIC, HALACHAS, HALAL, HATCH, LATCH, S'CHACH, SHAHS, SHALL, SHALT, SHLICHA, SLASH, STASH, STITCH, THATCH, TISHA - Questions/comments- email Yoni at koshercrosswords@gmail.com

## Yeshiva University Women's Volleyball Rallies Past York (N.Y.) for First Victory of Season

(Courtesy of yumacs.com) The Yeshiva University women's volleyball team earned its first win of the season, knocking off York College (N.Y.) by a score of 3-1, at the York College Gymnasium last week. Set scores were 21-25, 25-23, 25-15, and 25-21.

"The girls played like a true team tonight," Yeshiva University head coach Dalliana Toussaint said. "They showed so much fight and passion. The growth that these girls are showing makes me excited for the rest of the season."

Yeshiva (1-3) was led by sophomore middle blocker Tehilla Teigman, who slammed home a team-high nine kills, and led all players with 12 digs, six service aces and three blocks. Classmate Rebekah

Bargaser produced four kills and anchored the defense with 10 digs, while senior outside hitter Batya Schreier contributed defensively with seven digs and scored a pair of aces on offense.

The Maccabees got off to a strong start in the opening set, as an ace by Teigman gave YU a 20-14 advantage. However, York (0-12) rallied with an 11-1 run to steal the first game, 25-21.

In the second stanza, another ace by Teigman put the Maccabees up by four, at 21-17. However, the Cardinals scored the next three points to pull to within one. York would eventually take the lead, 23-22, on back-to-back service aces by Channele

Quezada. The Maccabees would prevent déjà vu from happening by scoring three unanswered points, capped off by a service ace from Bargaser, to snatch victory from the jaws of defeat and even the match, 1-1.

In the third game, YU went on a 19-7 run to take a commanding 21-10 advantage. The Cardinals would chip away and pull to within eight, at 23-15. However, the Macs scored the final two points of the set to win it, 25-15, and put the home team on the brink. Teigman clinched the game-victory with a kill.

Yeshiva fell behind, 15-12, in the fourth set. However, sophomore right side hitter Kayla Gross took over the match by scoring three consecutive points, on

a kill and back-to-back service aces, to propel Yeshiva to six unanswered points and an 18-15 lead. After the Cardinals narrowed the Maccabees' lead to two, YU scored four more unanswered points, capped off by a kill from senior middle blocker Abigail Epstein to extend the visiting team's lead to 22-16. Yeshiva would eventually clinch the set, 25-21, and earn its first match-victory of the season.

For the evening, Epstein had three kills with six digs, while senior libero Melissa Stock added four digs of her own. Senior right side hitter Ilana Karp had a strong match defensively with six digs, while Gross registered four digs.



## SPORTS SCENES



SAR Sting XC had a great opening meet, with the girls team finishing in first place.



Tzvi Motechin and Pinny Balsam are all smiles after their game in Bergen Football League.



Zevie Feinsod guards Tani Engel in the Bergen Football League.

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# MGBL Minute



By JLNJ Sports Desk

This past week kicked off the 10th year of the Mitch Gross Basketball League, and as we are nothing if not chivalrous the ladies play first. Our spotlight game takes us to Yavneh Academy, where we had back to back games decided by a point or less.

At 12 p.m., team Nina Eizikovitz-Links Residential faced off against the Mighty Macs. Nina Eizikovitz-Links Residential

took the early lead on four of Annabel Silverman's game high 13 points. The Mighty Macs battled right back with four of Alisha Eisner's nine points and at the end of the half, team Nina Eizikovitz-Links Residential was on the short end of a 17-18 game. The second half was similarly a closely contested game, with five of the Nina Eizikovitz-Links Residential players scoring to try to make up the deficit. The Macs proved to be nothing if not mighty and

held off the surge with two huge baskets from Sophia Esse and eight of Eliana Menasha's team high 10 points (including the first 3-pointer of the season). When the final buzzer sounded the two teams were deadlocked at 25-25.

In the next game, team Oil Tank Services started the game shooting the lights out behind seven of Kayla Schiff's game high 13 points, taking a commanding five point lead into the half. Rockwell Management would not be turned away, Alexandra Nadritch paced her team with 11 points, as Rockwell Management squeaked to a 29-28 victory.

Game number three was a defensive

gem, with both teams battling for good looks, but coming up empty more often than not. Prime Ortho Rehab's Hannah Bromberg led all scorers with eight points, while Sharing Seats got production from multiple sources. With seconds to play and the score deadlocked it looked like we were headed to our second tie of the day, when cousin Alexa Bromberg got fouled while shooting. Alexa sank one sealing the victory for Prime Ortho Rehab.

The action continues this Sunday at Ma'ayanot High School, Yavneh Academy and Yeshivat Ben Porat Yosef. Please come to cheer the girls on and feel free to send pictures to [sports@jewishlinknj.com](mailto:sports@jewishlinknj.com).



Congregation Bnai Yeshurun's Eliana Mogul looks for an open target.



Gabrielle Hoffer at the line for the Marc@Links team.



Team Chai Lifeline post game huddle.



Team Congregation Bnai Yeshurun gets a boost from the stands.



Team Hey Boyzz talks it over after their exhibition game.



Team Nina Eizikovitz Links Residential.



The Knicks' pregame pep talk.



The Mighty Macs.

## Five Things Everyone Training for a Marathon Should Know

By Bracha Ten

Are you ready to run?

The race is on for Kids of Courage! Team Courage is gearing up for the Fitbit Miami Marathon and Half Marathon this January, and the crew is anxiously counting down the days. With the Yamim Tovim behind us, training season is in full swing. Time to work off those extra pounds and build your strength.

Thanks to Race for Courage's head coach, Moishe Gamss, for some starter tips to help you hit the ground running!

1. Start by experimenting with your running style to find the one that works well for you. Do you like having a buddy or running group to motivate you or are you more of a lone-wolf? Do you enjoy running with music or do you need complete concentration in silence? Start off on the right foot and you'll get that momentum quickly!

2. #Goals. Have an end goal in mind. The real benefits come with a consistent workout plan to achieve a realistic goal. Focus on first getting yourself into the groove of things and then the continuation will be easier than you think.

3. Be careful when starting out your runs. Try not to start running too quickly since that can hurt you later in the workout. Experiment with pace during training so that you can learn how to properly time yourself on race day. If you are new to run-

ning, wait about 10 seconds into your run and then slow down a little.

4. Hydrate, hydrate, hydrate! It is very important to remember to drink, both during training runs and races. Don't wait until you need to drink, because by then it may be too late and can significantly affect your run. Try to get some water in your system during any run lasting more than a half hour, or at least about two ounces of liquid

for every 25 minutes of running.

5. Don't overdo it with the training! While many people feel that the more you train, the better you will be, it can also be harmful. Over-training can burn you out both physically and mentally. If you feel any discomfort or slight injury, running can make matters worse—it's ok to skip a workout! If you are unsure on how to proceed, speak to a physical therapist, running

coach or seasoned runner for advice on how to properly take it easy without hurting your performance.

Keep your eyes open for more tips and tricks for marathon prep. Team Courage would love to have you on board!

Visit [RaceForCourage.org](http://RaceForCourage.org) to join the team for four days and three nights in beautiful Miami during mid-winter vacation, January 24-27.





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Please contact  
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## COMMUNITY CALENDAR

### SUNDAY, OCTOBER 14

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6:00PM, Kaplen JCC, 411 E Clinton Ave, Tenafly  
VIP Reception followed by exhibition of student work, refreshments and program featuring students, faculty and special guest Gary Jacobs. RSVP and donate at <http://bit.ly/theideaschoolevent>

### THURSDAY, OCTOBER 18

**Alzheimer's New Jersey Family Support Group**  
1:00PM, Daughters of Miriam, 155 Hazel St, Clifton  
This group provides families and caregivers with the emotional support and education they need to better understand Alzheimer's disease and dementia. There is no fee; however, pre-registration is requested. Please contact Michele Panico at 973-253-5328 or Caitlyn Winkler at 973-253-5738.

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### SHABBAT, OCTOBER 20

**Emunah Shabbat TeaTalks**  
4:00PM, Congregation Rinat Yisrael, 389 W Englewood Ave, Teaneck  
Honoring Ronnie Faber. Shiur by Aliza Schachter on "The Handmaidens' Tale: Hadar, Bilha and Zilpa." Opening remarks by Shlomo Kessel. Featuring Orel Nissn. For men & women.

### MONDAY, OCTOBER 22

**Yeshivat Noam Golf & Tennis Outing**  
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**Ma'ayanot Presents: Community Conversations**  
8:30PM, Ma'ayanot, 1650 Palisade Ave, Teaneck  
Rabbanit Chana Henkin in conversation with Mrs. Rivka Kahan. Open to men, women & students.

### MONDAY, OCTOBER 29

**Jewish Federation presents FedTalks: Israel**  
7:30PM, Jewish Federation, 50 Eisenhower Drive, Paramus  
Featuring Nitsana Darshan-Leitner. \$10. Register at [www.jfnj.org/fedtalks](http://www.jfnj.org/fedtalks)

### SUNDAY, NOVEMBER 4

7:30-9:00PM, Congregation Keter Torah, 600 Roemer Avenue, Teaneck  
**Addiction and Substance Abuse: Understanding the Landscape and Its Impact On Us**  
Understand more about recent drug trends, state and local initiatives, addiction and what we can do to address and prevent it. This is an opportunity for you to ask questions of a panel featuring local and state experts in addiction as well as relevant community leadership and members. The event is free of charge. See our website at <https://www.time2talkaddiction.org/> to submit your questions for the panel, or email [Time2TalkAddiction@gmail.com](mailto:Time2TalkAddiction@gmail.com) for more information. Sponsorship opportunities are available on our website.

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**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](mailto:jrfleisher@gmail.com).

Hosting a Simcha in your home? The **Teaneck Simcha Gemach** has folding tables, cocktail tables, chairs and coat racks (w/ hangers) available for loan. Contact [Teanecksimcha@yahoo.com](mailto:Teanecksimcha@yahoo.com)

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### Fairlawn Gown Gemach

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**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.

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Bergenfield Drop off: Meredith Yager 65 Lee Place 201-321-4301 [meredithyager@gmail.com](mailto:meredithyager@gmail.com).

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### The Rinat Chaim Gemach

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### 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](mailto:Jessica@yadleah.org)

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Collects baby equipment, clothing to size 5T, toys, diapers, formula, and baby food for Jewish families in Bergen County. For more information contact Avi and Ginnine Fried at 718-753-6275, or by email at [Teaneckbabygemach@gmail.com](mailto:Teaneckbabygemach@gmail.com).

Tax donation letters are available for any financial and/or item donations.

### Premie Clothing

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### Passaic Baby G'mach

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# HOME & LIVING LINK

## OF NEW JERSEY



### If I Were Noah's Insurance Broker...



By Shmuel Shayowitz

With Hurricane Michael dominating much of the news this week, and in conjunction with Parshas Noach, I thought it would be fitting to touch upon common insurance exposures, and what homeowners should be mindful of when considering basic homeowner's protection with their agents. It is too common of a scenario where I find homebuyers looking to minimize expenses before closing on their home purchase, that they cut corners when obtaining homeowner's insurance. Hopefully, this article will help people think twice, and not "miss the boat" (pun intended).

Before closing on a home purchase, every home buyer is obligated by their lender to obtain homeowners insurance. Most people believe that no matter what happens, they have adequate protection against a disaster. The average homeowner feels secure knowing they have the necessary coverage in the event of a severe weather calamity because of the insurance they obtained before closing. The fact of the matter is, the

bank only requires minimum coverage in the amount of the loan, and cannot obligate or demand additional protection. It is therefore highly advisable that a homeowner determine what coverage terms are most suitable for their specific needs and circumstances, beyond the bank's requirements.

The recent scramble to deal with the fallout from Hurricane Florence highlights just how catastrophic severe weather can be to people and their property. After returning home and assessing the damage post-storm, homeowners assume they can simply call their carrier, file a claim, and will be fully covered. Unfortunately, many homeowner's insurance policies do not provide full reimbursement from severe weather losses. Hurricanes, tornados, earthquakes and other rare catastrophes may not be covered under a standard homeowner's policy altogether. It may come as a surprise, but many policies limit reimbursement based on the specific cause of the damage.

Although some enhanced policies cover damage from catastrophic weather conditions, premiums can run higher in regions prone to these severe conditions. For example, hurricanes and tornados that additionally bring about flooding can pose a prob-

lem for homeowners who make a claim. An insurance underwriter may conclude that damage from a tornado have limited coverage to the exclusion of water damage. That could mean that water backed up in the street, lakes or pond overflowing into a home - or certain sewer backups might not be covered whatsoever.

Homeowners are advised to clarify review all water-related coverage. Like people who live in flood zones, earthquake riders may be required in some regions of the country. Without this additional coverage, the aquatic destruction caused by these catastrophic events may not be reimbursed. It's imperative that people living in or around regions prone to tornados and earthquakes carry specific coverages common to the area. Imagine someone losing their home and still owing a monthly mortgage payment?!

Aside from the actual damage these storms bring, the economic impact thereafter is felt well after the cleanup is complete. Hurricane Michael is likely to become the 12th billion-dollar weather disaster to affect the United States in 2018. The biggest takeaway from this overview of severe weather disasters is that homeowners are wise

to carefully review their policies and have a clear, concise understanding about their coverage. While minimal insurance is a requirement for most home loans, for a few dollars more, enhanced protection may be worth every penny and bring comfort well beyond the calamity.

Although this article was written before the hurricane made landfall, I wanted to express our heartfelt thoughts and prayers to all those being impacted by the various storms, and wish them the best of luck in the aftermath. *Special shout out and happy birthday to Michael Ferber, Sylvia Nachtigal, Karen Rubin and Jacob Strauss.*

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 as specialty niche programs on all types of Residential and Commercial properties. Shmuel has over 20 years of industry experience including licenses and certifications as a certified mortgage underwriter, residential review appraiser, a licensed real estate agent, and direct FHA specialized underwriter. He can be reached via email at [Shmuel@approvedfunding.com](mailto:Shmuel@approvedfunding.com)

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## Rain



By David Siegel

Since August, it feels like it's been raining almost every day. And not just regular rain, but at times, terrible downpours. Probably more than any of nature's forces, water figures out a way to cost homeowners money. Water in your basement, clogs in your gutters, sewage backups, seepage from window wells and other water-related problems can create nightmares, especially for new homeowners who are unprepared.

As a new homeowner, water is one of the many challenges you have to now address. But that's what being a homeowner is all about. There is no super to call to fix all the problems and eventually you have to stop calling dad. You'll have to figure it out yourself.

With that in mind, together with Malka Abrahams and Michelle Wasserlauf of Links Residential, I am happy to announce our third in the "Caring for Your Home" series, which will be held on Wednesday, October 17, at 7:00 p.m. at the Citibank Englewood branch at 89 Engle Street. To address the recent monsoons, we have invited back Matt from Bardia Plumbing, who will be available to answer questions about water in the basement. We also hope to include a local gutter company to help educate you on the best ways to keep water away from the home. We will also feature Mehran



from Kayvon Air Conditioning, who will discuss options in AC and heating.

Caring for your home is going to have many unexpected costs over the years. This seminar series is intended to help you understand those expenses and provide the tools so you can act preemptively to reduce the eventual costs.

One cost you can manage is your monthly mortgage payment, by securing the lowest available rate. However, the only way to guarantee the lowest rate is to call and get a quote before deciding on a lender who charges more. You may be surprised at how much you can save if you go to a large bank. So please call for a quote.

This seminar is open to new homeowners as well as veterans who need guidance in these areas.

Please RSVP so I can plan accordingly. Dinner will be provided.

David Siegel is a home lending officer with Citibank in the Englewood office. He can be reached at 201-725-9527 or djs.siegel@gmail.com.



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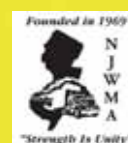
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## Real Estate Trends Monthly Indicators



By Ruby Kaplan

As the fall is upon us, when leaves and foliage start turning crimson-red and orange hues along with shorter days and cooler weather and the routine of back-to-school and work schedules, review of the real estate market during the past season is important in formulating your housing plans for the future.

August monthly indicators reported by the New Jersey MLS reflect rising home prices, higher interest rates and increased building material costs have actually pressured housing af-

overall, which is happening in the middle to high-middle price ranges. However, in the current market it is noted that prices are still inching upward, supply remains low and consumers are optimistic.

Single-family closed sales were up 1.3 percent to 1,393. The median sales price increased 3.5 percent to \$460,475.

Townhouse-condo closed sales were down 8.9 percent to 408 while the median sales price increased 2 percent to \$350,000

Adult-communities closed sales were down 40.7 percent to 16 while the median sales price increased 16.5 percent to \$343,778.

Hope you find this information useful with all your future housing needs and decisions. And remember, home is truly where the heart is! Owning a piece of the rock will always be a "pride of ownership."

Ruby Kaplan is a realtor with V & N Group LLC, licensed in both New Jersey and New York. Her passion is to help people meet their housing needs and goals. Having bought, sold and built homes, she has acquired an expertise to represent both sellers and buyers. She is sensitive to her clients' needs and has a driven commitment to oversee all her transactions with honesty, integrity, knowledge and dedication. Ruby can be reached at her office at 201-692-3700, at the company's website at [www.vera-nechama.com](http://www.vera-nechama.com), on her cell at 917-576-4177 or at [rubbykaplan@aol.com](mailto:rubbykaplan@aol.com).



fordability to a 10-year low according to the National Association of Home Builders. Nationally, median household income has risen 2.6 percent in the last 12 months while home prices are up 6 percent. The disparity of increase will eventually create fewer sales due to affordability concerns

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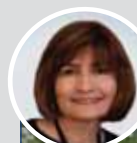


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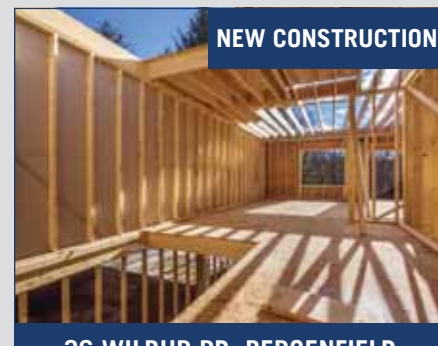
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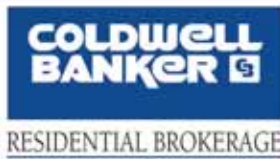
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## HOME & LIVING

### Welcome to Town

By David Siegel

Many years ago, when I moved into a new house, two women appeared at the door with a basket filled with food and packages. They were from a company called Welcome Wagon and their greeting basket was a welcome surprise in the midst of our new move. Although the organization still exists, it doesn't seem to have the same presence and certainly not in our community.

Kosher Bounty is meant to fill that role, of connecting local vendors with new homeowners to ease their way as they navigate their new community. Perhaps on moving day, receiving a food package from Grand & Essex or a discounted order from Chopstix will save the worry of preparing dinner. A night out at the Doghouse or lunch at Poppies might be just what is needed after a few days of moving, unpacking and setting up the new home. Free dry cleaning at Stroms cleaners will help insure clean shirts and suits for their first Shabbat. A few free training sessions from Underground Training in Tenaflly could provide a little me time. The goal is to help the new homeowner learn quickly about services available in the community as well as save a little money right after the cost of a move.

Vendors are happy to offer promotions because they want to welcome new

community members as well as introduce them to their services. Kosher Bounty doesn't charge any fee to the vendor so that the homeowner receives more of a benefit from the vendor. Kosher Bounty will work with local realtors to distribute packages to new homeowners.

In addition to the promotions offered, the package will include listings of important township phone numbers and a directory of participating vendors to use as a guide for services in the new community. As we grow, we plan to include many more vendors including food, entertainment, home needs and others.

If you are a new homeowner in the last three months, ask us for your package. If you are closing on your new home soon, ask your realtor to get you a package. If your realtor doesn't participate, contact us and we will get you a package. If you are a vendor or a realtor who would like to participate, please let us know.

This is a win for all involved, so please contact David Siegel at david@kosherbounty.com for further information or visit [www.kosherbounty.com](http://www.kosherbounty.com)

David Siegel is a home lending officer with Citibank in the Englewood office. He can be reached at 201-725-9527 or [djs.siegel@gmail.com](mailto:djs.siegel@gmail.com).



# 2018 HOMEBUYER EXPO!

**WEDNESDAY, OCTOBER 17, 2018 | 6:00-8:30 PM**  
**TWO BERGEN COUNTY PLAZA, CONFERENCE CENTER, HACKENSACK, NJ**

#### THE EXPO WILL INCLUDE:

- BANKS/MORTGAGE COMPANIES
- REAL ESTATE AGENTS
- COUNSELING AGENCIES
- HOME INSPECTORS
- HOME IMPROVEMENT RESOURCES
- HOMEBUYER WORKSHOPS

#### SPONSORS

- NVE Bank • TD Bank • Atlantic Stewardship Bank
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- Residential Home Funding Corporation
- Spencer Savings Bank

#### COMMUNITY SUPPORT

- Fair Housing Council of Northern NJ
- Greater Bergen Community Action



**IF YOU'RE  
LOOKING TO BUY A  
NEW HOME, DON'T MISS  
THIS EVENT!**



## FREE ADMISSION

#### HOSTED BY:



#### FOR FURTHER INFORMATION:

**The Bergen County American Dream  
First Time Homebuyer Program**  
Phone 201.336.7206  
Email [americandream@co.bergen.nj.us](mailto:americandream@co.bergen.nj.us)

#### BERGEN COUNTY EXECUTIVE

**JAMES J. TEDESCO, III AND THE  
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240 Grand Ave Englewood, NJ  
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**Open House**  
**Sunday,**  
**10/14/18**  
**1-4pm**

**\$499,990**

**163 Rockwood Place, Englewood**  
**3 Bedrooms, 2.5 Baths**

Welcoming bright open floor plan adds to that "Special at Home Feeling". First floor offers: a large Living room w/fireplace, Formal dining room, Den, Modern Eat-In-Kitchen w/ stainless steel appliances, Powder room, and Sun room overlooking the large yard. Second floor offers: Three spacious Bedrooms with custom closets, full Bathroom w/Jacuzzi and separate shower. Full finished Basement offers: large Recreation room, full Bathroom, office/Guest suite. Lots of storage space throughout. 2 zone Central air conditioning. Close to NYC trans, Parks & shopping and Houses of worship.



**Open House**  
**Sunday 10/14**  
**12noon- 4pm**

**283 Barr Ave, Teaneck, NJ**



**\$1,275,000** Pride and ownership shows throughout this spectacular and spacious elegant home situated on private tranquil park-like grounds 94 x 216. Stunningly designed interior beckons you to enjoy this exceptional home. Features: living room with fireplace, family room, office/den with radiant heat, Formal dining room, hardwood floors, powder room, granite eat-in-kit with high end double stainless appliances. Five Bedrooms on the second floor include: laundry hook-ups, master bedroom suite w/ fireplace, walk-in closet w/ sink, full modern bathroom with radiant heat and staircase to third level artist studio / gym. 4 more bedrooms and 2 full baths. Finished basement has 2 more bedrooms/bathroom with Egress windows, recreation room and laundry room. Multiple zone heating, C/A/C, automatic two car garage, portable generator hook ups, and many more details that you will appreciate when you make this stylish home yours. Close to houses of worship, NYC buses and shops.

**Call Nicole Idler of Friedberg Properties**  
**for all showings and appointments at 201-906-9338!**



**Nicole Idler**  
Sales Representative

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Office: **201-894-1234**

Email: 1nicoleidler@gmail.com

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# IMAGINE YOURSELF LIVING HERE



**OPEN HOUSE**  
**10AM - 12PM**

**625 PALMER AVE, TEANECK**

7 4.5 949K  
LINKS AGENT: NINA EIZIKOVITZ



**NEW LISTING**

**60 HALLBERG AVE, BERGENFIELD**

6 4.5 899K  
LINKS AGENT: NINA EIZIKOVITZ



**475 CHURCHILL RD, TEANECK**

4 2 FULL 2 HALF 879K  
LINKS AGENT: NINA EIZIKOVITZ



**OFFICE EXCLUSIVE**

**46 LAUREL CT, BERGENFIELD**

3 1.5 589K  
LINKS AGENT: MICHELLE WASSERLAUF



**512 W ENGLEWOOD AVE, TEANECK**

3 2.5 485K  
LINKS AGENT: ZEEVYAH BENOFF



**47 SUGDEN ST, BERGENFIELD**

3 1.5 400K  
LINKS AGENT: ALICIA PUGH



**PRICE REDUCED**

**32 INTERVALE RD, TEANECK**

4 2 399K  
LINKS AGENT: ZEEVYAH BENOFF



**542 KENWOOD PL, TEANECK**

3 2.5 380K  
LINKS AGENT: KEN SCHWARTZ



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## FEATURED HOMES

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### 104 Midwood Road, Teaneck



**4 Bedrooms, 2 Full Baths**

**\$424,900**

**Russo Real Estate**

**(201) 837-8800**

County Club Area. Move-in Condition. Brick/Stone Exterior. Polished

Oak Floors. Living Room with Fireplace, Dining Room, European Kitchen leads to 3 Season Porch. 4 Bedrooms, 2 updated Baths. Freshly Painted, Hardwood Floors, Central A/C, 1 Car Garage, Fenced-in rear yard.



### 660 Martense Avenue, Teaneck



**\$385,000**

**V & N Realty**

**201-692-3700**

Price Change! Immaculately maintained home with elegant living room and dining room. Beautifully renovated eat-in kitchen. Finished basement

with recreation area, full bathroom and laundry room. Well designed, inviting outdoor entertainment area with pergolas for seating and grill. Open House on Sunday October 14th from 12:00 to 2:00pm. Listed by Esther Schlanger.



### 66 John Pl, Bergenfield



**6 Bed / 3.5 Bath / \$999,999 (For Sale) or \$6,500 per month (For Rent) Links Residential 201.992.3600**

15 year old new construction on desirable block in Bergenfield. First floor boasts a two story entryway, large formal dining room, large formal living room, large family room, laundry room, powder room, and modern eat in kitchen which opens to a rear deck overlooking a quiet and serene backyard with koi pond. Second floor features a large master bedroom with en-suite and walk in closets, four additional bedrooms, and a full bath. Basement is finished with a bedroom, full bathroom, entrance to a two-car garage, rec room with high ceilings, and lots of closets. The home sits on the corner of a cul-de-sac which provides plenty of play space and is close in proximity to houses of worship, schools, transportation, shopping, and more. Don't miss the opportunity to see this house! Listed by Michelle Wasserlauf.



**Elana Rabinovitch**

**Mortgage Consultant**

**Approved Funding Corp.**

**ERabinovitch@approvedfunding.com**

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**Sales Associate**

**V & N Realty**

**EShayowitz@gmail.com**

**Tel: (201) 692-3700 • Cell: (201) 638-5858**



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**Setting the right price**



**Attracting potential buyers**



**Help obtain financing**



**Selling within the planned length of time**



**Preparing or fixing up the home**



# The Last Opportunity to Invest In Israel's Most Sought-After Neighborhood

(Courtesy of Ramat Givat Zeev) Ramat Givat Zeev is perhaps the most luxurious neighborhood in Israel, built with American families in mind. Hundreds of families have already made aliyah to the area. And it's no wonder: the neighborhood's developers have thought of every detail – from comfortable American-style homes and shopping centers to sports courts, beautiful parks and educational institutions.

Speaking of educational institutions, the issue of education is very important to the residents. Much time and effort has been invested into finding the right candidate. That's why everyone was so excited to welcome Rabbi Avraham Horowitz as he was appointed principal of the schools in the community. Rabbi Horowitz, who has decades of experience in education, has recently come to Israel with a great task in mind, which is to help establish and run

the neighborhood's institutions. He, along with his wife Shira, made pioneering efforts to start a community in Chile, where he served as community Rabbi and eventually as Director of Maimonides School, and now he agreed to leave his position to devote himself to this new exciting challenge.

You too have an opportunity to move to this luxurious neighborhood and benefit from being part of the wonderful community of Olim who share your values:

**The upcoming mega sales event, which will take place on the 14<sup>th</sup> of October, is one of the last opportunities to join the Ramat**

**Givat Zeev community and enjoy special discounts available only to residents of the United States.**

**The event will be held at Young Israel of Lawrence – Cedarhurst, 8 Spruce Street, Cedarhurst, NY 11516. The doors open at noon.**

Those who buy apartments in Givat Zeev will enjoy a special tax exemption worth hundreds of thousands of shekels, available to foreign citizens only. Just another fabulous reason to invest in property in Ramat Givat Zeev.

*Save the date. See you in New York!*



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## SEPTEMBER 2018 LOCAL COMMUNITY HOME SALES

### BERGENFIELD

|                  |           |                    |           |
|------------------|-----------|--------------------|-----------|
| 58 RIVER EDGE RD | \$242,000 | 105 FAIRVIEW AVE   | \$380,000 |
| 23 RIVER EDGE RD | \$269,000 | 111 LINCOLN AVE    | \$416,000 |
| 26 ONEIL ST      | \$269,609 | 93 BLAUVELT AVE    | \$445,000 |
| 1 RIVER EDGE RD  | \$307,500 | 69 GREENBRIAR ST   | \$450,000 |
| 20 N VIVYEN ST   | \$310,000 | 63 VAN VALKENBURGH | \$465,000 |
| 161 2ND ST       | \$342,000 | 59 E CENTRAL AVE   | \$540,000 |
| 301 HUBER PL     | \$350,000 | 20 CAMERON RD      | \$845,000 |
| 118 BAKER AVE    | \$355,000 |                    |           |

### NEW MILFORD

|                   |           |                        |           |
|-------------------|-----------|------------------------|-----------|
| 159 BOULEVARD     | \$270,000 | 365 HENLEY AVE         | \$420,000 |
| 291 GRAPHIC BLVD  | \$299,900 | 684 STOCKTON ST        | \$420,000 |
| 233 EAGLE AVE     | \$345,000 | 535 PRINCETON ST       | \$520,000 |
| 444 ELIZABETH ST  | \$370,000 | 225 WOODLAND RD        | \$599,000 |
| 350 E WOODLAND RD | \$375,000 | 1128 ALLESSANDRINI AVE | \$667,000 |
| 416 KEHOE CT      | \$400,000 | 370 VOMEL DR           | \$850,000 |
| 153 S PARK DR     | \$415,000 |                        |           |

### TEANECK

|                    |           |                   |             |
|--------------------|-----------|-------------------|-------------|
| 35 SHEPARD AVE     | \$185,000 | 118 W FOREST AVE  | \$390,000   |
| 868 LINCOLN PL     | \$275,000 | 106 VAN BUREN AVE | \$390,000   |
| 143 VOORHEES ST    | \$309,750 | 333 LIBERTY RD    | \$410,000   |
| 1007 HADDON PL     | \$315,000 | 70 ENGLEWOOD AVE  | \$410,000   |
| 109 SHEPARD AVE    | \$322,000 | 34 WALNUT ST      | \$413,000   |
| 248 EDMONTON TER   | \$322,875 | 447 QUEEN ANNE RD | \$420,000   |
| 72 JASPER AVE      | \$329,900 | 1104 BELLE AVE    | \$420,000   |
| 1265 LORRAINE AVE  | \$335,000 | 776 GEORGE ST     | \$427,500   |
| 189 CHURCH ST      | \$345,000 | 1494 ENDICOTT TER | \$445,000   |
| 119 BOGERT ST      | \$350,000 | 861 QUEEN ANNE RD | \$485,000   |
| 216 STUYVESANT RD  | \$350,000 | 625 MAPLE AVE     | \$489,000   |
| 99 PARK AVE        | \$360,000 | 760 COTTAGE PL    | \$525,000   |
| 1736 ARDSLEY CT    | \$362,000 | 580 RUTLAND AVE   | \$920,000   |
| 523 CUMBERLAND AVE | \$365,000 | 600 OGDEN AVE     | \$921,000   |
| 38 HILLSIDE AVE    | \$370,000 | 803 WINTHROP RD   | \$1,108,920 |
| 432 PALMER AVE     | \$380,000 |                   |             |

*Data is obtained from the NJMLS and is deemed reliable but not guaranteed.*



# HOME & LIVING

## OPEN HOUSES SUNDAY OCTOBER 14, 2018



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|                                                                                     | Address                          | Price        | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Time              | Agent                                                                                 | Contact                       |
|-------------------------------------------------------------------------------------|----------------------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------------------------------------------------------------------------|-------------------------------|
|    | 660 Martense Avenue, Teaneck     | \$385,000    | Price Change! Immaculately maintained home with elegant living room and dining room. Beautifully renovated eat-in kitchen. Finished basement with recreation area, full bathroom and laundry room. Well designed, inviting outdoor entertainment area with pergolas for seating and grill. Hosted by Esther Schlanger.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 12:00-2:00pm      |    | 201-692-3700                  |
|    | 474 Odgen Ave, Teaneck           | \$485,000    | Side Hall Colonial on 60 x 120 ft property. Just painted – designer colors with pretty entry hall, Formal Living, Formal Dining Room, Den, Kitchen with separate Breakfast Room, deck overlooking great back property. Close to Worship, schools, parks, shopping. Also for Rent \$3,400 per month. Hosted by Helene Stein.                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 12:00-2:00pm      |    | 201-692-3700                  |
|    | 163 Rockwood Place, Englewood    | \$499,990    | 3 bedrooms, 2.5 Baths. Welcoming bright open floor plan adds to that "Special at Home Feeling". First floor offers: a large Living room w/fireplace, Formal dining room, Den, Modern Eat-In-Kitchen w/stainless steel appliances, Powder room, and Sun room overlooking the large yard. Second floor offers: Three spacious Bedrooms with custom closets, full Bathroom w/Jacuzzi and separate shower. Full finished Basement offers: large Recreation room, full Bathroom, office/Guest suite. Lots of storage space throughout. 2 zone Central air conditioning. Close to NYC trans, Parks & shopping and Houses of worship.                                                                                                                                                                        | 1-4 pm            |    | 201-568-3300                  |
|   | 282 Griggs Ave., Teaneck         | \$499,900    | This 4 bedroom & 2.5 bathroom South of Cedar gem is the perfect blend of modern, warmth, and functionality. An exceptional value with 4 true levels of living space from the finished 3rd floor down to the newly remodeled basement. The open granite kitchen boasts 2 sinks, ample cabinetry, and a radiant heated floor. Some of the many upgrades include: newer roof & gutters, windows, blown-in insulation, paved front walk, hot water heater and multi-zone heating. Move right in and unpack your bags :-). Listed & Hosted by Na'amah Bateman.                                                                                                                                                                                                                                             | 12:00-2:00pm      |   | 201-347-3044                  |
|  | 657 Northumberland Road, Teaneck | \$499,000    | Modest deceiving exterior for completely renovated home in Prime West Englewood. Entry Foyer, Living Room w/Fireplace, Formal Dining Room, Sky Lit rear Great Room with Cathedral Ceiling. New Quartz Modern Eat-in Kitchen with double sinks, dishwashers etc., Powder Room. Three good size 2nd Floor Bedrooms and Marble Tile renovated Bath (sot). Lovely Tiled Basement Rec Room with Powder Room. Central air separate from gas/hot water heat. Entry to attached garage. Secluded Back Yard.                                                                                                                                                                                                                                                                                                   | 1:00 PM – 3:00 PM |  | (201) 837-8800                |
|  | 1382 Hudson Road, Teaneck        | \$514,000    | Premiere Open House! Expanded cape with beautifully finished first floor, including master bedroom, full bath, laundry, double appliance kitchen, formal living room, dining room and family room. Second floor has full bath and two large bedrooms. Full basement with family room and storage area. two car garage is attached to house. Close to all. Hosted by Debra Botwinick.                                                                                                                                                                                                                                                                                                                                                                                                                  | 12:00-2:00pm      |  | 201-692-3700                  |
|  | 759 Cottage Place, Teaneck       | \$524,999    | Spacious Bi-Level. 4 Bedrooms, 2.5 Baths. Quiet Cul-de-sac. Large Living Room open to Formal Dining Room, Modern Eat in Kitchen. Tiled Family Room, Deck. C/A/C, Sprinklers, Portable Generator, 2 Car Garage. Room to Expand.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 2:00 PM – 4:00 PM |  | (201) 837-8800                |
|  | 197 Griggs Avenue, Teaneck       | \$599,000    | Stunning English Tudor. Beautifully Updated. Large Living Room with Floor to Ceiling Windows + Fireplace. Ultra Designer Island Kitchen with Quartz Counters, Dining Room. 3 Bedrooms, 5 Gorgeous Bath Units. Ceramic Tiled Basement. 2 Car Garage. Multi-zone C/A/C. Deep 115' Property.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 1:00 PM – 3:00 PM |  | (201) 837-8800                |
|  | 220 S Prospect Ave, Bergenfield  | \$639,000    | Spacious 5 Bedroom Bi Level built in the 1990's. Formal Living and Dining Room, Excellent kitchen w adjoining Family Room. Magnificent back property with heated inground pool. Also for Rent \$3,800 per month. Hosted by Nechama Polak.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 12:00-2:00pm      |  | 201-692-3700                  |
|  | 625 Palmer Ave, Teaneck          | \$949,000    | 7 Bed / 4.5 Bath. Stunning new construction on a 75' x 110' property in Teaneck. The inviting front porch leads you in to the entry foyer. On the first floor you will find the living room, formal dining room, complete with built in buffet with a cleansing sink and wine cooler, family room, modern eat-in kitchen with a walk in pantry and a powder room. On the second floor you will find the master suite, three more bedrooms, a full bathroom, and the laundry. The third floor has two additional bedrooms and another full bathroom. The basement is finished with a rec room, the seventh bedroom and a full bathroom. This home has a one car attached garage, a mudroom, built-ins in each closet, new sump pump and french drains and a beautiful yard. Hosted by Nina Eizikovitz. | 10AM-12PM         |  | 201-992-3600                  |
|  | 727 Palmer Ave., Teaneck         | \$994,000    | This stunning 4 bedroom & 2.5 bathroom home is located on one of the most prestigious blocks in Teaneck. This stately colonial sits on a 112 x 89 lot and boasts approx. 3,240 sq. ft. of modern elegance (not including 2 car garage or finished basement). A generous 2 story foyer, phenomenal great room, true eat-in-kitchen w/ radiant heated floors, designer bathrooms, vaulted ceilings, and skylights are just some of the features that make this a special place to call home. Quality craftsmanship is evident throughout this sun drenched beauty! Hosted by Edyie Rosenfeld & Na'amah Bateman.                                                                                                                                                                                         | 1:00-4:00pm       |  | 201-347-3044                  |
|  | 283 Barr Ave, Teaneck            | \$1,275,000. | Spectacular 7 bedrooms, 4.5 baths and 2 car garage. Stunning home is fully modernized and mint condition. Backyard is 94 x 216 near several houses of worship and NYC bus.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 12noon-4pm        |  | Nicole Idler<br>201-906-9338. |



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## Five Steps to Building a Sustainable Home

(BPT) For the 21st-century home, building with environmental sustainability in mind is a must. A sustainable, energy-efficient home makes the most effective use of building materials and natural energy. Many home builders look for new ways to ensure energy-efficiency measures are incorporated into their home features and construction methods. This not only saves money in the long run for the homeowner, but also reduces the impact the home has on the environment. Are you looking to build a sustainable home? Here are some options to consider:

### Smart Thermostats



For many builders, smart thermostats are the standard offer in new homes and are included in the floor plan to create energy savings over time. This smart technology can sync up with the homeowner's mobile device to show real-time settings, goals and energy usage stats. Smart thermostats can be programmed to have set temperatures throughout the day to save ener-

gy when you're not at home. For example, Clayton, one of the leading builders of prefabricated and site-built homes, has started including ecobee3 lite smart thermostats in all newly built prefabricated homes. ecobee is the inventor of the world's first Wi-Fi smart thermostat and a leader in the smart home space. Smart thermostats are designed to improve comfort and efficiency, while saving homeowners on monthly utility costs and reducing their footprint on the environment.

### Low-Emission Windows

Low-emission (Low-e) windows are designed with two glass panes to help block UV rays from entering the home during the day. By blocking UV rays from entering the home's interior, the windows can help regulate the indoor temperature. Without this technology, the home's HVAC system ends up fighting against the heat of the sun, especially during the hot summer months. Low-e windows allow less heat to enter or leave your home through your windows and reduce the light's ability to wash out colors in home fabrics. Low-e windows can help reduce UV-induced fading of indoor furniture by as much as 75 percent, as reported by Energy.gov.

### Green Building Practices

Green building practices, such as recycling and dust control, can divert several tons of landfill waste every year which has a positive impact on the environment. Efficient home construction methods that



result in less construction waste help the future homebuyer save money by lowering the overall cost to construct the home. Sustainability is one of the core values of Clayton, where the company has adopted internationally recognized ISO 14001 green building standards for its home building facilities. This home builder closely monitors its waste usage and in 2017, the company was able to divert 17,476 tons of landfill waste using these green practices.

### Drought-Intolerant Landscapes

It's not just the building processes and materials that make a home sustainable. The overall landscape also makes an impact. Try methods like drip irrigation to cut down on wasteful watering. A drip irrigation system slowly drips water directly onto your lawn and garden through pipes that run along your yard.

### Eco-Friendly Habits

Environmental sustainability is a lifestyle - there are many easy habits you can incorporate into your daily routine that won't cost a dime. Simple changes like unplugging your electronics when they're not in use, turning your thermostat down (or even replacing with a smart thermostat) and turning off the water while you brush your teeth can go a long way. Adopting habits like these is the next step to having a sustainable, energy efficient home, while keeping more money in your pocket to spend on yourself!

When you buy a home that was built with sustainability in mind, you'll save energy while helping to protect the environment.

These eco-friendly methods will help you create a happy, healthy home. For more tips, visit claytonhomes.com.



## Great Community, Great Home Prices!



**118 S. 5 Ave,  
Highland Park  
Asking: \$259,900**

Bedrooms: 3  
Bathrooms: 2



Listed by:  
**Alan "Avi" Berger,**  
Broker/Owner  
Call/Text 732-306-6966



**419 S. 5 Ave,  
Highland Park  
\$440,000**

Bedrooms: 4  
Bathrooms: 2.5



Listed by:  
**Juliet Krumholtz,**  
Realtor Associate  
Call/Text 732-762-6543



**355 N. 4 Avenue,  
Highland Park  
Asking: \$435,000**

Bedrooms: 3 Bathrooms: 2



Listed by:  
**Juliet Krumholtz,**  
Realtor Associate  
Call/Text 732-762-6543



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\*These rates are brokered through local lenders and not through Guaranteed Rate. Sample monthly principal and interest (P&I) payment of \$2213.73 is based on a purchase price of \$600,000, down payment of 25%, 30-year fixed mortgage and rate of 4.25%/4.2954% APR (annual percentage rate). Advertised rates and APR effective as of 10/9/2018 and are subject to change. Above scenario assumes a first lien position, 700 FICO score, 60-day rate lock, based on a single family home/condo in New Jersey/New York and is subject to change without notice. Subject to underwriting guidelines and applicant's credit profile. Sample payment does not include taxes, insurance or assessments so actual payment obligation will be greater. Not all applicants will be approved. Applicant's interest rate will depend upon the specific characteristics of applicant's loan transaction, credit profile and other criteria. Contact Guaranteed Rate for more information and up-to-date rates.

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# CONSIDERING BUYING A HOME IN ISRAEL?

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RUTHIE YUDIN, AND DANIEL EISENBERG

**Sunday Morning, October 21st**

## TOP 10 THINGS TO KNOW

**Presentation will begin at 9:45 am**

At the home of

**Steven and Dvora Hirschey**

1036 Kipling Road, Elizabeth

**Sunday Evening, October 21st**

## NEW CONSTRUCTION OR EXISTING HOMES: THE PROS AND CONS OF BOTH

**Presentation will begin at 7:30 pm**

At the home of

**Mark and Rachelle Zomick**

Country Club section of Teaneck

RSVP Required  
[gborvick@myisraelhome.com](mailto:gborvick@myisraelhome.com)



[www.myisraelhome.com](http://www.myisraelhome.com)

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Big Things Are Coming ...





# Say **CHEESE!**

**Our Dairy department is  
sure to make you smile!**

EXPANDED SELECTION OF...  
CHEESES, MILKS, YOGURTS,  
JUICES AND MORE!

**Cedar**  
MARKET