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## OF NEW JERSEY

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### Menendez and Weinberg Seek Proper Redress in Case of Antisemitic NJ Teen

By Bob Nesoff

Ocean County—Sticky First Amendment issues and the application of New Jersey's hate crimes laws surfaced last week when an unnamed NJ teen from Ocean County was not charged for disseminating hate speech and death threats on

the Internet.

When is hate speech a crime? When is advocating the killing of Jews simply free speech? If you are the daughter of a New Jersey State Police sergeant, it's free speech. That appears to be the opinion of the Ocean County Prosecutor's office, according to spokesman Al

Della Fave. Della Fave, a retired State Trooper, is the former official spokesman for the New Jersey State Police.

This underage child of a New Jerseyan who is sworn to protect and serve, used the Internet to

CONTINUED ON P. 9



Teen's post of a picture showing Jewish people enjoying Italian ices and marked "perfect bombing time."

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### Navigating the System: Accessing Developmental Disability Services in NJ

By Allyson Gur-Aryeh and Shoval Gur-Aryeh, PhD

Tenafly—To mark Jewish Disability Awareness Month, NJ service agencies gathered to present a free special "How-To-Access What You Need" conference for parents and caregivers of special needs people who must cope with the bureaucracies at government agencies. The session took place at the Kaplen

JCC on the Palisades last Sunday. OHEL, J-ADD, and the JCC on the Palisades were the major sponsors and created the program after their separate agencies discovered mass confusion among those who needed services the most. The purpose was to present information about the changes at the Department of Human Services and the Depart-

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### Chemical Spill at Bruriah Opens New Security Perspectives

By JLNJ Staff

Elizabeth—The JEC's Bruriah High School for Girls was evacu-



Rescue truck in front of JEC. TALI WEISINGER

ated last Thursday when a maintenance worker accidentally spilled sulfuric acid/drain cleaner in his workroom. As ambulances and fire crews filled the street in front of the school, the students were evacuated to the JEC's shul, Adath Israel, one block away, where they spent a few hours waiting for the spill to be cleaned up and the area to be declared safe.

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### JKHA/RKYHS and Local Shuls Offer Financial Incentives to Attract New Families

By Erica Rosenfeld

Livingston—Joseph Kushner Hebrew Academy/Rae Kushner Yeshiva High School have offered to give families who move to the area \$25,000 in tuition credit, while participating area shuls will offer up to \$12,500 credits when families join them. The announcement about the innovative program, The Bonim Community Growth Incentive, is

to stimulate growth in the schools, shuls and neighborhood, addresses middle income affordability, and strengthen the school's financial assistance program.

Working in tandem with area synagogues, the program offers incentives valued up to \$37,500 for new families who move into the area, join a participating syn-

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### MTA Varsity Hockey Raises \$50K for Chai Lifeline

For the fourth consecutive year, the MTA varsity hockey team had the honor of partnering with Chai Lifeline, which supports children and their families facing life-threatening illnesses, in running the annual Miami Half-Marathon. The 14 varsity hockey players gladly joined Team Lifeline to show their support for this incredible cause. Collectively, the team raised more than \$25,000, with another



\$25,000-plus generously matched by an anonymous donor.

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# Chesed Fund Set Up for Shalom Yeladim Teachers Who Survived 60-Foot-Drop

By Elizabeth Kratz

Hackensack—Known to Shalom Yeladim students as Morah Lizzie and Morah Becca, Elizabeth Wolthoff, 23, and Rebecca Winslow, 25, both of Bergenfield, miraculously survived a shocking car accident late last week as Wolthoff's car swerved away from a truck on Route 80's Hackensack River Bridge. Her Toyota RAV4 went airborne as they hit a snow bank on the shoulder that acted as a ramp, sending the car over

the side of the bridge. The car landed upright about 40 feet from the frozen river after falling 60 feet from the bridge.

Both women were cut from the car by firefighters and sustained back and neck injuries. They were alert and coherent as they were transferred to Hackensack University Medical Center.

The Shalom Yeladim Early Childhood Center, which offers a Hebrew-immersion daycare experience in Teaneck, Tenafly and Manhattan, has set up a fund for the two

women, with the aim of ensuring that their recovery is as swift and comprehensive as possible, both during their hospital stays and afterwards.

"There is a very long road ahead for both Becca and Lizzie. They have been taking care of our children with such devotion and love, and have shared their many talents for the benefit of us all. Now it's our turn to embrace and take care of them," the group said on its fundraising page. At press time, the group had raised



Rebecca Winslow, Elizabeth Wolthoff (Family handout)

more than \$8,000 of its \$15,000 stated goal.

Learn more at <http://www.youcar-ing.com/medical-fundraiser/help-elizabeth-wolthoff-and-rebecca-winslow-recover/307868#.VOJUEFnFcdJ>, facebook.

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OF NEW JERSEY

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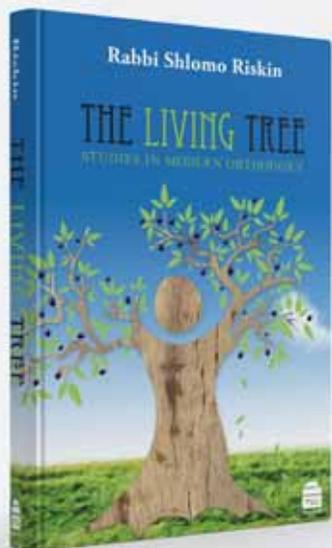
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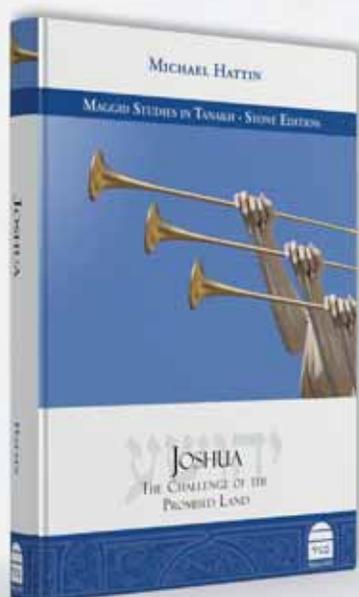
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# Important Timing of Netanyahu's Speech

Israeli Prime Minister Benjamin Netanyahu told the Conference of Presidents of Major U.S. Jewish Organizations on Monday that it was his "sacred duty" to speak before Congress on March 3.

His speech, he said, would be an attempt to prevent the further nuclear empowerment of Iran, a boost he added that would unquestionably endanger Israel.

Netanyahu's upcoming Capitol Hill invitation to speak came from the Con-

gress, not from President Barack Obama. There is a fear that many elected officials will or won't attend based on partisan lines.

Rabbi Moshe Stavsky, spiritual leader of Bais Medrash of Bergenfield, noted that the PM's speech occurs on the eve of Taanis (Fast of) Esther, the 13<sup>th</sup> of Adar. It was a time that the Jewish people of Persia were in grave danger. Queen Esther's courage and her actions saved her people. Rabbi Stavsky said BeCounted4Israel has prepared a flyer with the names of our elected officials to contact, so that we can urge them to attend the Israeli leader's speech. Email Cheryl@becounted4israel.org for a copy of that flyer.

"Who can help but recognize the similarities," wrote Rabbi Stavsky on the timing of the PM's speech. "This is a time for action, a time to be heard."

We couldn't agree more.

## LETTERS

### To the Editor,

We learn from an ad in the *Jewish Link* that Rebbetzin Aidel Miller ("from Yerushalayim") will visit Teaneck this week. She is said to be an expert in "pouring lead," a supposed *segula* by which she can "eliminate the evil eye." The ad further claims that this process can cure disease, aid childless couples, and help overcome obstacles in marriage arrangements.

These claims are offensive to any modern person, and especially to members of the Jewish community. Do readers of the *Jewish Link* seriously believe that the shapes resulting from pouring molten lead into water can portend the future, remove the "evil eye," or have any effect other than causing desperate people to part with Rebbetzin Miller's fee?

This is nothing but modern snake oil peddling dressed up as religion. In addition, such practices likely fall under the biblical prohibitions against *nichush* (divination) and/or *kosem kesamim* (augury); see Maimonides, *Laws of Idolatry*, chapter 11.

I call on the Orthodox leadership of Teaneck to denounce Rebbetzin Miller's activities as fraudulent and halakhically unacceptable.

David Zinberg

### To the Editor:

Aliza Augustine and I would like to thank you for the article Jeanette Friedman did about our exhibit "How to Spot One of Us." We are grateful that the *Jewish Link* ran a piece on us. We posted the article on Facebook and received quite a few likes and comments.

Janet R. Kirchheimer

### To the Editor:

Thank you so much for publishing my very personal letter, "Who Is a Jew? What Does It Mean?"

I lost my survivor father, Marcel, two years ago and have been trying to connect with the Second Generation since. I've connected with many groups, but the group that banished me was the one group I considered newfound "family."

I appreciate the introduction you wrote. It shows that your newspaper is "hip" to social media, and more importantly, that you take it seriously when Jews mistreat each other. I'm glad your newspaper finds value in talking about the universal lessons to be learned from the Holocaust.

Jonathan Weintraub

### To the Editor:

I just wanted to share a story. In your January 29 issue, you ran a story entitled "Drew University to Present Yom HaShoah Confer-

ence on Bioethics and the Holocaust." One of the locations to which the paper was delivered was Lester Senior Housing in Whippany. One of the residents picked up the paper and, finding the topic of interest, began to read the article. Imagine her pleasure and surprise when she discovered that her nephew, the esteemed Dr. Arthur Caplan, was slated to be the keynote speaker at the conference. She immediately began a successful effort to get a bus to take a group of seniors to Drew on April 16 to attend the conference. When I was last there for Shabbos, she approached me and commented on how she hadn't known that her nephew was speaking until she read it in JLNJ. She is now happy and excited and looking forward to attending with her friends. Her efforts have also allowed a number of other Lester residents who would not have otherwise been able to do so, to attend this important event. On their behalf, thank you for including that story in your paper.

Rabbi Richard Kirsch  
Rabbi of Lester Senior Housing Congregation

### To the Editor:

With regard to your February 12, 2015 issue front cover title "OU/RCA Issues Statement Endorsing Childhood Vaccination" and under your Health And Fitness page, "Are Anti-Vaxxers' Religious Exemption Claims Grounded in Actual Religious Laws?" it should be noted that there is much exaggeration and hyperbole made in the media in general and this article in particular as to the efficacy and effectiveness of vaccines, their purported and championed place in history as to the eradication of certain communicable diseases, and the threat to the general population in the event that more parents will opt for exemptions of all kinds not to vaccinate their children.

Jewish clerical leaders and day school administrators will obviously conform to state law and pressure otherwise responsible and caring parents into state law vaccination policies.

The fear factor and intimidation that somehow their children are a threat to the community controls and influences objective analysis as to the merit of the theory of vaccines, herd immunity, and its role into the eradication of certain communicable diseases.

The rush to judgment that these parents are irresponsible and are putting others' children in danger reveals how little we understand the human body's inherent immunity and health in general.

But, it is a sad commentary in these times that our spiritual and educational leaders can with impunity threaten to deny access to their schools and camps if they are not current in their mandatory vaccine schedule.

The religious exemptions were established to allow parents the personal choice to opt out of the mandatory vaccination demands of the state. For so long, clerical leaders avoided this discussion and debate, and did not address specifically this distinction. Parents were perplexed as to the question of whether it was truly a religious issue, a personal one, or both.

As in so much that concerns our lives, we have politicized halacha and we have applied halacha to state mandated policies; much of it influenced by big money, emotional and religious fervor medical dogma, and fear, rather than by objective scientific evidence and freedom of speech issues.

Nevertheless, these parents search for the truth and weigh the claims about the benefits, as well as the downside of vaccinations.

They deserve a right to vaccinate or opt not vaccinate their children free from the intimidation from State mandates or Rabbinical Councils.

Dr. David Subin  
Bergen County

**PLEASE ASK YOUR REPRESENTATIVES IN DC**



**TO ATTEND THE PRIME MINISTER'S SPEECH.**

## POLITICS & PARSHA

# Terumah 5775: The People's House

By Howie Beigelman

Though it was God's house, it never became His Majesty's Temple.

The Mishkan was the very first people's house. God commands Moses to accept contributions from anyone, whatever their heart desires (kol nediv libo) to donate to the Tabernacle. And, as I've written in a previous year, God finds a use for every last item offered.

Why?

In the words of the poet Maya Angelou, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

The Tabernacle was a place of hierarchy, of pomp, and ritual. Priests and Levites en-

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Co-Founders/Co-Publishers

Moshe Kinderlehrer  
Mark (Mendy) Schwartz

Editor-in-Chief

Jeanette Friedman

Managing Editor

Adam Negnewitzky

Senior Editor

Elizabeth Kratz

Contributing Editors

Nina Glick

Phil Sieradski

Phil Jacobs

Essex & Union Community Editor

Jill Kirsch

Advertising Director

Yaakov Serle

Associate Editor

Larry Bernstein

Assistant Editor

Avi Sheinfil

Office Manager

Jennifer Hoffer

Bookkeeper

Gila Negnewitzky

Sales Development

Ken Goffstein

Sales Representatives

Alex Itzkowitz

Risa Lefkowitz

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Database Coordinator

Moishie Rosenberg

Sports Editor

Steve Gutlove

Proofreader/Copy Editor

Ruth Brody

Design

design2pro.com

Contributors

Sarah Abenaim • Jenny Gans

Rabbi Dr. Mordechai Glick • Estelle Glass

Sara Kosowsky Gross • Lisa Matkowsky

Rabbi Dr. Wallace Greene • Elyse Hansford

Gail Hochman • Robert Katz • Banji Latkin

Oren Oppenheim • Bracha Schwartz

Rabbi Dani Staum • Rabbi Mark Staum • Tzvi Silver

N. Aaron Troodler • Temimah Zucker

The Jewish Link of New Jersey

PO Box 3131

Teaneck, NJ 07666

Phone: 201-371-3212

Email: editor@jewishlinknj.com

Advertising: ads@jewishlinknj.com

Subscriptions/Home Delivery:

delivery@jewishlinknj.com

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**Menendez and Weinberg Seek Proper Redress in Case of Antisemitic NJ Teen**

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post a picture of herself with a Hitler-style moustache and wearing what appears to be a US Army dress jacket adorned with a swastika. On the shoulder is a patch that looks like an armored division emblem. The picture is captioned "1944 Crematorium Crew."

On her head is a State Police hat. Police officers have been disciplined for wearing their uniform or parts thereof for unapproved activities. But this pales in comparison to her tweets and Facebook postings. In one post, the New Jersey State Trooper's daughter writes: "I really wanna drive around Lakewood and run over every Jew with my car."

Della Fave told JLNJ, "There was never any danger being posed to the community. It didn't rise to anything criminal."

US Sen. Bob Menendez, a Bergen County resident, has called for an investigation by the US Department of Justice "...to make sure the postings by the teen do not pose a threat to public safety or homeland security."

Menendez was made aware of the antisemitic postings during a meeting with representatives of the Agudath Israel.

Avi Schnall, the Agudah spokesman, agreed with the prosecutor and recommended the teen not be charged. He told the Asbury Park Press that, "We could comfort ourselves and say that these are just immature teenagers fooling around, but when Hitler becomes another costume that teenagers dress up in, and bombing a group of Jews becomes humorous, that tells us something is very wrong with our society."

Menendez, who is an advocate of Israel and strongly believes in Holocaust Education as a way to stop hatred, told the group he disagrees.

"I don't believe that those [tweets] are harmless," he said. "I'd be happy to talk to the Justice department and see what would be the appropriate division that can look into it."

State Sen. Loretta Weinberg (D-Bergen) also takes issue with Della Fave's statement. "It would seem to me that any hate speech that seems to threaten anyone or causes anyone to feel threatened, it's against the law." Sen. Weinberg noted that hate crime and hate speech are separate from other offenses.

"I'm not sure if this comes under the heading of free speech or not," she said, "but it should be investigated."

Sen. Weinberg expressed concern that the hat the teen was wearing in the posted pictures appears to be a State Police hat. "If the hat she was wearing was indeed a State Police hat, that needs to be handled by law enforcement, too," she said.

The clearly antisemitic teen is not named because of her age. Questions have been raised as to where she acquired her hatred of Jews. In many cases, experts say, the children are simply reflecting the views of their parents or close peers. Her father has declined to comment on the case to the press.

What this teen did confronts the limits of the First Amendment. Courts have ruled that yelling "fire" in a crowded theater is not protected speech unless the building is actually burning, which is why another lawmaker from Bergen



One of two photos of the teenager posted on the Internet.

County, State Sen. Bob Gordon (D-Fair Lawn) took a different approach. He said that under the First Amendment "...you can say outrageous things. Someone in law enforcement should assess this situation. There are people who have mental issues," he continued, "and say and do horrible things. We've got to leave it to law enforcement to decide what action should be taken."

Gordon said the photos, especially wearing the State Police hat, are "...not the images we expect from members of the State Police. I can't say if she learned these hateful thoughts at home or in school. We must be vigilant and these types of instances must be investigated."

ADL and other Jewish defense organiza-

tions are aware of how hate spreads on the Internet. The Ocean County teen's posts had responses from friends who also made blatant antisemitic comments. The teen in question then compounded her actions by posting a picture of a group of Orthodox Jews relaxing outside an ices stand enjoying Italian ices. Her caption read: "Perfect bombing time."

Again Della Fave and the prosecutor's office felt that labeling that photo of Jewish people that way did not rise to the level of an actual threat. He also contended that the teen was not given any special treatment because her father is a trooper and a former colleague of Della Fave.

CONTINUED ON P. 10





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**Menendez and Weinberg Seek Proper Redress in Case of Antisemitic NJ Teen**

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**When It Hits Closer to Home**

This week in Denmark, a 22-year-old descendant of Palestinians, Omar El-Husseini, opened fire on a free speech conference featuring a cartoonist who had mocked Mohammed. He moved on to a Copenhagen synagogue and killed Dan Uzar, a security volunteer.

In France, the incidents of terrorist attacks against Jews and others culminated in Charlie Hebdo murders. Everywhere we turn, terror attacks have one thing in common: they are motivated by the hate speech of extremists who know how to activate

people. Hate speech prevailed in Rwanda, in Darfur, in the Balkans, it prevails wherever people are pitted one against the other. These are the lessons taught to New Jersey school children by the State of New Jersey. These mandatory classes are designed to teach kids to stop the hate. People are asking, "What happened here? And why is the enforcement system failing in this case?"

Even progressive school districts such as New Milford in Bergen County are not immune.

That being said, the school district has had its own problems. In one case a Jewish teen was mocked by another he thought was a friend. The "friend," in front of a group of others, threw a penny on the ground and taunted, "Hey Jew boy, go get it."

In this case the Jewish teen's parents

took it up with the mother of the young antisemite and insured it would not happen again. In the Ocean County case a State Trooper at the girl's home told a journalist "You're talking about a minor. No interviews."

In 1981, New Jersey passed a hate crimes law that was overturned by the Supreme Court in 1994. That same year, New Jersey's Holocaust education bill, sponsored by the late Sen. Matthew Feldman (D-Teaneck) was approved and signed into law by then Gov. Christie Whitman, only a week before Feldman passed away. Some might therefore question the effectiveness of mandatory Holocaust and Genocide Studies in some New Jersey school districts. In 2007 new hate crimes laws were proposed and eventually passed.



A selfie of the teen in her Hitler uniform, posted to the Internet.

Bernard Bell, professor at Rutgers School of Law opines that because of the Constitutional guarantee of free speech as written in the First Amendment, it would be difficult to obtain a conviction. He may be wrong.

Under the original law, a hate speech suit was brought against the New Milford School Board concerning a Jewish student who had been called a kike, shoved in front of a school bus, and been accosted by a student at the entrance to his classroom with cries of "No Jews allowed." This was compounded by a social studies teacher who told his class that the Diary of Anne Frank was a lie. The student then told the Jewish boy that the Holocaust was a Jewish fabrication, and that he was going to hell for killing Jesus. When the principal was confronted with this information he commented that the Jews had indeed killed Jesus and that the Holocaust was just a matter of opinion.

The suit resulted in a hefty fine against the school board, the probation of a student, and the creation of a character development program from the Josephson Institute of Ethics. Holocaust Education was already mandatory, though the school did a terrible job of it. What happened in that incident pales besides the actions of this teenager from Ocean County.

A year later, the principal who made the statements was gone, and Colleen Tambuscio, a special education and history teacher, who is also president of the Council of Holocaust Educators, was hired at the high school. She is the person who takes New Milford High students to Poland. One of their "tasks" is to visit and clean the grave of Beis Yaakov founder Sarah Schnirer, as they learn about the dangers of hate speech and the importance of pursuing justice. They meet with survivors and partner with other public schools and even a Catholic school on the West Coast to give teens a feeling for what happened and how they can prevent it.

The Ocean County Prosecutor, said Della Fave believes that this teenager poses no credible threat to the community. But this was not a one shot deal. She apparently posted a number of times wearing the swastika and giving the infamous Nazi straight-armed salute, and her friends approve.

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# Israel, India 'Open' to Joint Production Of Military Hardware

Ya'alon visits aviation exhibition as Modi vows to end India status as top defense importer

i24tvnews—Israel's Defense Minister Moshe Yaalon last Wednesday attended the biennial Aero India show, which is at the center of India's military modernization plans. He spoke at the opening of Israel's stand at the aviation exhibition in the southern city of Bangalore, saying "Once again we are witnessing the Israeli defense industry's capacity for innovation.

"Israeli companies are working together with the Administration for the Development of Weapons and Technological Infrastructure to fortify the security of the State of Israel, the strengthening of the IDF, and to maintain the qualitative edge we have over our enemies."

Addressing the ties with India, Ya'alon said the bilateral relations "have grown stronger in recent times. I am proud to be the first defense minister who visits here and meets with senior government officials, whose leadership and vision to lead India seeks prosperity and growth.

The Israeli official has met with India's Prime Minister Narendra Modi, who vowed to end India's status as the world's number one defense importer, saying he wanted 70 percent of hardware to be manufactured domestically by the turn of the decade.

Modi told hundreds of foreign and local businessmen that his government would favor domestic firms when awarding defense contracts as part of a larger push to boost India's manufacturing sector. "We have the reputation as the largest importer of defense equipment in the world," the



Israel's Defense Minister Moshe Yaalon with India's Prime Minister Narendra Modi (official photo)

prime minister added. "That may be music to the ears of some of you here. But this is one area where we would not like to be number one. We are reforming our defense procurement policies and there will be a clear preference for the equipment manufactured in India."

In addition to Modi, Ya'alon has met with his Indian, British and Czech counterparts. Reacting to Modi's speech, the Israeli embassy said the country was open to technology transfer and joint production of hardware with India.

India, which has long been the world's largest buyer of defense equipment, is in the midst of a multi-billion-dollar upgrade of its

ageing military hardware and recently lifted a cap on foreign investment in defense.

While his right-wing government has pledged to push forward with planned military purchases, which stalled under the previous center-left Congress administration, Modi is determined that does not come at the expense of the domestic defense industry.

The premier said he wanted domestically made equipment to account for 70 percent of the procurement budget within five years, up from the current 40 percent, in what he said would be a major boon to the economy. "A nation with a strong defense industry will not only be more secure. It will also reap rich economic benefits," said Modi. He also said he wanted global firms to invest in India, for example by transferring some technology to local firms, as part of negotiating their lucrative deals to sell hardware.

He said India's offset policy, which requires foreign contractors to invest a percentage of the value of their deal in India, needed further reform. "I want our offsets policy not as a means to export low-end products, but to acquire state-of-the-art technology and skills in core areas of priority," Modi said.

The five-day show, which is held at an air base on the city's northern outskirts, attracts the bosses of hundreds of aviation and defense firms. France's Rafale is among fighter jets, transport and other planes showcased at the air show as it attempts to seal a long-delayed \$12-billion deal to

supply 126 of the jets to India. India chose French company Dassault Aviation in January 2012 for exclusive negotiations for the jets but successive deadlines to complete one of the world's biggest defense contracts have slipped by.

Defense Minister Manohar Parrikar said he has ordered a report by next month from the government's contract negotiation committee (CNC) into the deal amid reports of cost concerns. "I have asked the CNC to speed up the process of completion of the report for us to take a decision on the acquisition of Rafale," he told reporters at the show. "The CNC is reviewing the long-term costs or the life-cycle costs, incurred over the life of the fighter."

France's defense minister, Jean-Yves Le Drian, is due in India next week to discuss the deal.

India's Business Standard newspaper, citing unnamed sources, reported this week the deal was in trouble over the new government's apparent discovery that Dassault's bid was higher than that of its rival, the Eurofighter Typhoon. The US has the largest contingent at this year's show, with 64 companies including Boeing.

The United States displaced traditional ally Russia as India's top supplier of armaments in 2013 and Washington and New Delhi renewed their 10-year Defense Framework Agreement during Barack Obama's visit last month aimed at fostering stronger trade ties.

(With AFP)

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# JCC Metrowest to Host Purim Festivities

By Jill Kirsch

West Orange—During the week leading up to Purim, the Metrowest JCC will hold several events beginning with Family Fun Day on Sunday, March 1 from 10am to 11:30 in the Margulis Gymnasium. Special sports activities will be available, including a moon bounce, mini obstacle course, slides, tunnels and a special Tot Spot for children under 2. JCC staff will be on hand to provide guidance. Admission for children ages 2-5 is \$5/\$10 at the door. Adults must be present.

That same day, from 11:30 to 1p.m., in Robbins Hall, there will be a pre-Purim workshop featuring hamantaschen baking, “make and take” mishloach manot,

and music with Miss Jill. Lunch will be served. The cost is \$5 per child. For information on both events, contact Katy Strulson at [kstrulson@jccmetrowest.org](mailto:kstrulson@jccmetrowest.org) or 973-530-3915.

On Purim Day, Thursday, March 5, there will be a women’s only megillah reading in the Tepper Conference Room from 8:45 to 10 a.m. At 11:30 a.m., a community megillah reading will be held in Steiner Court, led by Rabbi Mendy Kasowitz of the Chabad of West Orange. All are invited to come in costume and enjoy Purim treats at no charge. For information, contact Rhonda Lillianthal at [rlillianthal@jccmetrowest.org](mailto:rlillianthal@jccmetrowest.org) or 973-530-3519.

Finally, at 1p.m. on Purim day, in the Maurice Levin Theater, there will be a Sen-

ior Adult Purim Celebration and Show featuring “A Night at the 500 Club” with Joey Arminio and the Family. Admission is free for Margulis members, \$6 for JCC members, and \$12 for non-members. To register, call: 973-530-3474 or 973-929-2938.

## JOFA Rolls Out Megillat Esther App

The Jewish Orthodox Feminist Alliance has an interactive app which allows men and women to learn the cantillations for reading Megillat Esther. The app is available for download to Apple or Android smart phones or tablets, or for Web-based use with Chrome or Safari browsers. For more information, visit [https://jofa.org/Education/Ritual\\_Opportunities/Megillat\\_Esther\\_App](https://jofa.org/Education/Ritual_Opportunities/Megillat_Esther_App).

**Palestinians Behind Cyber-Attacks Against Israel:** Gaza-based Palestinian hackers are most likely behind cyber-attacks against Israel carried out over the last two years. Global security software company Trend Micro found that the cyber-attackers used emails to send out malicious files containing a short pornographic video to distract targeted Israelis while hackers collected information and made it available to a command-and-control server, where the victim’s private information was then accessed....

**Israeli Economy Grew By 7.2% In Last Quarter:** Enhanced market performance in the fourth quarter of 2014 has been attributed to the rise in dollar rates and to Israeli government assistance for exporters, industrialists, and farmers, among other factors....

**U.S. Denies ‘Punishing’ Israel by withholding information on Iran talks:** The US denied a report suggesting the Obama administration is “punishing” Israel by not updating the Jewish state about ongoing nuclear talks between world powers and Iran. Later in the week additional reports emerged that while communications will continue, some information about negotiations with Iran will be held back to prevent leaks by Israeli officials.

**...Netanyahu to Danish Jews After Synagogue Shooting: Israel is Your Home:** Following the terrorist shooting that killed 37-year-old Jewish volunteer security guard Dan Uzan, at a synagogue in Copenhagen, and others at a free speech seminar, Netanyahu on Sunday told Denmark’s Jews that they have a “home” in Israel. Rabbi Jair Rabbi Melchior, the Modern Orthodox Chief Rabbi of Denmark told media he was disappointed by the call to leave: “Terror is not a reason to move to Israel,” he said.

**...Argentine Prosecutor to Continue Investigation Into President’s Alleged Iran Cover-Up** An Argentine prosecutor vowed to continue the investigation into Argentine President Cristina Fernandez de Kirchner’s alleged cover-up of Iran’s involvement in the 1994 Argentine-Israeli Mutual Association (AMIA) Jewish center bombing, a probe launched by late prosecutor Alberto Nisman.

**...36 Orphaned Girls Treated to Bat Mitzvah Celebration in Jerusalem:** Colel Chabad last week hosted a bat mitzvah celebration for 36 girls who have lost a parent. Most of the parents died from illness or terror attacks, and one bat mitzvah girl’s father was the first Israel Defense Forces casualty during last summer’s war between Israel and Hamas.

**...George W. Bush, John Boehner, Mitt Romney to Headline Jewish Republican Conference:** Former president George W. Bush, House Speaker John Boehner (R-Ohio), and former Republican presidential nominee Mitt Romney are scheduled to headline a Republican Jewish Coalition (RJC) gathering in late April in Las Vegas.

**...Israeli Foundation Awards \$1 million to Wikipedia Founder:** This year’s Dan David Prize for scientific, technological, and cultural accomplishments will go to Wikipedia founder Jimmy Wales, among other prominent honorees.

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## JCC Dance Company Takes Master Classes with the New York City Rockettes



JCC Dance students at Radio City Music Hall

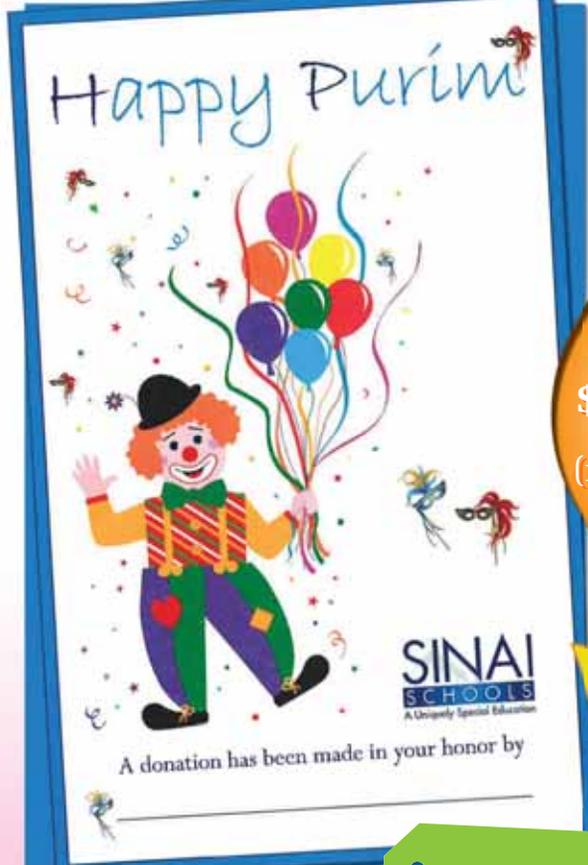
The JCC Dance Company at the Kaplen JCC on the Palisades recently attended master classes with the famous New York City Rockettes, where they had the incredible opportunity to meet the dancers, take part in a question and answer session, and even enjoy a tour of Radio City. The school's performance group dances in various venues around the area, including malls, nursing homes, street fairs, and amusement parks.

Taking a master class with the Rockettes was an especially exciting venue, because it gave them a rare and inspirational opportunity to interact with professional dancers

they look up to as role models. In addition to the Dance Company, the JCC runs a thriving Dance School that provides the highest standards of dance education. It features professional, experienced teachers and a creative and progressive curriculum that keeps pace with specific milestones of each student's development. It features classes in ballet, tap, jazz, hip hop, lyrical, musical theater and other dance forms for dance lovers of all ages, from toddlers to adults.

For more information on the JCC Dance School, call Dance Director Allyson Carolan at 201.408.1495 or acarolan@jccotp.org.

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## Rav Stav in Englewood: Explaining the Purpose of Tzohar

By Lisa Matkowsky

Englewood—Many members of the local Jewish community braved the snow and freezing temperatures to join Congregation Ahavath Torah's Scholar-in-Residence Rabbi David Stav last Shabbos for three well-attended sessions. Rav Stav, as he is known, is the chief rabbi of the town of Shoham and co-founder and the chairman of Tzohar, the largest organization of religious Zionist rabbis in Israel. Tzohar has emerged as a powerful national movement at the forefront of a "revolution for a more ethical, inclusive and inspiring Jewish Israel."

During a post-Shabbat interview, Rav Stav shared a few comments about Tzo-

har's inspiration. "The future of the State of Israel's main threat is not Iran or their nuclear bomb, it's the social nuclear bomb defined by the gaps between secular and religious societies. We need to bridge these gaps, deepen the understanding of the Israeli mentality, and to create awareness of the needs for tools repair the situation," he said. Stav considers this growing rift between religious and secular societies to be tragic, and feels that the bureaucratic and highly political functioning of Israel's religious establishment has created obstacles to practicing Judaism and resentment towards Jewish tradition which is fueling "an alarming wave of assimilation and intermarriage in Israel."

"The dysfunctional of these agencies has alienated much of world Jewry, posing a fundamental threat to the Jewish state. I'm interested in reaching out to everyone interested in the future of the State of Israel, I don't measure the size of his kippah," he said. "Through grassroots services and outreach, rabbinic leadership and public policy, our mission is to guarantee the Jewish future of the State of Israel and create a meaningful and relevant Jewish identity for all Jews in Israel."

The Friday night topic was "Who says you are Jewish?" and included a discussion of the problem: How does the community handle a claim of Jewishness by someone unfamiliar? In the gemara, as he point-

ed out, they would accept the claim, because no one would want to claim Jewishness if it weren't true; however, issues are complicated when there is a motive, such as marrying a Jew, or, as in Soviet Aliyah in the 70s and 80s, escaping a totalitarian regime, there is a benefit to being identified as Jewish.

Shabbos morning featured "Religious Establishment Without Corruption. Is it Possible?" The rabbi spoke about how in Israel, unlike other Western democracies, religion and state are highly integrated; because the earliest founders agreed that Israel's existence depends on preserving its Jewish character, the Chief Rabbinate and the Ministry of Religious Affairs were established to govern fundamental legal issues such as the Right of Return, Jewish marriage and divorce, shabbat and holidays, conversions, kashrut and burial.

Rav Stav spoke about how often secular Israelis or Israeli immigrants' first and only exposure to Judaism is a harsh and un-navigable bureaucracy with the inevitable rampant corruption that unchecked power yields. Tzohar's concern is that the Chief Rabbinate and Ministry of Religious Affairs have evolved into powerful government monopolies which directly impact the lifecycles of every Jewish person in Israel as well as its economy, demography, agriculture and military.

This creates a distaste for religious control over their lifestyle, often resulting in couples not marrying, or going overseas to marry. People feel betrayed and manipulated by these agencies, and the mission of Tzohar is to ultimately privatize them to dissolve monopolies and provide choice. Rav Stav said the approach of Tzohar isn't to fight the establishment, but to work within it to nurture Jewish social justice in Israel and to help individuals navigate the process as effectively and painlessly as possible.

At Seudat Shlisheet, the focus was "The Tzohar Revolution—Heart and Soul." Rav Stav shared that he has encountered many Israeli Jews with clear religious leanings, and even distinct religious practices, who refuse to identify as dati—because religion and the rabbinate have a low place in Israeli public opinion, where rabbis are ranked as more corrupt than politicians. Tzohar believes that rabbis should inspire, rather than acting as "sheriffs" policing an exclusive mandate for lifecycle events.

A distinguished scholar, Rabbi Stav has helped Tzohar grow in numbers and influence. Considering what the role of rabbis were in creating this situation, and what should they be doing to change the effect of rabbis and religion in Israeli society, they started with weddings, an area where most secular Israelis must encounter the rabbinate have been turned off by both the insensitivity and corruption they encountered. The underlying philosophy was that rabbis should be seen as approachable and caring, and to inspire and to help the community navigate their encounter with religion as a positive experience.

"Tzohar is not an educational organization, we are about taking action and reaching out to Israeli society." Tzohar assists thousands of secular families throughout their Jewish marriage process and in proving their Jewish ancestry. According to their literature, their "Shorashim Forensic



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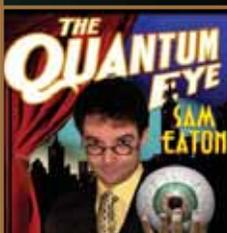
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## COMMUNITY NEWS

# Hundreds Attend 20<sup>th</sup> Annual Ben Zakkai Honor Society's National Scholarship Reception

By JLNJ Staff

New York—The 20<sup>th</sup> anniversary celebration of the Ben Zakkai Honor Society's NCSY National Scholarship Reception was held at the Museum of Jewish Heritage in downtown Manhattan on February 8. Two hundred guests attended as four former NCSY participants were welcomed into the prestigious honor society, and four awards were presented for devotion to NCSY and dedication to inspiring the Jewish future.

The evening was dedicated to the memory of Rabbi Louis and Rebbetzin Helen Ginsburg z"l, one of the founding couples of NCSY. Rabbi Pinchas Stolper, the first director of NCSY, flew in from Chicago to welcome the Ginsburgs' grandchildren to the event. After a video presentation featuring the Orthodox Union's Executive Vice President Allen I. Fagin, dinner Chairs Dr. David and Vivian Luchins began the proceedings discussing the history of NCSY and the personal histories of the multiple honorees and inductees.

"The reception provides necessary scholarships to some of NCSY's highest-impact programs and makes a substantial difference in the lives of those teens," explained NCSY International Director Rabbi Micah Greenland, who delivered the reception's greeting.

This year's four inductees to the Ben Zakkai Honor Society come from different parts of North America and serve NCSY in various capacities. Rabbi Ben Gonsler and Karen Steinberg both work for South-

ern NCSY, as chief relationship officer and CEO, respectively. Rabbi Adam Simon is director of San Diego NCSY and Rabbi Arieh Friedner is the director of Cleveland NCSY.

"The Ben Zakkai Honor Society is a remarkable group of NCSY alumni," said Greenland. "It's essentially our Hall of Fame and it allows our most distinguished graduates to work together on projects that benefit the Jewish community."

After the induction ceremony, the program segued into the evening's honorees. Nechama Kamelhar of Brooklyn NCSY received the Rebbetzin Ella & Rav Aharon Soloveichik Award, named after the Orthodox luminaries and early supporters of NCSY. Dalia and Rabbi Dr. Matis Shulman of Teaneck, NJ received the Ezra Ben Zion Lightman Memorial Award, named after a beloved NCSY advisor who died tragically at a young age. David and Fran Wolf of Toronto received the Enid & Harold H. Boxer Memorial Award, named after the founders of NCSY.

The evening concluded with a speech by Rabbi Chaim Wielgus of Brooklyn, who received the Rebbetzin Elaine & Rabbi Pinchas Stolper Service Award, named after NCSY's first director.

Each year, a select group of nominees is voted on by the membership of the society, which was established in 1965 and is named after the Tanna (Mishnaic sage) who is credited with leading the Jews after the destruction of the Beit HaMikdash. Proceeds from the dinner, which was first held in 1995, provide scholarships for Jewish teenagers to attend NCSY summer programs and other major events.

## YU's RIETS Honors Communal Leaders and Educators at Annual Evening of Tribute

New York—Rabbi Isaac Elchanan Theological Seminary (RIETS), an affiliate of Yeshiva University, will celebrate dedicated leaders and educators of the Jewish community at its Annual Gala Evening of Tribute on Sunday, March 8, 2015, at The Grand Hyatt in New York City. The dinner will honor the memory of Herb Smilowitz, z"l, as well as Rabbi Menachem Genack, CEO of the Orthodox Union Kosher Division, and Rabbi Ronald Schwarzberg, director of the Morris and Gertrude Bienenfeld Department of Jewish Career Development and Placement at YU's Center for the Jewish Future.

Smilowitz on the RIETS board for more than 20 years was chairman of the board at Congregation AABJ&D of West Orange, and served as president of the Jewish Education Center of Elizabeth. He was an active leader in the New Jersey MetroWest Federation. Rabbi Genack will

receive the Harav Yosef Dov Halevi Soloveitchik Aluf Torah Award in recognition of the far-reaching impact he has made on Torah Judaism worldwide. CEO of OU Kosher, he oversees the kosher certification of more than 600,000 products in 10,500 facilities in more than 80 countries, and has also published dozens of important volumes on many topics as founder and general editor of OU Press.

Rabbi Ronald Schwarzberg, will receive the Distinguished Rabbinic Leadership Award. He served as director of the Morris and Gertrude Bienenfeld Department of Jewish Career Development and Placement for Yeshiva University's Center for the Jewish Future since 2005, Rabbi Schwarzberg previously served as a pulpit rabbi at Congregation Ahavas Achim in Highland Park. He also developed Ahavas Achim University, that enlists top-tier scholars and religious leaders to teach at the synagogue.

# Chai Riders Motorcycle Club Meets at Dougie's in Teaneck

By Bob Nesoff

Members of Chai Riders, the Jewish motorcycle club, braved reports of snow and freezing temperatures to meet in Teaneck last week. Members are from throughout the New York/New Jersey metropolitan area with a heavy concentration in Bergen County.

Chai Riders, in its 15<sup>th</sup> year, promotes fellowship, and Jewish culture and heritage amongst its members. The club is one of the prime segments of the annual Salute to Israel parade in New York City. Traditionally Chai Riders invites other Jewish motorcycle groups to join in and ride along with them, making an impressive showing on Fifth Avenue.

The club also makes an annual pilgrimage to Camp HASC, the orthodox venue for special needs children. At the camp some 30 motorcycles ride in, creating excitement for the campers. Once the motorcycles have cooled, the campers are permitted to sit on any bike they choose, pretending to be racing down the highway.

Young women are not forgotten either. Lauren Secular, Chai Riders treasurer, leads an annual ride to Camp Simchah in Glen Spey, NY. She is always looking for women riders to participate as male and female cannot be together on the motorcycle.

Chai Rider also participates in the Ride to Remember (R2R), the annual gathering of Jewish motorcyclists from around the country. The participating clubs contribute a substantial sum of money to Holocaust programs in the destination city. To date the ride has raised tens of thousands of dollars for such programs. The R2R is under the auspices of the Jewish Motorcycle Alliance (JMA), the central organization for most Jewish clubs.

Scott Wynn, past Chai Riders president,

was one of the organizers of the JMA and the R2R, which will be held in June in Nashville, TN this year. While most rides are conducted during warm weather, some of the members are reluctant to winterize their motorcycles and ride throughout the year, some putting more than 30,000 miles annually on their odometers.



Members of Chai Riders Motorcycle Club enjoying an evening of fellowship and good food at Dougie's BBQ in Teaneck. (l-r) Bob Nesoff, vice president, New Milford; Dr. Avi Kuperberg, Fair Lawn; Jay Schwartzapfel, Teaneck; Lauren Secular, treasurer, Manhattan; Dr. Rich Bernstein, president, Dix Hills; Sandy Nesoff, New Milford; and Steve Kaplowitz, Harrington Park.

Weekend rides are held regularly and accommodate riders of all abilities. Friends are always invited to join the club members. The first ride of the season is traditionally out of Fair Lawn, starting in the parking lot of Beth Sholom. Funds raised from the ride are donated to the shul and other religious institutions.

Meetings are held throughout the Metropolitan area with several in Bergen County each year. The March dinner meeting will be on March 11 at the Grill Point Restaurant in Queens. While virtually all dinner meetings are held in certified kosher restaurants, the one exception is an annual visit to Katz's on the Lower East Side. This year's meeting there will be on March 22 and will be followed by a visit to the Tenement Museum in Manhattan.

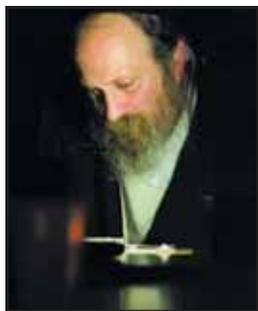
Anyone interested in joining or just learning more about Chai Riders can check out the club's web site at <http://www.chairiders.org>.

# Rabbi Moshe Weinberger to Give Inspirational Shiur at Bnai Yeshurun

By Elizabeth Kratz

Teaneck—Every time Daniel Gibber listens to Rav Moshe Weinberger speak, he is “moved” in a positive way to try to be a better Jew. “I found myself getting into numerous deep conversations about God and Yiddishkeit with a very close friend of mine with whom I and two of our sons have the privilege to learn. He suggested that I start listening to Rav Weinberger’s shiurim because he believed it was right up my alley.”

It is less than a year after he first heard a Weinberger shiur, but Gibber, a member of the Beis Medrash Committee at Congregation Bnai Yeshurun, is pleased to be part of a group bringing Rav Weinberger to Teaneck on February 22.



Rabbi Moshe Weinberger  
PHOTO COURTESY OF YESHIVA UNIVERSITY

Rav Weinberger, who has been Mashpia (spiritual mentor) at Yeshiva University since 2013, is also founding mara d'asra of Congregation Aish Kodesh in Woodmere. He is a speaker sought after worldwide. From many accounts, he has changed the lives not only of many of his talmidim and congregants, but of people who are regular listeners of

his vast array of shiurim and lectures. Over 3,500 of Rav Weinberger's shiurim spanning over two decades have recently been added to [www.yutorah.org](http://www.yutorah.org).

Rav Weinberger, a Yeshiva University graduate who grew up Modern Orthodox,

➔ CONTINUED ON P. 26



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# Ahavat Achim of Fair Lawn Celebrates 32<sup>nd</sup> Gala Dinner

Fair Lawn—Two couples will be the recipients of first-time awards at the 32<sup>nd</sup> annual Journal Dinner of the Ahavat Achim Orthodox Congregation of Fair Lawn March 1.



Sheree and Hazkiel Kor will receive the Ahavat Achim Community Service Award and Arielle and Jonathan Schachter will receive the Ahavat Achim Young Leadership

Award. "Thank you for being exemplary representatives of Ahavat Achim, the Fair Lawn Jewish community and Klal Yisrael," Steve Winchester, the shul's president, told the Kors and the Schachters.

Hazkiel and Sheree joined Ahavat Achim when they moved to Fair Lawn in 1990. Hazkiel joined the board as House Committee Chairman in 2002, a position he still holds, and served as Vice-President from 2009 to 2012. Hazkiel has chaired the very special Yavneh/Yachad Shabbaton for the past seven years.

He is an integral member of the Yavneh Youth League, where he has served as a coach and head of the umpiring crew for 15 years. Hazkiel has worked in the communication industry for 30 years.

Sheree has worked as a special education teacher for more than 20 years. She has taught at the Solomon Schechter Day School of New Milford and is currently



working in the New York City Department of Education. She regularly contributes her time to after school programs, providing additional learning opportunities for underprivileged children in the Bronx. Hazkiel and Sheree are the parents of Aaron and Leora, Rachel and Yoni, and David.

Jonathan and Arielle joined Ahavat Achim when they moved to Fair Lawn in 2004. Within a year Jonathan joined the board as Men's Club president and has been on the board almost every year since, including time as Corresponding Secretary. He founded Cub Scout Pack 613 and has been Cub Master since its creation in January of 2010. Jonathan has worked at Bloomberg LP since 2000 as a programmer and manager.

Arielle has served on various committees and was Sisterhood Recording Secretary for a year. Since moving to Fair Lawn, Arielle has taught pre-school at Anshei Lubavitch, completed two nursing degrees, worked as a school nurse and now stays home to homeschool all of their children – Eliezer, Hadassah (Dasi), Hadar and Leor.

Dinner information is available from Arnie Spier at 201-703-0731 or [aspier@verizon.net](mailto:aspier@verizon.net).

## Weinberger to Give Inspirational Shiur at Bnai Yeshurun on February 22

CONTINUED FROM P. 25

is considered a talmid chacham who has a unique way of blending "Chassidic" commentaries with traditional "Litvish" Torah commentaries, while inspiring others to live a Torah life imbued with warmth, passion, and fire. Rav Weinberger weaves in a wide array of sources such as Rebbe Nachman of Breslov and numerous other Chassid-

ic sources along with Rav Soloveitchik, Rav Kook, the Ramchal, and others. He has been heralded as having started a trend toward neo-Chassidus, and is thought by many to be the unofficial leader of the a neo-Chassidic movement, but it has been said that Rav Weinberger is not interested in being labeled as such, especially since prior neo-Chassidic movements have been anchored in or embraced by non-Orthodox environments.

However, to illustrate the kind of impact Rav Weinberger has had, Gibber spoke of his first experience listening to a Weinberger shiur about emunah (faith), our rela-

tionship to God, and what it means to be a Jew. "I wanted to cry as I thought to myself 'this is it.' I had never before heard Yiddishkeit presented in such an inspiring, encouraging, and beautiful way," he said.

Since that first experience, Gibber has heard Rav Weinberger speak in person numerous times, and, when pressed, indicated he has listened to over 150 of his recorded shiurim. "His powerful, meaningful, and inspirational way of motivating Jews to want to grow and get closer to Hashem is a 'game-changer,'" Gibber said.

Said Gibber: "I welcome the opportu-

nity to share with others that which has inspired me. At Bnai Yeshurun I have the privilege to serve as a member of the Bais Medrash Committee where we work towards strengthening the opportunities for serious Torah learning. The Beis Medrash Committee is sponsoring Rav Weinberger's shiur, which will no doubt inspire anyone who attends in a very positive way."

The topic of Rabbi Weinberger's shiur is "Mishenichnas Adar: So What? Bringing Happiness and Emunah into our Lives." The shiur will take place at 8 p.m. and both men and women are invited.

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# Director to Join Teaneck Screening/Discussion of Body and Soul: The State of the Jewish Nation

By Phyllis Chesler/www. Arutz7

(reprinted with permission, edited for brevity)

Teaneck—Gloria Z. Greenfield's third film, *Body and Soul: The State of the Jewish Nation*, will be screened on Tuesday, February 24, 2015 at Teaneck Cinemas (503 Cedar Lane).

In only 65 minutes, the viewer comes to understand who the Jews are to the land of Israel and what the land of Israel is to the Jews, to Judaism, and to history. While the film is pedagogic, it is also easy to understand and entertaining. It is both profound and bracing.

Clearly, the Jews are the indigenous people of the Holy Land. Their history began more than three thousand years ago and all their sacred journeys, both religious and geographic, have been towards the Promised Land, the Holy Land, Jerusalem. No other destroyer or occupier ever came to stay in Jewish Israel. They massacred, occupied, dispersed the Jews—and then disappeared. Gone were the Babylonians, the Assyrians, the Persians, the Greeks, the Romans, the Byzantines, the Arab Muslims, the Crusaders, the Mamluks, the Muslim Ottomans, and the British.

The film gives us an excellent, graphic lesson in what the British did in terms of their Palestine Mandate (they appeased both sides but then fatefully sided with the Arabs against the Jews); an important



account of the Soviet relationship with the Arab League and the incredibly invidious propaganda campaign they embarked upon; and the legal basis for the creation of the Jewish state, for its right to keep land conquered in wars of self-defense, and the Arab League's systematic de-nationalization of its Jewish citizens. (Thank you Eugene Kontorovich, Irwin Cotler, and Alan Dershowitz.)

An unexpected point of view is offered by historian Dr. Anita Shapira. She says: "I think that the state of Israel was established despite the Holocaust, and not because of the Holocaust; because the great reservoir of the Jewish people that (had) dreamed about the state of Israel, (who) were potentially the citizens of the future

state—perished in the Holocaust. The Holocaust was important in the sense that it galvanized the American Jewish community around Zionism, around the idea of the Jewish state."

This is because America did not open its doors to the Jews who were in flight from certain extermination.

Today, the assault upon Israel is not merely military. According to MK. Dr. Einat Wilf, there is "an intellectual assault on Zionism which is unprecedented" in terms of its "ferocity."

I hope that the United Nations, and every single world government, are required to see this film. As important: I pray that every Middle East Studies program and the global media view it and

then share it with their audiences. I challenge every church, every mosque, every Hindu temple, every Jewish Center and every synagogue to show it—and to then allow Greenfield to lead a civilized and fact-driven discussion.

*Body and Soul's* sold out world premiere took place in Jerusalem on October 20th at the Menachem Begin Heritage Center. The post-screening discussion featured a panel

with Robert Wistrich, Yoram Hazony, and Eugene Kontorovich, moderated by Melanie Phillips. The following week, on October 27th, the North American premiere was held at Symphony Space in New York City. Bret Stephens of the Wall Street Journal was the Master of Ceremonies and Harvard Professor, Ruth Wisse, presented post-screening remarks.

The screening in Teaneck begins at 7:45 p.m. on Feb. 24th, with a 7:00pm wine-and-sushi Sponsor's Reception with Director Gloria Greenfield.

A producer-led discussion will follow the film. General Admission: \$12.50 until Feb.17, \$15 after. To register, go to <http://bodysoulteaneck.eventbrite.com> or call at 201-424-1825.

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**FREE Caregiver Support Groups at the JCC**

Tenafly—2nd Monday of the month, 7 PM | 4th Tuesday of the month, 10:30 a.m. These Alzheimer's Association caregiver support groups are designed to provide emotional and educational support for caregivers through regularly scheduled meetings. Attending these meetings allow caregivers, families and friends to learn more about Alzheimer's disease, share their feelings and concerns, and support each other in coping with the effects of the disease. For more information, call Judi Davidsohn Nahary at 201.408.1450 or jnahary@jccopt.org.

**Fair Lawn Hadassah to Meet**

The Fair Lawn chapter of Hadassah will meet on February 23 at 1 p.m. in the Fair Lawn Jewish Center, 10-10 Norma Avenue. Featured speakers will be Danielle Cennante, MS, Community Health Educator, and Kathy Smolen, RN, Valley Hospital's Community Health Nurse. Their presentation will cover heart health,

stroke prevention and risk factors. The program is free and open to the public. Refreshments will be served. For information, call Varda at 201-791-0327.

**Kaplen JCC Seniors Programs: Music of the Movies with Violinist David Podles and Lunch**

Thur, Feb 26, 11:15 am-1:00 pm, \$5 Showcasing some of the most unforgettable American and International movie themes spanning the 1940s-1990s, acclaimed international concert violinist David Podles will evoke the emotional and vibrant melodies from these brilliant and moving story lines. Movies to be included: *The Godfather*, *The Summer of 1942*, *Butch Cassidy and the Sundance Kid*, *The Thomas Crowne Affair*, *Love Story*, *The Professional* and *Titanic*. For further information and to register please contact Helene at 201.408.1451

**Art of the Ancient Egyptians**

Monday, March 9, 11:15 am, free. Artist, art historian & Lecturer Sheryl Intrator Urman will explore how ancient artifacts and art reveal a human side of the Ancient Egyptians.

**US First Ladies: Four-Part Series with Marty Alboum**

Monday, March 16, 11:15 am, Free Mr. Alboum will explore the unique characteristics of four first ladies, beginning with Martha Washington and including Dolly Madison, Mary Todd Lincoln and Eleanor Roosevelt.

**Nostalgia Alley: Frank Sinatra Duets with Mike Sobel**

Thursday, March 26m 11:15 am, Free. Learn about Sinatra's collaborations with Ella Fitzgerald, Peggy Lee, Bing Crosby and more.

**Congregation Adath Israel Welcomes Rabbi Shay Schachter as Scholar in Residence**

Elizabeth/Hillside—This Shabbos, Feb. 20-21, Parshat Terumah, Rabbi Shay Schachter will be the scholar/chazzan in residence at Congregation Adath Israel. He will lead the Friday night davening, and give a shiur at the 8:30 p.m. oneg entitled "Unity with Uniformity" at the home of Josh and Faith Fisch, 909 Westminster Avenue. On Shabbos, he will lead mussaf and give a drasha after davening, and an afternoon shiur entitled "Amirah L'Akum" at 4:15pm at the shul, followed by mincha at 5:05 p.m. Finally, he will give a shiur halacha during seudah shlishit. For information or to sponsor the program, contact Nachi Feit at nacho8279@aol.com.

**The Book Of Ruth: Are Your People My People?**

Exploring Identity, Leadership, Justice, or Who Might Be Sleeping On the Threshing Floor? Six Sundays with Artist Harriet Finck and Rabbi Gary Karlin. Feb. 22, March 1, 15, 22, 29, and April 19 from 10:00 a.m.—12:00 p.m. (\*3/1& 4/19 will meet 10:00—11:00 a.m.) at Congregation Beth Sholom, 354 Maitland Ave., Teaneck. All texts will be presented in English and Hebrew. Artists

working in any and all media, at every skill level, are welcome. The only prerequisites are a love of text and art. Cost: \$200.00 Advance registration requested. Contact Carol Weinstein Karlin at suesuebird@aol.com to reserve your spot or register directly to CBS, 354 Maitland Ave, Teaneck, NJ 07666, 201-833-2620

**Educational Evening for Parents & Educators**

"Dealing with Anxiety in Children (and in their parents): Practical Tools for Raising a Happy, Healthy Family." Come hear David Pelcovitz Ph.D. and Yitzchak Schechter, Psy.D. on Wednesday, February 25th at 7:30 p.m. at 142 Grandview Ave., Monsey, New York. Free Admission/ Separate Seating. RSVP admin@capsdcs.org mailto:admin@capsdcs.org

**Chevra Kadisha of Congregation B'nai Yeshurun to Host Rabbi Steven Weil**

On February 26 at 6:30 p.m., Congregation B'nai Yeshurun will hold a Zayin Adar Seudah. Rabbi Steven Weil will speak on the topic of "What Factors Produced the World's Most Perfected Man." Cost is \$20 per person. All are welcome.

**Elmora Hills Minyan to Hold Purim Seudah and Raffle**

Union—The Elmora Hills Minyan has several exciting Purim events planned. The synagogue will be hosting a seudah on Thursday, March 5 at 5 p.m., with food

➔ CONTINUED ON P. 31

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and entertainment. The cost is \$22 for ages 14 and up, and \$11 for ages 3 through 13, with a family maximum of \$75. The event is open to the community and advance reservations are required. Sponsorships are available. In addition, the shul is holding a Purim raffle, with the drawing to take place during the seudah at approximately 7 p.m. Tickets are \$36 each, with special rates available with the purchase of 3, 5 or 10 tickets. Prizes include \$1000 in retail gift cards of your choice, \$250 credit towards synagogue events or services, and a deluxe warming tray perfect for Shabbos. Winners need not be present. For more information, to purchase raffle tickets or to RSVP to the seudah, email [elmorahillsminyan@gmail.com](mailto:elmorahillsminyan@gmail.com) or call Steve Schnipper at 908-351-4380. The shul is at 961 Magie Avenue, Union, NJ

**Beth Aaron's Men's Club:  
Wandering Que and Wine Tasting**

Sunday, March 8, at Congregation Beth Aaron, 950 Queen Anne Road, Teaneck. Ari White will be bringing his Texas Smokehouse BBQ Pop-up, The Wandering Que, to Beth Aaron from Noon to 9:00p.m. or whenever supplies run out. Stay tuned for more details. Please direct any questions to [mensclub@bethaaron.org](mailto:mensclub@bethaaron.org).

Adath Israel to Hold Women's Art Party Fundraiser

Elizabeth—Women are invited to participate in an art party, hosted by Congregation Adath Israel, on Tuesday night, March 10, from 8-9:30. Professional art instructors from Bottle and Bottega will be on hand to assist participants in creating their own canvas to take home. The cost is \$36 per person, with part of the proceeds going to the synagogue as a fundraiser. For participants, the fee includes all paint supplies, a 10 x 10 canvas, step-by-step instructions and refreshments. Preregistration is required. For information, call 908-376-6440, or to register go online at <http://bit.ly/AdathIsraelPaintNight>. Space is limited. The synagogue is located at 1391 North Avenue, Elizabeth.

**Gail Sheehy to Speak at Kaplen JCC**

Kaplen JCC on the Palisades, as part of the JCC University, will host Gail Sheehy, journalism trailblazer, on Thursday, March 12 at 1 p.m. Sheehy will discuss her memoir "Daring: My Passages," a bold perspective on all of life's passages; sign books; and participate in a Q & A. That same day at 10:30 a.m., Ronald Brown, Associate Professor at Touro College and the Unification Theological Seminary, will give a presentation entitled "Divine New York: A Religious History of New York City." He will discuss how various religious groups constructed their houses of worship in New York City. The fee for both presentations is \$32 for JCC members and \$40 for nonmembers. To attend Sheehy's lecture only, the cost is \$16 for members and \$20 general admission. Special fees for couples are also available. For more information, call Kathy at 201.408.1454 or email [kgraff@jccotp.org](mailto:kgraff@jccotp.org) or Esther at 201.408.1456; [emazor@jccotp.org](mailto:emazor@jccotp.org).

**Save The Date: Project S.A.R.A.H.  
9th Annual Breakfast**

Sunday, March 15th 2015 9:30-11:30 at Congregation Keter Torah. Honorees:

Rabbi Shmuel Goldin-Rabbinical Support Award; Rabbi Jonathan Knapp and Yavneh Academy- Aleinu Hero Award; Rivka Zauderer, Aliza Schachter and Rachel Wertenteil-Volunteer Recognition Awards. Keynote Speaker: Jill Starishevsky-New York City Prosecutor of Child Abuse/Sex Crimes and Author, My Body Belongs To Me. For more information, or to register please go to [www.projectsarah.org](http://www.projectsarah.org) or call 973-777-7638

**The Maccabeats in Concert  
at the Kaplen JCC**

Sun. Mar, 15, 2 pm, \$18/\$20 | Preferred seating: \$30/\$36. With a massive fan base,

more than 20 million views on YouTube, numerous TV appearances and proven success with three albums, Yeshiva University's student vocal group the Maccabeats has entertained and inspired hundreds of audiences worldwide. Using nothing more than the unadulterated human voice, a clean-cut presentation and a little Jewish humor, this unique group of singers is able to connect with fans of all backgrounds and ages. Purchase tickets online at [jccotp.org/maccabeats](http://jccotp.org/maccabeats) or call Judi at 201.408.1450. *This concert has been generously underwritten by an anonymous donor. All proceeds benefit programs for senior adult services at the JCC.*

**Kaplen JCC: From Caregiver to Perpetrator: How to Recognize and Report Elder Abuse**

Mon. Mar 16, 7 pm, Free and Open to the Community

The important presentation will train people to recognize and report elder abuse. Topics discussed will include signs and tools for identifying abuse and understanding frustration, and will feature in-person testimonials. Resources and additional information will be provided for families. For further information, contact Judi at 201.408.1450. Co-sponsored with the Center for Hope and Safety

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## Ride Like the Wind: Cycle for Unity and Charity

Ride like the wind, eat like a king, and raise funds for the charity of your choice. That's the motto of the new and exciting Cycle For Unity (CFU). Over 350 riders have participated in CFU rides in Israel, the US, and Italy. CFU offers deluxe, fully supported rides with a rider's-choice model, which allows riders to participate for the benefit of any of several charities. There are more than 70 formally involved now, and any legitimate non-profit can join in at the suggestion of a rider.

Cycle for Unity has the potential to help multiple organizations in a way that doesn't

take away from any other ride initiatives. When everyone participates together, people learn about different organizations that are all doing good and important things—a cross-pollination that benefits everybody.

Cycle For Unity has recently partnered with Naomi Boutique Kosher Tours to present the ultimate gourmet fully supported biking experience in Tuscany: April 28–May 5, 2015. Ride like the wind, eat like a king, and raise funds for the tzedaka of your choice. Check here for details and registration information: [http://cycleforunity.org/tuscany\\_2015/](http://cycleforunity.org/tuscany_2015/)



## Teaneck Holocaust Commemoration Set for April 16



Howard and Nancy Kleinberg

Teaneck—The Jewish Community Council of Greater Teaneck will hold its annual observance of Yom HaShoah on Thursday, April 16<sup>th</sup> at 7:30 p.m. at Teaneck High School. The keynote speakers this year are Howard and Nancy Kleinberg who first met in Bergen-Belsen Concentration Camp where Nancy saved Howard's life. Their story of their survival and reunion is nothing short of a miracle. For up-to-date information on the event, visit [www.teaneckyomhashoa.org](http://www.teaneckyomhashoa.org). A Pre-Event Reception for Survivors and their families will be held before the event commencing at 6pm. The Committee is seeking six families for "candle lighters" to participate in the program. To qualify

as a candle lighter, there must be three living generations (including a survivor) from each family who are willing and able to participate in the ceremony on stage. For more information and to participate, contact Regina Koenig at 201-387-1511 or [regimk325@aol.com](mailto:regimk325@aol.com).

The Committee has also announced the launch of their a Facebook page and encourage all to visit the page and click on LIKE.Go to: <https://www.facebook.com/pages/Teaneck-Holocaust-Commemoration/788249994586988?ref=hl>

Visitors will be able to see what is posted on the page including information about this year's keynote speakers Howard and Nancy Kleinberg, other

news about this year's event and photos from past events. The Teaneck Commemoration Committee encourages everyone to Like the page and copy, paste and email the link to friends and family.

The Committee is also currently seeking copies of pre-war and post-war European family photos to be shown at this year's event. To send photos, pictures should be cropped before scanning (this can usually be done in the "preview mode" of the scanning software) and scanned at 300 dpi. All photos can be emailed with Yom Hashoa Family Photo in the subject. Please include the family name in the body of email and mail photos to Steve Fox at [HYPERLINKfoxy555@aol.com](mailto:HYPERLINKfoxy555@aol.com).

## Adath Israel Reformats its Famous Thursday Night Chaburah

By Mark Feit

Elizabeth—For the past nine years, members of Congregation Adath Israel in Elizabeth/Hillside have been enjoying the weekly Thursday night Chulent Chaburah, a program that quite literally provides both spiritual and physical nourishment. Participants engage one another in discussion of a topic in Halacha, Hashkafa or Parsha, then partake in a chulent prepared by a rotation of shul members.

Recently, the shul's Rav, Rabbi Jonathan Schwartz decided to expand the group of Magidei Shiur beyond the members of the shul, and the resulting new format will feature local and world-renown Torah talent to complement the rotation of shul members.

On 2/26, Rabbi Mitchell Bomrind, Head of Kashrus Division, NJ Division of Consumer Affairs, will speak on "The Halachic Mind of Rav Moshe Feinstein: A Family Member Remembers." On 3/12, Rabbi Peretz Hochbaum, Menahel at RTMA, will present on "Pesach: The Crit-

ical Message of Chinuch." Finally, on 3/19, Rav Zev Wolbe, Rebbe at Mesivta of North Jersey and author of the Shiurei Rav Shlomo Wolbe on Chumash, will give a Shiur entitled "Rav Shlomo Wolbe Approaches Pesach."

The Chaburah is open to the public at large and takes place Thursday evenings at 8:30 pm in Congregation Adath Israel, 1391 North Ave., Elizabeth. Past Chaburos, as well as hundreds of other Shiurim and Divrei Torah, are archived on the shul's website [www.adathisraelshul.org](http://www.adathisraelshul.org) in the

Rabbi's Study section.

Congregation Adath Israel is an Orthodox synagogue proudly serving the Jewish community of North Elizabeth and Hillside for 60 years. With a lineup of daily Minyanim, Shiurim, programming for both youth and adults, all of which rival the programming of a many times its size, Adath Israel plays a central role within the entire community. For more information, visit <http://www.adathisraelshul.org/> or contact us at [Welcome2ai@yahoo.com](mailto:Welcome2ai@yahoo.com).

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## Parshat Terumah: 'One of the Angels'



By Rabbi Tzvi Hersh Weinreb

Executive Vice President,  
Emeritus of the Orthodox Union

My grandmother was one of the angels. Like every Jewish grandmother, she loved each and every one of her grandchildren. As her oldest grandchild, I believed that I was surely her favorite. But I eventually discovered that my siblings and cousins were all equally convinced that they were her favorites.

She had a way of making us each feel special. I remember distinctly how even as a very young boy, I knew that in her eyes I could do no wrong. She was a typical grandmother in almost every way.

I say "almost" because in some ways, she was very different from her peers. She was one of the first women in New York State to receive a driver's license. I vividly remember the newspaper clipping on the bulletin board in her kitchen. It showed her receiving a certificate from some public official under the headline "Brooklyn Grandma Is in the Driver's Seat." It didn't mention that said driver's seat was in a huge Packard, one of the most glamorous cars then on the road.

Something else was unique about Grandmother. She was devoted to synagogue life. She spoke perfect English and rarely spoke to us in Yiddish, but she never used the word "synagogue." Instead, she called every Jewish house of worship "ah heilige sheel, a holy shul." She prayed privately twice a day and only attended sheel on the Sabbath and festivals. But those were the most glorious moments of her week.

It is at this time of year, when the weekly Torah portion of *Terumah* (*Exodus 25:1-27:19*)

is read, that I am reminded of Grandmother's dedication to the synagogue. *Parshat Terumah* enumerates the components of the Tabernacle that the Jews built in the wilderness and describes what can be termed the first fundraising campaign in synagogue history.

Grandmother spearheaded synagogue building campaigns wherever she lived: the Lower East Side of Manhattan, Harlem, and finally Brooklyn. But it was not as a community activist that she conveyed her spiritual fervor to me. Rather, it was when she drove me and my cousin, in the shiny black Packard, to purchase kosher groceries in the "old neighborhood" every Sunday morning. She would drive over the Manhattan Bridge, and just as we crossed the river, she would point to a large gray stone building just under the bridge. Her eyes would tear and her voice would choke every time we passed that building. In a very subdued voice, she would deliver this message: "That building was once a sheel, built by angels. Now it is no longer a sheel. It is a kloyster. Non-Jews worship there."

When we asked her why "we" lost it and whether it was really built by angels, she would respond evasively, in typical grandmotherly fashion, "You are too young for me to answer you. One day, when you are older, you will understand."

Grandmother passed away more than 50 years ago. Gradually, after her passing, I began to understand who the angels were who built the shul and why "we" lost it. I discovered the angels when perusing the *Midrash Rabba* on the *Book of Kohelet* one Sukkot afternoon. I came across this passage:

"Rabbi Chanina ben Dosa observed the people of his city bringing materials for the reconstruction of the Holy Temple. He wished to follow their example. He found a large boulder that would serve well as part of

the Temple's new wall. He sculpted the stone and polished it. But it was far too heavy for him to carry up to Jerusalem. He asked passersby to help him, but they would only do so for a fee, which he could not afford. Finally, he beheld five strangers approaching him. They agreed to carry the stone, but only on the condition that he would place his hand on the stone. He did so and suddenly found himself, and the stone, miraculously transported to Jerusalem. The five men were nowhere to be found. He entered the Temple chamber in which the Sanhedrin sat and inquired after them. The sages told him that they were not men, but angels."

That passage in the Midrash taught me that those who simply lend a hand to a holy project are granted the assistance of the angels. Angels build synagogues.

That's the good news. The sad news is that only angels can sustain synagogues once they are built. Only when those who attend synagogue behave like angels, in a decorous and reverent manner, do synagogues endure. Improper behavior in a house of prayer results in its ultimate destruction. More than one of our great sages has identified irreverence in the synagogue as the reason that many former Jewish houses of worship are now churches or mosques, theaters or museums, and often entirely destroyed.

I can hear Grandmother speaking to me today: "Synagogues are built by angels, but we must behave in them as angels would. If we don't, we lose them." She recognized that the old grey building in Lower Manhattan may have been built by angels, but it wasn't maintained by angels. It was maintained by those who came to synagogue to chatter idly, gossip maliciously, and cynically mock the rabbi and the cantor. No wonder "we" lost it.

Achieving proper synagogue decorum has been a perennial problem for the Jewish community. When a community gathers to build a new synagogue, it does so as a group of angels with noble motives. But as we grow accustomed to the synagogue, as it becomes too familiar to us, we lose our "angelic" enthusiasm.

The holy Zohar, the magnum opus of Jewish mysticism, devotes much of its commentary on this week's Torah portion to this very problem. It is excited by the Torah's description of a successful building campaign, of men and women generously donating gold and silver to the new Tabernacle. But then the Zohar offers these words of caution: "Woe to the person who engages in mundane conversation in the synagogue. He causes a cosmic schism, a degradation of faith. Woe to him, for he has no portion in the God of Israel. He demonstrates by his levity that God does not exist, and that He certainly is not to be found in the synagogue. He asserts that he has no relationship with Him, that he does not fear Him, and that he is indifferent to the disgrace of the Upper Celestial Realm."

With these words, the holy Zohar expresses in mystical terms what my Grandmother knew with her ample common sense. How well she taught me the lesson of our need to remain "angels" in the synagogue. I can still hear her tearfully grieving for that *heilige sheel*, and all too numerous other sacred spaces, which "we" lost because of our callous indifference to the Almighty's presence.

Mrs. Gussie Hartman, Gitel bat Tzvi Hersh HaLevi, rest in peace knowing that I am older, and that I understand, and that many others have just read your heartfelt message.

## MAGGID OF BERGENFIELD

## Terumah: Teachers of the Lost Ark



By Larry Stiefel

Rabbi Rosenthal walked down the halls of the Nachmanides School at a rapid clip. Mrs. Weiner had tipped him off to what was going on in Rabbi Levy's seventh grade class, but he had to see for himself. Surely she must have been mistaken.

He reached Room 118 in about 45 seconds—the school building wasn't really that large—and glanced through the doorway into the classroom. Sure enough, Mrs. Weiner had been correct. Rabbi Rosenthal knocked gently on the door and motioned for Rabbi Levy to come out.

Menachem Levy exited the classroom with a big smile on his face. He was a fresh-faced recent graduate of the smicha program at Yeshiva University, and he was brimming with enthusiasm for teaching. Rabbi Rosenthal felt he was an excellent addition to the school's staff.

"Hello, Rabbi Rosenthal."

The Rabbi could never get the younger teachers to call him by his first name, try as he might. "Hi, Menachem. What's this I hear about watching a movie with Class 7-3?"

"Well, every once in a while a movie comes along that perfectly epitomizes a particular weekly parsha, and this week I think

I got it just right."

"Really?"

"Yes. And you do encourage us to think outside the box and be creative in our teaching methods."

"That's true."

"This week, I'm outside the box."

"Quite," Rabbi Rosenthal said. "In fact, some might think you were outside the warehouse the box was being stored in."

"Oh, I don't know. I think my choice was inspired."

"Are you serious, Menachem? Raiders of the Lost Ark for Parshat Terumah?"

"I don't know if 'serious' is the word I would choose," Menachem Levy said, "but I stand by my movie pick."

"But Menachem, think about what your students' parents are going to say. There's gunplay and gratuitous violence. There's kissing and innuendo. There's Nazis."

"I'm pretty sure Steven Spielberg adopts an anti-Nazi stance in the movie, Rabbi Rosenthal. In fact, in one of the sequels, I believe Indiana Jones actually says, 'Nazis, I hate those guys.'"

"I see you have excellent bekiut in cinema, Menachem."

"I'll take that as a compliment, I think."

In the background, a loud explosion and gunfire could be heard emanating from the classroom.

Menachem continued. "The fact is, Raiders is an excellent movie for teaching Par-

shat Terumah. I mean, I could live without the fist fighting and gunplay, as entertaining as it might be. And I must admit, I love the scene where Harrison Ford is confronted by a large, sword-wielding bandit who is clearly a master of the martial arts and he just pulls his gun and shoots him—"

"Is this going somewhere?"

"Yes, of course. Despite all the violence in the movie, there is that scene near the end where, after the Aron Habrit, the Holy Ark, is appropriated by the Nazis, they open it up in a weird ceremony of Hebrew incantations, including, if my memory serves me correctly, the Birchat Cohanim.

"Suddenly, the special effects set in, and angels emanate from the Ark. Then something like the Hollywood version of the Hand of God appears, and kills all the Nazis in spectacular fashion.

"In that scene, I've always felt I could finally understand what it might have been like when Hashem states in the parsha, 'Veno'aditi lecha sham, vedibarti itcha meyal hakaporet. It is there I will set my meetings with you, and I will speak to you from atop the cover.' Hashem would appear to Moshe at the ark, but what was that like?"

"For the students, the parshiyot about the mishkan, the tabernacle in the desert, can often seem dry, but that scene in the movie brings it all to life and let's imagine not only how the ark might have looked, but what communicating with Hashem in

the Mishkan might have been like. It isn't accurate, of course, but if for just a second you are immersed in the movie magic of the scene and believe it's happening, then you can better appreciate what the parsha is describing."

"Hmmm, interesting," Rabbi Rosenthal said. "And you feel watching the entire movie is warranted, just for experiencing that one scene?"

The theme music of the movie burst from the classroom in stereophonic sound.

"Yes. With the proper classroom discussion and the right attitude, it will stimulate the students' imagination and allow for a deeper understanding of Hashem's presence in the Mishkan."

"O.K., you've convinced me," Rabbi Rosenthal said. "And when parents call to question your pedagogic method, I'll support you."

"Thank you, Rabbi."

"But Menachem, this does not mean I approve of Mr. Ed reruns during the Bilaam story or a spy thriller when the miraglim episode comes up in Shlach."

"How about Irwin Allen's Earthquake for Parshat Korach?" Menachem Levy asked. "Or the Towering Inferno for the story of Nadav and Avihu?"

"We'll talk."

Larry Stiefel is a pediatrician at Tenafly Pediatrics

# The Difference Between Rabbis and Sociologists



By Gil Student

There are two ways of looking at Judaism, the Jewish community and the world. These views are not mutually exclusive but require definition and separation. If we keep the difference alive in our minds, we better understand ourselves and our world. However, I sense that we urgently need to remind ourselves of this distinction.

A sociologist sees things as they are. He keenly observes practices and attitudes, noting cross-cultural similarities and key differences that distinguish phenomena. The sociologist records rather than judges, examines rather than expounds.

A rabbi sees things as they should be. He teaches right from wrong, correcting improper practices and attitudes. He must be sensitive and wise to accomplish his goals, to inspire rather than offend. But his goals are markedly different from those of a sociologist. A rabbi prescribes proper behavior; a sociologist describes existing behavior.

Some sociologists are also rabbis but they are sufficiently expert to bracket their different roles. Obviously, every individual's various activities inform each other and a rabbi-sociologist uses all of his capacities to his advantage. However, a professional knows when to describe and when to prescribe.

Our community is suffering from a blurring of these boundaries. What is, how peo-

ple behave, is being confused with what should be. For too many people, surveys of attitudes and behaviors are becoming the new Shulchan Aruch. Sociology is important but plays only a small role in defining proper behavior. Our goal should be religious growth, strengthening our practices and attitudes. I am not calling for stringencies (chumros) but for recognition that we all fall short of perfection and must strive for improvement. Mistaking sociology for rabbinics prevents that growth because it transforms current practice, including occasional flaws, into the ideal. We say "yes" to minhag, custom, but "no" to complacency and indifference.

I recently compared two works of English grammar and style, and surprisingly found this same distinction in a very different context. The *Chicago Manual of Style* is the dominant American guidebook for writing style. Before discussing proper usage, the book takes pains to explain that it makes no claim to authority of what is right, only what is most stylistically acceptable. The background seems to be linguists who insist that language is merely a convention and grammar is only what people agree is correct. Therefore, whatever English speakers decide to accept is correct by definition. There is no right or wrong, just common practice.

Gwynne's *Grammar*, a recent best-seller, presents an ardent contrary attitude. With great intellectual force, N.M. Gwynne contends that the rules of English grammar developed for good reasons. Language

is not merely convention but a carefully evolved amalgam of logic, felicity, and clarity. Changes occur, for sure, but on the margins and only within the pre-existing rules. Changes that do not conform to the logic of the English language must be opposed.

If I may once again recreate our simple dichotomy, linguists tell us what is and grammarians tell us what should be. Gwynne is a grammarian, one who is very dogmatic and unforgiving. The editors of the *Chicago Manual of Style*, however, presumably under enormous pressure, attempted to act as both linguists and grammarians. They wished to prescribe without judging. In this misguided attempt, they confused categories to avoid judgment at the very time they should be judging.

You do not have to be a grammar enthusiast to appreciate the cultural trend Gwynne is fighting. Relativism, the denial of right and wrong, deprives all religious rules of authority. Whatever people decide is religiously appropriate becomes acceptable no matter how outrageous the deviation may be. A biblical historian may say that Judaism accepts idolatry because many Jews in the biblical era committed this ultimate transgression. According to news reports, many Conservative rabbis are currently agonizing over their prohibition on officiating at interfaith marriages. Jews are intermarrying so why should rabbis stand firm in opposition? When the highest standard is common practice, there is no standard whatsoever. Leaders are supposed to lead, not merely provide a stamp

of approval.

I have remained intentionally vague about what common practices in the Orthodox community are easily overlooked and justified. Listing them would cause offense and divert attention from the methodological point. In general, I am arguing that just because members of the Orthodox community engage in new or old practices, or entertain new or old beliefs, that does not automatically legitimate those beliefs and practices. We must constantly re-examine our actions, conduct a cheshbon hanefesh, and ask ourselves what room remains for religious improvement.

The biblical book of Shoftim, Judges, begins: "And it was in the time when judges judged." Commentators throughout the ages have pondered the redundancy of "when judges judged." Perhaps our generation has found the answer. When sociology dominates rabbinics, when we elevate current practice to the ideal, the judges fail to judge. Rather than encouraging improvement, they justify religious failures with complex, often strained Talmudic arguments. Woe to the generation whose judges fail to distinguish between rules and common practice, between ideal and current reality, between what should be and what is.

Rabbi Gil Student writes frequently on Jewish issues and is the Publisher and Editor-in-Chief of *TorahMusings.com*. Raised in Teaneck, he is a graduate of Solomon Schechter, Frisch, and Yeshiva University.

## SEPHARDIC CORNER

# Ashkenazic Kohanim Visiting Sephardic Congregations—Part Two



By Rabbi Haim Jachter

Rabbi, Congregation Shaarei Orah  
the Sephardic Congregation  
of Teaneck

The Aruch Hashulchan (O.C. 128:64) expresses severe reservations about the

Ashkenazic practice to restrict Birkat Kohanim to Yamim Tovim and Yamim Nora'im. First we must provide some perspective about the Aruch HaShulchan. This multi-volume work was written by Rav Yehiel Michel Epstein (1828–1908) and serves as a pillar of Ashkenazic practice (Hacham Ovadia Yosef also quotes it quite often). It is especially noteworthy for its defense of many Ashkenazic customs that seem to run counter to the Shulchan Aruch, such as the lenient approaches to Hadash and the use of city-wide Eruvin. Thus, his evaluation of the Ashkenazic custom regarding Birkat Kohanim is utterly shocking.

"Behold there is certainly no correct explanation of our custom to fail to fulfill the Mitzvah for Kohanim to bless the nation throughout the year. [Authorities] have written that this is a Minhag Garu'a (Unworthy Minhag) but what can we do? It is if a Bat Kol (heavenly voice) has proclaimed that we should not perform Nesi'at Kapa'im year round. I have a tradition that two Gedolei HaDor (leading rabbinic authorities) in generations prior to ours, each one in

his community sought to institute the daily performance of Nesi'at Kapa'im in their communities and when the time came to implement this plan, the plans went awry and each great rabbi proclaimed that they understand that Hashem has decreed as such that we should not conduct daily Birkat Kohanim."

I suggest that part of the hidden heavenly reason is a reminder that those of us who unfortunately choose to live in Chutz La'Aretz are not leading a full and proper Jewish life. This practice reminds Ashkenazim that a proper and joyous Jewish life is led only in Eretz Yisrael. Indeed, Ashkenazic Kohanim who have spent considerable time in Eretz Yisrael find it very depressing to refrain from Nesi'at Kapa'im in Chutz La'Aretz. This may also be a partial explanation of Hazal's decree (Beitzah 4b) that the second day of Yom Tov is observed in Chutz La'Aretz even when there is a set calendar and no uncertainty regarding the proper date of the Yom Tov. It reminds us we are not living the full and desired Torah life as it is observed in Eretz Yisrael.

### Ashkenazic Kohanim Visiting a Sephardic Congregation

It has clearly emerged as a non-negotiable custom that Ashkenazic congregations refrain from daily Nesi'at Kapa'im. However, what should the Ashkenazic visitor do when he visits a Sephardic Congregation? It is clear that he cannot remain in the syn-

agogue when the Shalich Tzibur summons the Kohanim to bless the nation if he will not perform Nesi'at Kapa'im, since the summons triggers the obligation. The question remains whether he should leave the synagogue before that point or may he remain inside and join the Sephardic Kohanim in the Mitzvah to bless the Kohanim. The question is whether the Ashkenazic custom applies to only the community conducting Birkat Kohanim or even to the individual Ashkenazi who visits a differing community.

This question may be resolved by a story I heard about Rav Shalom Schwadron, the famous mid- to late-twentieth-century Tzaddik, known as the Maggid of Yerushalayim, who was a Kohein. Rav Shalom often visited the New York area to deliver his Musar speeches. I was told that when possible the Maggid would attend Shaharit at a Sephardic congregation where he would have the opportunity to perform Nesi'at Kapa'im. Clearly the holy Maggid felt that the custom applies only to an Ashkenazic congregation and not to individual Ashkenazim.

This approach is very compelling. The Ashkenazic custom is, as described by the Aruch Hashulchan, a Minhag Garu'a and thus should not be applied in an expansive manner. As Hazal say in many contexts, "Hiddush Hoo V'Havu D'lo Losif Alah," it is a surprising approach and it should not be expanded. Indeed, as Rav of Congregation Shaarei Orah, the Sephardic Congregation

of Teaneck, I encourage visiting Ashkenazic Kohanim to seize the opportunity to fulfill a Mitzvah they would otherwise miss and perform Nesi'at Kapayim along with their Sephardic cousins. Teshuvot Beit Avi (3:4) adopts a similar approach to that we have outlined.

In fact, one could argue that Ashkenazic Kohanim should try to pray in a Sephardic congregation for Shaharit since one should place himself into a situation where he will fulfill Mitzvot (Tosafot Pesachim 113b s.v. V'Ein Lo Banim). This value is expressed in Sotah 14a, which states that Moshe Rabbeinu passionately desired to enter Eretz Yisrael not to enjoy its fruits but rather to place himself in a position where he can fulfill the Mitzvot HaTeluyot Ba'Aretz, land-based Mitzvot.

### The Joy of Serving as a Kohein

A leading Kohein member of Congregation Shaarei Orah, Ezra Douek, once commented to me that being a Kohein is living a life of simcha. This is especially true of Sephardic Kohanim who have the opportunity to bless the Jewish People on a daily basis even if they are not in Eretz Yisrael. Indeed, the Rambam (Hilchot Tefillah 15:12) concludes his presentation of the laws of Birkat Kohanim stating "Any Kohein who does not bless is not blessed and any Kohein that blesses is blessed as is written (Bereishit 12:3) "I will bless those who will bless you."



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# Can't We All Just Get Along?



By N. Aaron Troodler, Esq.

Diplomatic protocol is sacrosanct to world leaders. Adherence to the unofficial rules of international diplomacy is universally expected and any deviation from those rubrics is viewed as a serious breach of this unwritten code.

As savvy as he is, Ron Dermer, Israel's Ambassador to the United States, committed a big blunder when he worked exclusively with House Speaker John Boehner to arrange for Prime Minister Benjamin Netanyahu to address Congress in March.

Let us forget for a moment that the speech was scheduled to take place just a short time prior to the upcoming Israeli elections for the Knesset. That alone elevated the Ambassador's actions to a major faux pas. Let us instead focus on what the core of the problem appears to be, namely, that the White House and the Democratic leadership in Congress were kept in the dark until just shortly before the Prime Minister's plans were made public.

By collaborating with Speaker Boehner, to the exclusion of his colleagues across the political aisle and without involving the President, Ambassador Dermer committed a gross miscalculation that appears to have thrown the state of the US-Israel relationship into utter tur-

moil. Amidst angry statements from the White House and threats from Democratic lawmakers that they will boycott the Prime Minister's address, the once seemingly unbreakable bond between the United States and Israel appears to have ruptured to a certain extent.

Vice President Biden announced that he would boycott the speech, as did a slew of Senators and Representatives. Viewing the speech as a sign of disrespect to President Obama, many members of the Congressional Black Caucus declared their intent to boycott the Prime Minister's address, including renowned civil rights leader Rep. John Lewis.

I understand why the White House and the Democratic lawmakers, many of whom are strong supporters of Israel, are angry. This entire situation was handled poorly from the outset and the controversy that ultimately arose could have easily been avoided. That being said, it is time to move on and to look at the bigger picture.

US Congressional leaders need to coalesce around Prime Minister Netanyahu's planned speech to Congress and not allow the partisan debate surrounding the speech to undercut the strong US-Israel relationship. The Prime Minister's address, which is scheduled to take place shortly before the March 31 deadline to reach a deal concerning Iran's nuclear program, is expected to focus on the grave threat posed by a nuclear-armed Iran and spotlight the ramifications of a potential agreement that

softens the sanctions and empowers one of the world's most notorious and active state sponsors of terrorism.

With the deadline to reach an agreement with Iran regarding its nuclear capabilities rapidly approaching, an address by the Israeli Prime Minister, who has long warned about the existential threat that a nuclear Iran poses to the world, not only makes sense, but is vitally important. As someone who has closely monitored the Iranian situation and whose country and citizens have repeatedly been the targets of terrorist groups intent on destroying them, Prime Minister Netanyahu's perspective on Iran is a credible and critical piece to a very complex diplomatic puzzle.

At the same time, while I fully support Prime Minister Netanyahu's decision to accept an invitation to address Congress, I am deeply troubled by the partisan divide that has ensued and the political rancor that it has engendered.

I am extraordinarily grateful for the United States' longstanding and resolute relationship with the State of Israel and recognize that the enduring nature of the US-Israel relationship has always been rooted in bipartisan support. It is my hope that Prime Minister Netanyahu will proceed with his address to Congress as planned and that lawmakers from both major political parties will attend and listen to what he has to say on an issue that has global implications and with which the Prime Minister is intimately familiar.

We cannot afford to allow partisan politics to overshadow a key issue that warrants bipartisan support. In this instance, where the status of the United States' relationship with its key ally in the Middle East seemingly hangs in the balance, bipartisan cooperation and cooperation must transcend party politics.

"Israel's survival is not a partisan issue, not in Israel nor in the United States," said Prime Minister Netanyahu. "I am going to the United States not because I seek a confrontation with the President, but because I must fulfill my obligation to speak up on a matter that affects the very survival of my country."

There is no question that the planning process surrounding the Prime Minister's Congressional address may have been flawed, but that should not diminish the importance of the subject matter to be discussed. Lawmakers in Washington, DC need to break through the partisan squabble that developed after plans for Prime Minister Netanyahu's speech were announced, check their egos and emotions at the door, and come hear what he has to say.

Can't we all just get along? For Israel's sake, I hope that the answer is "yes."

N. Aaron Troodler is an attorney and principal of Paul Revere Public Relations, a public relations and political consulting firm. Visit him on the Web at [TroodlersTake.blogspot.com](http://TroodlersTake.blogspot.com), [www.PaulReverePR.com](http://www.PaulReverePR.com), or [www.JewishWorldPR.com](http://www.JewishWorldPR.com). You can also follow him on Twitter: @troodler

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# Obama Sounds a Quiet Revolution in Foreign Policy

By Simon Reich

Professor in The Division of Global Affairs and the Department of Political Science at Rutgers University

President Obama's publication of his 2015 National Security Strategy on February 6th is the kind of event that generates great heat and discussion among a relatively small group of policymakers, pundits and those few academics connected in some way to Washington's halls of power. It is largely ignored by the rest of us. Even the New York Times only devoted a couple of stories to it: one previewing its release and one (republished from the wires) summarizing its content.

It is easy to understand why we would overlook just another government report. But we shouldn't ignore this one. Because it isn't just another report. In fact it is arguably the most important foreign policy report issued by any president. Each gets to do it once in four years—and in each they provide a blueprint for their administration.

National Security Strategy reports make official statements about four things: a president's priorities in terms of threats, the values that he intends to emphasize, the means he intends to use and the strategy he hopes to pursue. By historic standards, this one was, to put it mildly, a doozy in all four dimensions.

## The threats

First, the threats. The report included some predictable things like the threat

posed by Jihadist militants and nuclear proliferation. These have been part of a succession of such reports, by both Republican and Democrat.

Yet President Obama has greatly expanded the definition of core security threats to include things never discussed before. There are threats where there is no readily identifiable "enemy" at all such as pandemics (notably Ebola, of course). Climate change too makes the list, a controversial move given a significant percentage of America's population refuses to acknowledge its existence and many Republicans challenge its scientific veracity.

The cherry on the top of this particular section is, however, the stress on the importance of economic security. This isn't something that many presidents have talked about since Franklin D Roosevelt. And when he talked about our greatest fears in 1941, he never codified it in a national security document. It is, perhaps, a sign of our times that the current president has committed himself to prioritizing the fight against economic insecurity at home, as the rich get richer and, if the data is to be believed, the poor get poorer.

Finally, it's also significant what DIDN'T make the threat list. Well, for starters there is no "axis of evil" language. And when Iran (and the ongoing negotiations) is mentioned, the language is diplomatic and more positive than George Bush's. There is talk of Iran's responsibilities but no threatening language. Even the discussion of Rus-

sian "aggression" uses words that that the administration can easily "walk back" (to use DC jargon) if we reach an agreement on the Ukraine.

## The values

Here the president has returned to some significant basics—ones that take aim at his predecessor. Barack Obama repeatedly emphasizes the importance of respecting the rule of law and universal rights in a direct reference to America's use of torture, rendition and black site prisons.

As he goes on to say, "When we uphold our values at home, we are better able to promote them in the world. This means safeguarding the civil rights and liberties of our citizens while increasing transparency and accountability. It also means holding ourselves to international norms and standards that we expect other nations to uphold, and admitting when we do not... In recent years, questions about America's post-9/11 security policies have often been exploited by our adversaries, while testing our commitment to civil liberties and the rule of law at home...For the sake of our security and our leadership in the world, it is essential we hold ourselves to the highest possible standard, even as we do what is necessary to secure our people."

While critics can point to the president's own failures to do so for the last six years (from Edward Snowden to his failure to actually close Guantanamo), one can only admire his forthright statement about what he intends to do for the next two.

## THE CONVERSATION

### The means

George W. Bush hated the United Nations so much that he sent outspoken UN critic John Bolton to be America's ambassador there. The result was a long period of unmitigated American criticism of the UN and threats to forestall the payment of our contribution to the running of the organization.

Obama, and his ambassador Samantha Power, are far more invested in the organization, despite the occasional squabble. The notion that America must sustain "international norms"—this is not a term not used by any prior president. It is mentioned here in various forms a dozen times. To do so, America will have to "fortify" multilateral institutions like the UN.

### Last but not least: the strategy

It is in this area that the president has repeatedly come under recent assault from his critics. They claim either that he has no "grand strategy" or that he has one that they don't like. This report won't assuage them. It has no bold visionary declarations. But it does contain some interesting nuggets.

Principle among these is Obama's call for "strategic patience." The fact that it has to be emphasized is in itself revealing. America's muscular political culture emphasizes the need for quick solutions, often involving the demonstration of resolute leadership. In foreign policy this often

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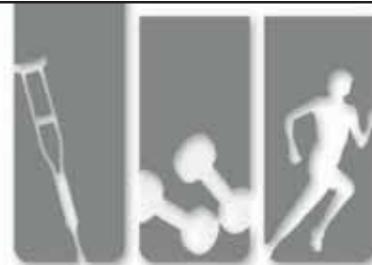
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## Forum or Against 'Em?



By Yair Daar

As a Jewish educator, I am constantly aware of the various ways in which individuals relate to our religion. The individualistic approach is often most stark with high school students in the process of identity formation. Interacting with teenagers as they navigate the assimilation of religion into their personae can be at once fascinating, frustrating, disheartening, and inspiring. Above all, these experiences have

solidified my appreciation of the need for various forms of Jewish expression.

For this reason, I am a bit wary of Yeshiva University's choice of Neo-Chassidus for its latest Orthodox Forum. As a colleague of mine pointed out, phenomenology (the study of how people experience things) is a large part of Rav Soloveitchik's thought, and is therefore a very appropriate lens for Yeshiva University to use. If the goal of this forum is understanding the experience of Neo-Chassidus and using this understanding to gain a more nuanced view of religion, kol hakavod. Unfortunately, current trends lead

me to be concerned that this may not be the case.

To be clear, I do not intend to project dubious intentions on those who chose the topic, nor is this directed at any of the writers. My concern is simply about the current social climate that made this topic a relevant choice.

In recent years, social media has broken down boundaries across the world, and in doing so has allowed public conversations to include millions of voices at once. No longer are any ideas immune from criticism or mockery. On the other hand, the global conversation has facilitated a tre-

mendous amount of idea sharing, allowing individuals to develop nuanced viewpoints on subjects they never would have access to in the past.

Global Jewish conversations have followed the same pattern. It has become in vogue for Jewish pundits, writers, and experts (those deserving of the title and self-appointed ones) to place a large amount of energy into deconstructing the behaviors and customs of those who do differently. Besides creating animosity, this phenomenon has another result. Those able to positively impact their own communities through influential writing, public initiatives, and proactive leadership won't. Instead, they spend time criticizing others in the "defense of the truth."

Bringing this back to Neo-Chassidus, the critics were in top form after the Jewish Action article chronicling Neo-Chassidus was published. One blogger felt the need to defend the faith by asking "Why Not Neo-Hisnagdus?" as if there is a competition for the heart of the Orthodox world. An article in this paper two weeks ago discussed those who "worry out loud" about Neo-Chassidus as if it has destructive potential, and many people give Neo-Chassidus nothing more than an "at least it keeps some people frum" nod.

The practice of placing every idea and behavior under the microscope of authenticity has to stop. There is nothing wrong with respectful debate, even if emotions run a little high. This is all normal. But it should give one pause when Yeshiva University feels it so important to dedicate its bi-annual forum to deconstruct a phenomenon that brings joy, spirit, and depth of understanding to Judaism. Neo-Chassidus is not a threat, and it is not the "other." It is simply one expression of a Torah meant to reach many. If we can't appreciate the validity of various approaches, that is a problem.

Although we begin asking ourselves "how does this fit into my identity?" as teenagers, the process doesn't end there. Thoughtful individuals are constantly assimilating certain ideas and behaviors while rejecting others. However, it is important for us to realize that what one rejects can become the identity of another. One approach is not necessarily right and the other wrong; the two are simply different. Live and let live; such a simple idea, yet so often ignored. Maybe we should have a forum to discuss it.

Yair Daar is a Bergenfield resident who teaches Gemara and Tanakh at SAR High School. He can be reached at [ydaar11@gmail.com](mailto:ydaar11@gmail.com). Comments can also be left at [chinuchadventures.blogspot.com](http://chinuchadventures.blogspot.com).

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# Israel's Best Defense: Continuing Role of Science Education

By Dov Rubin

Due to a seemingly never-ending cycle of war in Israel, the Jewish State is constantly taking great measures to strengthen its military and defend its borders. Fueled by wartime pressures, the "Start-Up Nation" also invests a great deal of time, money, and intellect into the development of advanced defense systems, security technology that has already saved thousands of lives.

Of course, Israel didn't earn its "Start-Up Nation" moniker based on its defense systems alone. Many extremely gifted Israeli men and women have channeled their brainpower and willpower into the development of successful technologies and enterprises of all kinds. But the sense of urgency brought about by war has forced Israel's citizens to act creatively and responsibly, channeling their talents towards the production of these innovative defense tools and applications.

The most well-known example of this trend is the "Iron Dome" missile defense system, a virtual military miracle created by Rafael Advanced Defense Systems. The anti-missile system, which is designed to explode incoming rockets before they land, will go down in history for its role in curbing civilian fatalities during Operation Protective Edge. This revolutionary defense product is the work of tremendously gifted people who are devoted to the field of defense.

But technology is only as good as the people behind it. Staying one step ahead of our numerous enemies requires appropriately skilled and well-educated individuals.

Having studied physics and electro-optics at the Jerusalem College of Technology (JCT), and, subsequently, earned a PhD in biomedical engineering, I understand the central role that education plays in the creation of high-tech products. The persistence and discipline required for a product to mature from drawing board to viable consumer product is simply remarkable. In the tech world, there are no true shortcuts and the secret to staying ahead is based on receiving the best possible education.

Without question, my success, which includes the establishment of NDS, the leading supplier of secure digital TV entertainment delivery and a \$4 billion Cisco acquisition, is due to my education. I owe everything to the institutions of higher learning that molded and formed my thought processes, thus charting my future.

It is for this reason that Israel's paltry investment in technology education is so troubling. Education is about more than just personal fulfillment in Israel—the right education for the right people might actually save lives.

The fact is that fewer than 20% of Israeli high school students study science. When they graduate to university, an even smaller percentage of students find that they are capable of truly excelling in areas like physics. It is essential that we increase that pool.

To make matters worse, many of our science and technology professors will be retiring in the coming years, so the mentorship framework for those special few students who make it through high

school and college with a love of science and technology will all but disappear in the near future.

As a proud graduate of JCT and a lover of Israel who sees the writing on the wall for scientific study in the "Start-Up Nation," I joined JCT's Board of Trustees to ensure that the institution continues providing a framework of educational support focused on science, technology, and professional training. Again, this framework is not just crucial for student fulfillment but is also a core component of Israel's long-term defense strategy.

With so many students choosing other fields of study, we must encourage the entire Israeli population, including those on the "fringes," like the Ultra-Orthodox and Ethiopian, to study—and push themselves to excel in—science and technology. And, of course, the government must put the horse before the cart, investing as much in science education as it sets aside for defense technology R&D.

The bottom line is that, as with so many other kinds of battles, education is truly our best defense. It's time we realize the serious personal and national securi-

ty contributions made possible by a first-class science education and insist on the support and funding to make it a reality for our "Start-Up Nation."

Dr. Dov Rubin is a native of Brooklyn, NY and a graduate of the Jerusalem College of Technology. He is an expert in non-invasive medical technologies, currently serving as the Senior VP of Marketing and Business Development at HealthWatch Ltd. Dr. Rubin, who holds a PhD in Biomedical Engineering from the University of Southern California and MSc from Case Western Reserve University, was a co-founder of NDS (NASDAQ) and the President & CEO of Itamar-Medical Ltd.



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# From Paris with Brotherly Love



By Rabbi Kenneth Brander

“Un juif est heureux comme dieu en France”

(A Jew is as happy as God in France).

This famous Yiddish saying dates back to 1791, when Jews were first granted the right to French citizenship. While Jews remain proud French citizens today, the sentiment no longer rings true. Several waves of violent antisemitism have ravaged France in recent years and shaken the Jewish community to its core.

In 2014, France saw a 104% increase in the total number of hate crimes, and while the Jewish community represents less than 1% of the population, 51% of all hate crimes were directed at Jews. Most recently, the world stood aghast at the beginning of January as the story of four Parisian Jews murdered in a terrorist attack at the Hyper Cacher Kosher supermarket unfolded.

On Sunday, February 8, I flew to Paris as part of a solidarity mission coordinated by the Jewish Federations of North America (JFNA). Our group of Jewish communal professionals and lay leaders from across North America, accompanied by two Yeshiva University (YU) student leaders, came to make a statement of unity. We came to do what we could to warm the hearts and calm the minds of our

French brethren who are still reeling from violent acts of antisemitism. We also came to understand, directly from the citizens themselves, the issues that currently face European Jewry.

Though we flew to Paris with this purpose, the true importance of our mission came into sharp focus while we were there. We learned that, as we stood shoulder to shoulder with the Jews of Paris, President Barack Obama seemed to suggest that these acts of horrific and flagrant antisemitism were just random occurrences. But the fact is that the victims were not just a randomly selected “bunch of folks in a deli in Paris,” as the President told Vox’s Matthew Yglesias, they were chosen as targets for this horrific act of violence specifically because they were Jewish.

It is our responsibility to tell that story and support our fellow Jews around the world.

It is our responsibility to stay connected with Jews everywhere, offering our support and learning about their struggles so that we can speak truth to power.

It is our responsibility to defend our fellow Jews and inform the world of the plight of all those who need help.

It is for this reason that solidarity missions like the JFNA mission to Paris are so crucial.

France boasts a rich Jewish heritage dating back to the times of Rabbi Shlomo Yitzchaki (Rashi), the celebrated Bib-

lical commentator from Troyes. And with 550,000 Jews, France is the third-largest Jewish community in the world after Israel and the U.S. Additionally, Jewish institutions established in the time of Napoleon are still vibrant, and 30,000 Jewish children attend Jewish day schools in France.

But the recent onslaught of antisemitic incidents reminds us once again that the national attitude toward Jews in any country can change in an instant. We have seen this scenario play out again and again, especially in Europe, and we are well aware of the horrifying ramifications of hatred, racism, and antisemitism.

We never thought that we would have to hide again, yet Jewish men in France have long stopped wearing their kippot in public for fear of discrimination or violent attacks.

We could never have imagined that shopping for Shabbat would be an endeavor fraught with danger, yet a Jewish supermarket became the scene of a vicious and deadly act of terrorism.

We have been here before, and we promised ourselves that we would never allow these circumstances to become commonplace again.

We need to stand up for our brothers and sisters around the world at every possible opportunity, and we need to recognize that our national identity has been solidified with the gift of the modern State of Israel so that when we say “nev-

er again,” we truly mean that we will never again be silent.

Though the Jewish nation is dispersed all over the world, we are one people, not a conglomerate or a partnership but a single entity. We are a cohesive unit bound by faith, a common destiny, and a rich cultural heritage. When Jews are suffering in France, we are all in distress, for when one limb of the body is vulnerable, the whole body aches.

While our focus as Jews is about living aspirational lives, we must make a statement that antisemitism and hate crimes are always our problem, no matter who the victims may be, no matter where in the world they reside. It is important that we impart this sense of responsibility to our children and students, whether through globe-trotting unity projects, like camps for underprivileged youth in Dimona, Jewish identity seminars in the Ukraine, and solidarity missions to Paris, or local initiatives that combat antisemitism, so that Jews of all ages continue to carry the torch of Jewish unity into the next century.

While the Jewish experience presents many challenges, isolation should never be one of them. No Jew should ever find himself alone. We are in this together, and there is nothing random about that.

Rabbi Kenneth Brander is Vice President for University and Community Life at Yeshiva University. He is the Rabbi Emeritus of the Boca Raton Synagogue.

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## Post-Traumatic Stress Disorder in the Crosshairs



By Shoval M. Gur-Aryeh, Ph.D.

My wife and I see a couple of movies in the theater each year. So, when my father and step-mother came to visit recently, we took advantage of the free babysitting and made a break for the theater. We saw American Sniper, which was a very powerful movie. Regardless of where one stands on the topic of the war in Iraq, the movie very poignantly gives us a glimpse of the psychological toll that war can take on our servicemen and servicewomen, as well as their families.

I'm going to reveal a couple very basic elements of the movie, both of which either you already know or most likely would assume without having seen it. The movie follows Chris Kyle (a Navy Seal sniper) while on active duty in Iraq and back home on US soil. As his time in Iraq increases, he begins to show signs of Post-Traumatic Stress Disorder (PTSD). Seeing the movie, it occurred to me that PTSD, while increasingly talked about in the media, isn't well understood by many people. While many of us will never serve in the armed forces (e.g., in the US or Israel), anyone can experience PTSD. All that is needed is to go through a traumatic event.

When we think of trauma, obvious things jump to mind, such as having been at Ground Zero on 9/11 when the towers fell. Some other examples include being the victim of abuse (e.g., physical or sexual abuse) and surviving a terrible car acci-

dent. Recently, I was conducting a seminar for correctional officers on the topic of suicide when one officer shared a personal story of his. Several years ago, he witnessed a woman get hit by a bus. She was catapulted many feet into the air and suffered serious injuries. Since then, he's been plagued by recurring and very vivid images of the event. His story illustrates the fact that one can even develop PTSD from watching another person experience trauma.

Of course, most people who live through a traumatic event don't develop PTSD. That isn't to say they aren't emotionally affected by it; typically, people feel some degree of emotional distress or discomfort. It just means the impact of the trauma on their emotional health isn't great enough that it meets a certain threshold. As with any mental illness, a person must have specific symptoms to be diagnosed with PTSD. Some of the symptoms are:

- Recurring, involuntary, and intrusive memories. These are memories that come unbidden, out of nowhere. You might be in the supermarket, looking at the canned pickles, when memories of your horrific car accident flash across your mind.

- Repeatedly avoiding people, places, and/or things that remind you of the event. For example, a woman might avoid the neighborhood in which she was physically assaulted. She might also avoid wearing blue because she was wearing a blue blouse when she was assaulted.

- Hypervigilance. A man who survived being at the World Trade Center when the

➔ CONTINUED ON P. 87

## DIRSHU

### Dirshu Delegation of Rabbanim Davens For Klal Yisrael in Emotion-Filled Trip to Kever of Chofetz Chaim

By Chaim Gold

The beis hakevaros in Radin was still covered with snow. Last week, venerated rabbonim and poskim walked slowly, heads bent in hachnaah, as they approached the admas kodesh, the holy soil where the Chofetz Chaim is buried.

Rav Chizkiyahu Yosef Mishkovsky stood in front of the kever and made his bakosha: "Heiliger Rebbe, may your zechus be a meilitz yosher on all Yidden and on all lomdei Dirshu and in your zechus may Dirshu continue to facilitate so much limud haTorah, please grant them the siyatta diShmaya to help so many Yidden learn the seforim of the Chofetz Chaim and spread his Torah. We beg Hashem, halevai!"

Rav Binyomin Finkel, Mashgiach of the Mir Yeshiva, offered a potent tefillah especially written for the occasion by the well-known mekubal and Rosh Yeshiva of Ahat Shalom, Rav Yaakov Hillel.

Upon arriving in Radin, the delegation entered the building that housed the great Radiner Yeshiva. After Shacharis, Rav

Dovid Hofstedter, Dirshu's Nasi, delivered the daily Daf HaYomi B'Halacha shiur from the Sefer Mishnah Berurah written by the Chofetz Chaim in front of the beis medrash he founded.

The purpose of the trip was to inscribe anyone currently learning the Daf HaYomi B'Halacha or anyone who accepts upon himself to start the program, in a special sefer entitled Sefer HaGibborim. One of the moving moments at the kever was when they placed the beautiful leather-bound Sefer HaGibborim in a secure place for posterity—in the special ohel built around the kever of the Chofetz Chaim. Rav Aharon Toisig, one of the great mashpiim in Eretz Yisrael, gave voice to the deep feelings of so many. He said, "Rebbe, Yidden have started learning your Mishnah Berurah daily in great numbers. Yeshiva bachurim, kollel avreichim, baalei batim and even children in 7<sup>th</sup> and 8<sup>th</sup> grades are all en-masse learning the Mishnah Berurah..."

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# Fifty Shades of Red



By Rabbi Efreim Goldberg

In his book first published in 1989, *Doesn't Anyone Blush Anymore*, Rabbi Manis Friedman bemoans the loss of modesty and decency in society, and describes it as the greatest obstacle to achieving authentic love and intimacy. If 26 years ago people failed to blush when exposed to indecency, perhaps today one could best describe our society as one that fails to even notice or identify indecency.

This week, the highly provocative and grossly immodest movie *Fifty Shades of Grey*, based on what has become an iconic, best-selling, sensual book series, will be released. The books were deemed so lewd and vulgar that in 2013 a Brazilian judge ruled that they either had to be removed from bookstores altogether or wrapped and placed out of the reach of minors. Before bowing to pressure, the public libraries in Brevard County, Florida, banned the books because of their highly controversial content that has been described by many as a form of pornography.

What is completely shocking and

frankly, terribly disturbing, is not only how many sophisticated, successful, mainstream members of society have read the books and eagerly anticipate seeing the movie, but how open they are about it and how utterly unembarrassed they are to admit it and discuss it in public. Once upon a time, there was shame and indignity associated with satisfying a base, animal impulse to read or view indecent material. If one viewed or read such things they did so in private, denied it in public, and did all they could not to be caught with it.

It is frightening and disconcerting how today, instead of the person who unabash-

edly boasts of reading or watching such things being the outcast, it is the individual who considers reading or watching *Fifty Shades* or other material like it licentious behavior that is unbecoming and unfitting a decent, moral, and modest person who is dismissed as a prude, a Puritan, and a killjoy. Sadly but unsurprisingly, a casual and accepting attitude towards material that was once deemed lascivious and inappropriate is not only true in secular society, but is becoming increasingly present in the Torah-observant community as well. Unconscionably, a Jewish women's organization is showing the film as a fundraiser. A Purim business is promoting "Fifty Shades of Grey-themed Mishloach Manos." In 2014, the most popularly borrowed books in the heavily Orthodox community of Williamsburg's Public Library were the *Fifty Shades of Grey* trilogy.

Just because society has lost its way regarding modesty and appropriateness doesn't mean we need to imitate them or dumb down our own sense of dignity and ambition for a life of sanctity. Having healthy boundaries of decency is not an issue of prudishness, or religious fanaticism, or narrow-mindedness. Unlike other religions, Judaism sees pleasure, even sensuality, in the appropriate context as a mitzvah, a noble and spiritual act. But appropriate context is the crucial and key element of achieving true intimacy, of promoting love rather than lust. Guarding our eyes is critical for the health and well-being of our relationships and for preserving the capacity to experience intimacy. The more dulled our radar for indecency and the more casual we are with immodesty, the more we struggle to experience functional, fulfilling, and satisfying relationships.

Being overexposed to images and ideas that are unrealistic and entirely divorced from reality can't help but hurt the expectations in our relationships and from our spouses. Viewing indecency may satisfy the momentary urge of the body, the animal impulse in all of us, but it poisons the soul, our Godly spirit, and becomes an obstacle to experiencing the eternal pleasure that comes not from hedonism or decadence, but rather from self-control, discipline, and a life of dignity and self-respect.

*Shemiras ha'eynayim*, guarding our eyes and protecting ourselves from vulgarity, has always been a challenge, but it has never been nearly as difficult as it is today. It is not just the ease of access to graphic material due to the explosion of electronic devices and the proliferation of the Internet, but it is the larger issue that we live in a society that has utterly erased the taboo and stigma once associated with possessing and viewing it. When and how did it become acceptable in the world at large, and in the Jewish community in particular, to admit openly and discuss publicly that you read erotic books, watch salacious movies, and are avid followers of shows that contain graphic and explicit nudity?

We are all human; we all have moments of weakness, and have personal indiscretions and areas to work on. But what happened to being embarrassed or ashamed of doing things that are beneath us? What happened to keeping it private,

➔ CONTINUED ON P. 59

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# Glatt Express Brings Carlos and Gabby's Mexican Fare to Teaneck



By Elizabeth Kratz

Teaneck—Hankering for a burrito? You're not the only one. Realizing the need for a strong Mexican food presence on Teaneck's restaurant row, Glatt Express's Dani Secemski is stepping up to the plate to provide Carlos and Gabby's meals to the many students and others who



come to Queen Anne Road from nearby schools to grab lunch during the week.

"Since I was at YU, I had this idea that Carlos and Gabby's should deliver packaged meals," Secemski told JLNJ. And now he's making that happen at Glatt Express.

The freshly packaged, single meals will

be delivered hot daily at 11:30, and will be kept in a heated display case so they can be eaten right away. The Carlos and Gabby's display will be situated right next to Sushi Studio, and will be available Sunday through Thursday.

Lunch choices are set to include chili, burritos, wraps and chicken tenders, and also meals with two components, such as beef or chicken with rice.

"We asked the students what kind of food they like, or what restaurants they

would like to see here. Carlos and Gabby's came up a lot," said Secemski.

Carlos and Gabby's has five locations in the metropolitan area, serving bright and flavorful Mexican, glatt-kosher fare. The fleishig lunches at Glatt Express will be delivered from the Riverdale restaurant and the price will be essentially the same one would pay at the restaurant, between \$9 and \$14 for a main course. To learn more, visit <https://www.facebook.com/glattexpress/>

# Punch Up Your Purim: Try Some Wine Punch to Add a Bit of Zing

By Gamliel Kronemer

Purim is unique in the canon of Jewish festivals, in that while wine is a critical component of most Jewish holidays, it is only on Purim that one is encouraged to overindulge in drink, and even get a bit inebriated. While one can fulfill this mitzvah of drinking on Purim with wine served in any manner, I personally find that there is no more pleasant way to indulge than with a glass (or several) of a good, wine-based punch.

While the exact origins of punch are somewhat unclear, by the beginning of the eighteenth century, it was one of the most popular drinks in the English speaking

world, and for good reason: A well-appointed punch bowl has an almost magic-like ability to make any happy occasion seem just a bit more festive. Punch allows a host to create something personally for family and friends, and not just open another bottle of wine. Plus there is a unique communal experience in sharing a bowl of punch.

What follows are two easy-to-make recipes for wine-based punches, both of which are adapted from recipes found in one of the classic volumes of mixology: Charles H. Baker's 1939 book, "The Gentleman's Companion, Volume II: Being an Exotic Drinking Book or Around the World with Jigger, Beaker and Flask." Baker, whose works are more culinary travelogues than recipe



books, spent his life traveling the world, chronicling the food and drinks he sampled in the pages of publications such as "Esquire" and "Gourmet." While Baker may not have been Jewish, based on his writings he strikes me as someone who would have enjoyed a lively Purim seudah.

## Bengal Lancers Punch (serves 10)

Baker wrote that a "Captain Ferguson, late of His Majesty's Cavalry in upper India, gave us this one back in 1926, and it was a specialty of his Colonel on quite special occasions."

- 1 bottle of Bartenura Prosecco, Moses Cava, or another dry sparkling white wine
- 1 bottle of Baron Herzog Merlot, Carmel Selected Cabernet Sauvignon, or another medium-bodied dry red
- 6 tablespoons of lime juice (approximately 4 limes)
- 6 tablespoons of orange juice (approximately 1 1/2 oranges)
- 6 tablespoons of pineapple juice (juice from a can or a carton can be used in a pinch)
- 4-6 tablespoons of simple syrup (to taste)

- 4 1/2 tablespoons of dark Jamaican rum (Smith & Cross would be my choice)
- 4 1/2 tablespoons of Cointreau
- a 12-ounce can of seltzer
- a lime, thinly sliced
- a block of ice

Place the block of ice in the 3 1/2 quart or larger punch bowl and add the ingredient in the following order: red wine, rum, juices, syrup, Cointreau, sparkling wine, and seltzer. Stir the punch, and float the lime slices on top as a garnish.

## Mulled Claret à la Gulmarg (serves 5)

While I usually prefer to serve iced punches on Purim, at time of writing it's -1° Fahrenheit outside. So I am thinking that this might be the year for a hot wine punch. Baker got this recipe from a British carvery officer, stationed in the Kashmiri foothills of the Himalayas, on the occasion of a grouse shoot.

- 1 bottle of Golan Mountain Pinot Noir, Goose Bay Pinot Noir, or another fruity, medium-bodied, dry Pinot Noir
- 1 lemon, sliced thinly and deseeded
- 1/2 banana sliced thinly
- 12 whole cloves
- 6 allspice berries
- 2 cinnamon sticks
- 1 cup of dark rum (I find the 8 year old Bacardi works well here)
- 1/2 cup of brown sugar (or less to taste)
- 1 cup of seltzer (at room temperature)
- Cheesecloth and kitchen twine.

➔ CONTINUED ON P. 55

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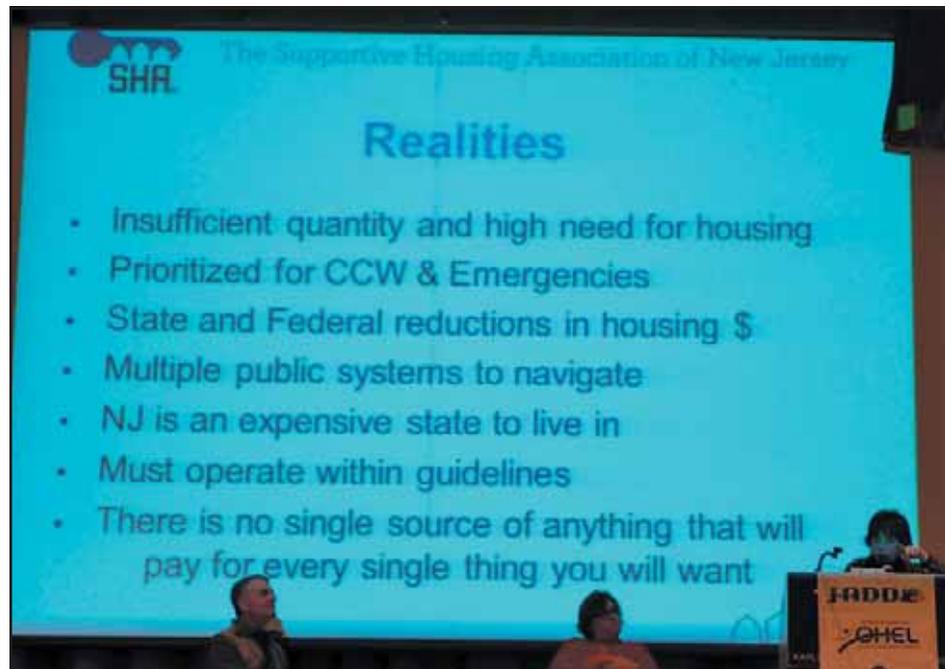
CONTINUED FROM P. 1

ment for Disabilities and tell the public how to navigate the system and inform them about coming changes.

“The times are changing very, very quickly, with the information we see [indicates] we need to provide the role of advocate,” said Shelley Levy, Director of the Guttenberg Center for Special Services at the Kaplen JCC. “It becomes even more complex as children age into adulthood. When parents no longer have the school as the anchor, the parents have to do this work on their own and become their own advocates.”

Senator Loretta Weinberg, who was to open the conference, was absent due to illness, so keynote speaker Elizabeth M. Shea, assistant commissioner of D.H.S., explained why the changes are necessary. Basically, the system is squeezing 30 years of needed reforms into three years, because too many people have been underserved.

Shea explained “If someone came to us and said—and we’ve had this happen—‘Look, I need a little bit of respite, I need a little bit of income support and I’ll be fine. That’s what I need. That’s what my family needs to get through this period.’ For a long time the answer was ‘We don’t really have that. We have group homes or we have one or two options’ and that was it. ... The reforms that we’re making now are tailored to get to a place where we can serve more people. Provide them with what they actually want at the appropriate levels.”



Realities of Navigating the Supportive Housing Association of NJ

SHOVAL GUR-ARYEH

Many attendees expressed frustration with the lack of much-needed services for their loved ones. David, father of an adult son with developmental disabilities, shared his. “The ones who need services often have the most difficulty getting them.” He added, “What do you do with people who can’t function in the real world? All they need is a little bit of help.”

“Any opportunity to inform people how to navigate through the maze is incredibly worthwhile,” added Abbe Greenberg of Bright Path Consulting.

The conference attendees came from across the religious and racial spectrum. Despite winter storm warnings over 200

people pushed through the frigid air and wind to attend.

Sponsors also found that housing issues were one of the most important areas of interest. The housing panel decided that they had to continue conferences in order to see how the problems can be solved. There were several workshops for attendees covering such topics as employment, SSI/Medicaid eligibilities, advocacy for parents, and life-care planning and support.

The workshops provided helpful recommendations to maximize what the system has to offer. In her workshop on how parents can advocate for youth transitioning out of the teenage years, Theresa Herrero-Taylor, PhD, BCBA-D, suggested people become more aware of how the legal system can be an asset for them. “Parents are unaware of the laws when advocating for their children. The most common way people give up their power is by thinking they don’t have any.” One mother added her own experience, saying, “the squeaky wheel gets the grease” in describing her vocal efforts to obtain speech therapy for her son.

On a related note, Levy explained, “If you’re not Medicaid-eligible then you have a harder time acquiring services.” She also stressed, “Parents have to plan 10 years in advance. It’s up to our agencies to guide the parents and provide opportunities to the younger and older adults who should have access to services, including life planning and support.”

Attendees agreed that there have long been great challenges in obtaining appropriate services, but there is also great hope and promise that the system is changing for the better, that families will have

an easier time locating and obtaining the kind of assistance their loved ones need.

“I feel that we accomplished a beginning because it tells us how much work there is to do. We certainly accomplished what we set out to do. There is a lot more that we need to be doing for people,” said Dr. John Winer, executive director at J-ADD. Future conferences may want to include a focus on how caregivers can care for their own health.

Partnering with the event sponsors were JFS of Clifton-Passaic, Sinai Schools, JESC, JFS of North Jersey, JFS of Bergen and North Hudson, Jewish Federation of Northern New Jersey, Bergen County Y/JCC, and Bright Path Consulting.

**North Jersey Has Purim  
Costumes to Fit Any Budget**



The New Jersey Costume Gemach has a variety of costumes, and a website to help customers find what they want.

By Jenny Gans

North Jersey is throwing itself into Purim preparations. Stores bring out the snack size snacks, and Facebook is flooded with users crowdsourcing for mishloach manot ideas and costume loans. For those Purim masqueraders looking for dress up options, there are a variety of options in the area. While last year Teaneck and Englewood found themselves hosts to Purim costume pop-up shops, a representative from the company, Costume Supermart, said that at this time that no pop up shops are planned for Purim 2015, but they have a Purim website for people interested in ordering, (<http://purim.costumesupermart.com/contact-us.html>) Of course, Party City stocks full costumes and accessories year round, with make-up, wigs, and anything one needs for dress up.

For those interested in a lower budget costume, Basya Muehlgay has opened up her Purim pop up shop, Costume Closeouts 2, in the ACME shopping center in Clifton. Her third year hosting the store, Muehlgay explained that they know these are often single-use costumes, and try to keep pricing affordable because of this fact. Her costumes range from \$4 to \$25, with no costume (not even for adults) over \$25.

Muehlgay described many of her costumes as thematic. “Often families like to dress up in costumes that fit a certain theme and tie it into their shaloch manos theme,” she explained. “In keeping the budget low, this allows families to find a variety of costumes for everyone to wear together.” She carries some licensed character costumes, but also many generic costumes, such as condiments, board games, western themed, pirates, and others.

Muehlgay said people often come in before Purim to stock up on dress up for the whole year, since her costumes are good quality, but very affordable.

If this is really just a one-time wear with no dress up in its future, locals may want to consider the New Jersey Costume Gemach. Now in its second year, the costume gemach was started by Rivki Rosenthal and Sarah Savetsky in memory of Fervush Hirsch ben Shmuel Lev. They buy costumes that they find on clearance, and accept donations of costume hand-me-downs. “We have gotten really nice costumes donated as people clean out their closets,” said Savetsky. The gemach has

about 200 costumes for boys and girls, as well as babies, all of which can be seen at their website [www.njcostumegemach.com](http://www.njcostumegemach.com). The price is very affordable, too. All they ask is for a \$10 deposit for costumes when borrowed, though many people choose to let the gemach keep \$5 (or more) when returning them, to help offset the cost of future costume inventory. The costume gemach will be hosted at Keter Torah on Sunday February 22 from 10-12.

With all these options, a single trend still seems to emerge: There are going to be a lot of characters from Disney’s *Frozen*. For people fed up with the weather forecast—Costume Supermart said they see many Monster High costumes for girls, and Guardians of the Galaxy and Teenage Mutant Ninja Turtles for boys. Other themes that are trendy right now include “decade” costumes, especially the ‘80’s and the ‘20s.

Families can rest assured that at any budget, they can find a costume without having to look far.



## Unsere and Yenem



By Nina and Rabbi Mordechai Glick

Many years ago when we were choosing a nursery school for our son Akiva, we approached the Chabad school in Montreal because their school hours worked into our schedules well.

They told us that they have two classes—one for “yenem”—a Yiddish word meaning “the other,” which in Montreal at the time meant Sephardi kids who in many cases came from families that were not totally Shomer Shabbat. They had another class for “unsere” the Yiddish word for “ours,” the children from Lubavitch families. They decided that we could pass the test and would put Akiva in the class with unsere!

This was an attitude we had never experienced until we arrived in Montreal. Having come from YU and being so deeply committed to Torah Leadership Semi-

nar and NCSY, it was difficult for us to comprehend. We found the same attitude in the Yeshivish community where they took pride in the fact they only accepted children from totally shomer mitzvot homes.

Although it is possible that these attitudes have eased up a bit, we still do see them in other ways.

One obvious example is how those in the Yeshiva world look at those outside of it.

For instance, while attending a sheva brachot in Passaic, a friend mentioned that children on his street refer to Jewish people who are not frum as goyim. We see frequently the manifestation of this in how people address others. One would never call (in the Yeshiva community) a Rav simply by his last name. In other words—one would not call the Bostoner Rebbe “Horowitz.” They would make sure to instill the proper title on him. Whereas last week we came upon people who we know well referring to their most esteemed and well-known doctors—Eisenberg, Portnoy—never with a Dr. prior to their name. There is a

certain element of a lack of self-respect. It seems to be much more prevalent in the religious community.

We had the occasion to see the movie *Felix and Meira* recently in Montreal. It was filmed in Montreal and was first shown at the San Sebastien Film Festival. It is a respectfully produced movie about a young Chassidic woman who pines to experience a more worldly existence. She slowly develops a friendship/relationship with a French Canadian man. This movie was produced in good taste. When I mentioned to a friend who is very much enclaved in the Yeshiva community that we had seen it, her first reaction was that the “frei” should not see such a movie. Again—the attitude of them and us. In no way was she concerned that perhaps the world of the Chassidische woman might be unpleasant to some and perfectly acceptable to others.

Who are the “frei?” We believe that they are our brothers and sisters who have Jewish mothers just as we do and should therefore be treated with respect and honor. For

that matter shouldn't all people be treated that way except perhaps for the crazy terrorists in the world out there? Why are we in the Orthodox world so opinionated about what we think of other Jews? Is this the way that we should be bringing up our children?

That is why we feel that it is important to let our children and grandchildren know that not everyone shares the same values that we do. However, that does not make them any less special than they are. It does not make them any less Jewish than they are. As long as they are born to a Jewish mother or go through a kosher conversion they are all the same.

It is time that this attitudinal behavior be left behind. We should be reaching out to everyone and respecting everyone. If we call our Rabbonim by their proper names as we should, we should make it our business to give proper kavod to all people who deserve it. It's not “Do you go to Eisenberg?” It should be Dr Eisenberg. What's good for the goose should be good for the gander.

## THE JOB HUNTER

## In Transition? Confused? What's Next?

By Alex Freund

The vast majority of my career coaching involves clients who contact me while they're feeling perplexed about their per-

sonal circumstances. About 70 percent of them have been out of work for some time, and the rest only recently became jobless. Some of them are desperate to make a change because of a difficult boss or too

much pressure on the job. Can you identify with this? All of these people have one thing in common: confusion over how to go about making it happen. Most of them are adjusting their resumes but deploying

the same techniques that got them jobs in the past. However, that doesn't work in today's extreme job market. Many ask for ad-

➔ CONTINUED ON P. 54

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# Happy Not-Valentine's Day



By Banji Latkin Ganchrow

Many millions and millions of years ago, when dinosaurs roamed the earth and men and women lived in caves (hence cavemen and cavewomen), life was different. Brave cavemen would go out to battle with beasts to bring home food and clothing for their woman. If they found a fruit or a flower they knew it was special and they knew the cavewoman would find favor in their eyes.

Fine coats of animal skins were brought home as tokens of love and devotion, high-heeled shoes were crafted from the finest marble and reptilian pelts. Well, one fine day, Val, a local caveman went out to perform his manly duties and he forgot to bring home his beautiful cavewoman, Entine, some fruit or flowers or even the Bron-tosaurus that she needed to make dinner for his family (of course). When Val stepped through the entrance to the cave, he knew he was in trouble. So much trouble, in fact, that his beautiful cavewoman did not set the alarm and he was quickly eaten by a velociraptor.

Yes, if only Val had remembered to get his wife what she asked for, the day would have ended differently. And that, boys and girls, was the beginning of Val-entine's day (get it?). An apparently secular day that symbolizes what happens when you forget your spouse or significant other, some-

thing to show them how much you love them. Some say it is a Christian holiday started by a saint, but this, my dear children is the real story...or is it?

Millions of people celebrated Valentine's Day last weekend; I don't really know the history of this day or how it came to be. I'm assuming it had something to do with a husband who disappointed his wife, somehow (and the reasons are endless), and came home with flowers, candy, and possibly some cheesy 24-karat-gold atrocity from the neighborhood jeweler. He was then shot with an arrow by his enraged wife, was made a saint by the other husbands, who had also disappointed their wives but who totally forgot to bring something home and there you go, a more modern-day version of the holiday we "aren't supposed to celebrate."

Why is there no Jewish holiday when a man is required to give his wife a gift, even if that gift is a \$5 box of chocolates from Target? The engagement ring is it? We get this expensive "token of their love" right up front and then it is all downhill? Can we save the expensive ring for another time? Especially when we realize that putting that money towards a home, car, or tuition is so much more efficient?

Husbands, and I am referring, of course, to husband #1, doesn't need a day to bring me things in order to show me

how he feels about me. He does that every day when he never brings me anything because, according to his mother, he is gift enough. Yup, there you have it. Jews do not celebrate Valentine's Day because Jewish mothers are delusional and they have raised their boys to believe that they are the quintessential gift.

They are jewelry, Godiva chocolate, and a bouquet of sweet-smelling flowers all wrapped into one perfect pack-



has nothing to do with the saint, nothing to do with Christianity, but everything to do with the boy's mother. I feel another mother-in-law article coming on, or that could just be a migraine. Though, to give credit where credit is due, one year, my boys convinced husband #1 to send me flowers and take me out to dinner. Little did he know our house was to become infested with the "Great Stomach Virus of

2011." It was bad. I couldn't move. As he looked down at me, his eyes filled with what I thought was love, he murmured softly, "If you didn't want to go out to dinner with me, you could've just told me." And then I had to get myself a Gatorade... good times.

According to a Valentine's Day study, one in four people do not want their partners spending too much money on their gift. Now, I am not very good at math, but from this I am to assume that for every four people asked "What kind of gift do you want to symbolize your partner's love for you?" one idiot says "Oh, I love my partner so much that they shouldn't waste their money on me." Someone should shoot that person with an arrow. We should celebrate our significant others or parents or siblings or friends every day, either with a phone call, some really good biscotti, or tickets to Billy Joel. Every day should have some sort of celebration in it, whether you really love the person, or you really want to strangle them. I have learned to live with the no-gift thing. I have also learned that if I want a gift, I love myself enough to go out and buy me one...where is a good velociraptor when you need one???

Banji Ganchrow is a self-proclaimed writer who thanks her grandmother for instilling a love of jewelry in her because jewelry always fits!

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# Polly-O String Cheese Announces OU Kosher Certification

Kraft Foods has announced that its entire line of *Polly-O* brand string cheese is now certified kosher by the Orthodox Union (OU). *Polly-O* is the only mainstream string cheese brand to be kosher certified by the OU across its entire line of products. Kosher consumers can now enjoy the well-known quality and taste of *Polly-O* String Cheese that is 100% real cheese, with no artificial flavors.

"We're always listening to our fans, including those in the kosher community, and we know they are looking for



premium, mainstream brands with OU certification," said Camille Vareille, Sr., Brand Manager for *Polly-O*. "With high-quality ingredients and delicious flavors to choose from, we're excited to offer *Polly-O* to kosher string cheese lovers," Vareille added.

The *Polly-O* production facility in Campbell, NY underwent numerous rabbinical inspections and a full koshering process to attain the OU certification. The plant now has a team of kosher supervisors, one of whom is always on site during production to meet the OU's strict standards. The OU, the world's largest kosher certifying agency, is seen as the hallmark kosher certification by many consumers.

"Bringing a beloved brand such as *Polly-O* to the kosher community and increas-

ing options for the kosher consumer is what the OU is all about," said Rabbi Menachem Genack, CEO of OU Kosher. "Working with the *Polly-O* team, and their enthusiasm towards the project, has been a pleasure," Rabbi Genack added.

*Polly-O* String Cheese and *Polly-O* Twists are available in seven varieties and are a favorite of moms and kids alike. Widely available in the Eastern US, *Polly-O* is made with no artificial flavors or preservatives, is a good source of protein and calcium, and contains no lactose.

## In Transition? Confused? What's Next?

CONTINUED FROM P. 52

vice from well-meaning friends. Unfortunately, they're only friends desiring to help but not professionals with expertise.

Regrettably, even career coaches don't have all of the desired solutions, but they know how to go about finding them. After years of experience and dozens of clients, I became able to put together a straightforward plan that appears to be working. The material that needs to be covered during coaching sessions is vast. In addition to that, I found out from experience that it takes a minimum of three to five hours of mock interviewing for a client to get sufficient practice and become proficient at interviewing. It's an absolute necessity to be capable of showing the hiring manager that you have not only the knowledge

but also the confidence to do the job well. After all, what hiring manager sets out to hire someone who appears to be lacking confidence?

Typically, I meet with a client five times. Each session is at least two hours long, and the second hour of each is devoted to practicing mock interviews. The first session is dedicated to agreeing on career plan objectives, creating a strategy, and defining target jobs in the right salary range, geography, industry, and sector. The second session focuses on the resume. The objective here is to make it billboardlike attractive. The resume has to have eye appeal, contain the right keywords, and show that the candidate will deliver. By now the client possesses the right tools.

The third session focuses on job search. Together we work not only on networking techniques but also on making sure the techniques are effective and not a waste of time. At this point, we are also practic-

ing how to overcome liabilities, and we're developing tools to track and measure job search productivity. The fourth session is all about communication and projecting the right image verbally—both in writing and over the Internet. We wrap up the process by practicing mock negotiation techniques, acquiring the tools for working with recruiters, and learning to uncover the hidden job market.

This is career coaching in a nutshell. An actual career coaching program is rigorous and systematic and requires persistence and a lot of hard work. Given a little time, in most cases it works.

Alex Freund, the "landing expert," supports job seekers into employment. Alex is an effective and successful career and interviewing coach. He is known for making people feel comfortable when interviewing. Feedback and/or questions can be directed to [Alex@landingexpert.com](mailto:Alex@landingexpert.com).

## Adath Israel to Host Purim Chagigah

On Purim night, March 4, following the megillah reading, Congregation Adath Israel will hold its annual Purim Chagigah, complete with food, music, children's entertainment and, of course, a costume parade. The cost is \$16 for adults, \$13 for ages 3 to 14, with a \$75 maximum for families. Registration is requested by March 1 and sponsorships are available. To register, go to <https://www.adathisraelshul.org/purim.html> or make checks payable to JEC-AI and mail to Scott Susser at 1090 Salem Ave, Hillside. For information contact Scott Susser at 347-733-0116 or [scott.susser@yahoo.com](mailto:scott.susser@yahoo.com).

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**Punch Up Your Purim: Try Some Wine Punch to Add a Bit of Zing**

CONTINUED FROM P. 50

Tie the sliced fruit slices and spices together in a piece of cheese cloth, and place in a sauce pan with the wine, cover, and bring to a simmer for approximately ten minutes. Remove from the flame, and discard the fruit and spices. Add the sugar and rum, and stir until dissolved. Then add the seltzer, stir, and serve foaming.

A few words on ingredients and technique:

When making punch it is important to use only quality ingredients.

When a recipe calls for juice, try to use fresh juices that were juiced within a day of making the punch. Citrus fruits should be juiced at room temperature, as they will yield more juice when warm. If you don't own a juicer, don't worry. As most punches only require a small amount of juice, a hand held citrus reamer will work nicely. Strain the juice through a wire-mesh strainer or a few layers of cheese-cloth to remove seeds and pulp, as these may cloud a punch.

As sugar dissolves slowly in cold liquids,

it is best to use a simple sugar syrup in cold punches. To make simple syrup pour a cup of superfine sugar and a cup of water into a small sauce pan and heat over a low flame, stirring until the sugar is fully dissolved. One can also buy a pre-made simple syrup, such as Liquid Sugar in the Raw, or Monin Pure Cane Syrup.

Another crucial ingredient, and one that is often overlooked, is ice. When making cold punch one should always use a solid block of ice, at least three or four inches thick on each side. Ice cubes will melt much quicker than a solid block and dilute the punch. To make an ice

block simply fill a plastic food container two-thirds filled with water and freeze overnight. Use distilled water to create clearer ice.

For cold punches, it is important that all the ingredients, and the punch bowl itself, are well chilled before making the punch. When making hot punches, all of the ingredients should be at room temperature.

Before serving a cold punch rinse the glasses with ice water, so the temperature of the glass should not rise the temperature of the punch. Likewise rinse the mugs or teacups to be used for a hot punch with boiling water before serving.

NEWS

**Obama Sounds a Quiet Revolution in Foreign Policy**

CONTINUED FROM P. 38

manifests itself in calls for the overwhelming use force as a first response rather than a last one. Our consumer culture of instant gratification and sensationalist media coverage only magnifies this pressure.

Yet here is a president telling many Americans what they are unaccustomed to hearing: that there are significant limits to what we can do. He warns against "overreach." We can, for example, degrade the Islamic State in the short term but it will take time to destroy them. No "mission accomplished" here.

Effective foreign policy requires patience, the intelligent use of diplomacy, America's economic heft and, yes, its military—but only in very select, strategic and limited ways. It would be easy to dismiss this year's National Security Strategy as inconsequential. Obama has less than two years left in office and there is a temptation to see the 2016 election as one that simply "resets" foreign policy. But that risks being naïve.

Reorienting America's foreign policy priorities—through the Pentagon, the State Department and Homeland Security—is like changing course on an enormous tanker. It takes a lot of time and resources to initiate change, and then it is often even harder to revert course.

This document may well set a quiet revolution underway—one that each presidential candidate will have to respond to in the foreign policy debates to come in over the next 18 months.

**Yeshivat Noam Family Israel Adventure 2016**

Yeshivat Noam will once again be coordinating a "Family Israel Tour" during Winter Break, January 2016. The Yeshivat Noam Family Israel Adventure is open to non Yeshivat Noam families and is appropriate for families with children in a wide age range and geared toward both families who have not been to Israel before and returning families.

An informational evening about the trip on will be held on Wednesday March 11th at 8:30pm in Yeshivat Noam. Be sure to learn about special programs for families who have a child studying in Israel. Different financial packages will be offered to give families the option of staying in the hotel or just joining the tours and arranging their own accommodations. For more information contact Rabbi Hagler at Rabbi-hagler@yeshivatnoam.org

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# The Rules of Being Sick



By Sarah Abenaim

I am not a fan of television, iPads, computers, or any other screen-device. I hate all electronics, which directly translates into how much my kids hate me, because I forbid them to use all of these things. We are not Amish in our home; we do own technology, but we severely try to limit its use as it seems to suck the life out of our children and turn them into zombies. Turning on a screen actually turns them off to the world. There was even once a time that whenever my son would finish watching television, he would have a fever (or, he just had undiagnosed strep, but it fits with my case, here). That's how profoundly it effects my kids' brains.

There are some exceptions to these rules. They can use iPads on the bus ride to and from school, because I WANT them to not pay attention to the "life lessons" learned on the school bus, which should be a reality show called, "Kids Gone Wild." Sometimes on long car trips, they can watch a DVD or play on an iPad, because it's just so freakin' boring. Every now and then at home, we will make an allowance and put on a movie or a show. (And then I am called the "Best Mother Ever." I must brag for a moment here... Maybe I'll even give out autographs.) And when the kids are too sick to move, a little dumbing of the brain with an infusion of technology works al-



most as well as Tylenol.

This past week, I had a sick child and she was doubled over in pain. I ushered her upstairs to bed, where she could rest quietly, and keep her germs quarantined. Every complaint out of her mouth caused my anxiety to mount exponentially, so I put my laptop on her nightstand and found some episodes of Disney Jr. shows she enjoyed, while I attempted to get the other kids ready to go to sleep. Within minutes, the other children had congregated around her bed. My toddler was standing in front of the screen, eating the plate of crackers I had brought for her in case she developed

an appetite, and the others stared at the computer, practically curled up in the bed with her, oblivious to the germs that were fluttering around them.

"Why does she get to watch TV?" they cried, when I ordered them to exit the premises. I told them because she was in so much pain and needed something to distract her and reminded them that being sick isn't just fun (TV and Gatorade!), but that she would also be missing out on exciting things coming up, while they all had plans to attend. One child cried himself to sleep, muttering how unfair it was. Another actually made a get-well card, a huge

improvement from previous jealous episodes. But the real problem was that the sick child knew that all she had to do was complain that her stomach was still hurting, and I'd put on another show. The ON button turned off her complaints, and I bought into it.

It's always hard to wean a child off the perks of being sick. The eating meals on the couch, the unlimited television time, the vacation from school/work/chores. My kids are always tempted to feign illness for a few extra hours or days, especially those who really love chewable Motrin tablets, and eat them like candy. But in the end, as we phase out the special sick activities, we can phase in their normal ones, and at some point, the previous balance will be restored.

I eliminated TV as rapidly as it had been introduced. I tuned out when the kids would bemoan how they weren't sick, and it wasn't fair because they never get to watch television. But the thing is, they become conditioned. "My neck is hurting," my child complains, looking at me beseechingly. And I know what she means to say is, "Can I watch TV?" It's just another weapon in their artillery, just another way to battle me on my positions, to tackle me in my sympathetic weak spots. They get me to say "no" and put me back in my place of "Worst Mom Ever," right where I belong.

Sarah Abenaim is a freelance writer living in Teaneck. She can be reached at SarahAbenaim@gmail.com.

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# The Long Road Ahead (Literally)



By Oren Oppenheim

A few weeks ago, I met up with a friend of mine—he's only a month younger than me—at the Garden State Plaza mall for a movie and to hang out. My mom drove me there, and he was going to drive me home. We started the trek from Paramus to Fair Lawn trying to figure out how to get out of the GSP's ornate but massive parking lot system, something easier said than done. Even when we figured out how to exit, we realized that we were heading onto the highway, which my friend had strongly wanted to avoid (and hey, I was in the passenger seat, so I wasn't going to argue). We spent 30 terrifying seconds on the rightmost lane of Route 17 North before managing to exit. But he did get me home in reasonable time and in one

piece, so I will definitely vouch for his driving skills!

I'm guessing most of you reading this are able to drive. I sadly have not yet gained that ability—I'm pretty well-versed in driving my siblings and occasionally parents a bit crazy. But really, I have not yet learned to drive a motor vehicle. I could've started lessons when I was 16, then taken the license test on my birthday (which coincidentally, was Erev Sukkot, so I wouldn't have had school to worry about), and already been cruising around New Jersey at full speed (as in the speed limit, of course).

Some could say this isn't such a bad thing. After all, it's not like I'll be driving myself to school or school events, since that's all in New York and there's no way I'm putting any driving skills to the test so soon on the GWB. I feel a bit constrained by the fact that I can't yet get behind the wheel. (Well, technically I can, when the car is parked and isn't actually moving, if you want to be

literal.) There are times when I want to visit friends in NJ or hop over to the mall or just go somewhere, and yet I can't get a ride. It would be great to ask if I can borrow the car instead of if I can have a ride.

Once you turn 17 it's much simpler to get started because you can begin the process without a driving instructor; you can take the knowledge test and then practice for six months without signing up for any sort of driver's ed. (Side note: Ramaz does offer driver's education, but I don't think I'm eligible because I'm not a resident of New York State; it's one NY perk I don't get by going to the school, although I do still appreciate my NYC library card!) My dad does say that I should get official driver's ed through a driving school—he's willing to help me learn, of course, but also thinks that it's a good idea to have me learn through a professional teacher.

So during winter break, I finally started reading the blue NJ driver's manual.

It's a combination of useful facts—what is a K-turn, when to signal, and so on—and stuff that's common sense, such as obeying the speed limit. I've heard that the knowledge test isn't so bad; you study the manual and take some practice tests and you're pretty solid. The hardest part will probably be finding a date that works and getting to the MVC (and waiting on line; I'm not looking forward to the DMV's notorious queues!). I also may need to take the test right before finals if I want to take it in January, which seems like a bad idea—but that makes the most sense because then I can finish the six months of practice and then the road test in June, before July begins and I possibly go off somewhere for the summer.

It's easy to imagine the worst; that God forbid I might get into an accident or damage a car or something like that. On the other hand, it's an important skill that I need to learn, and it's also something that millions of others (most likely including those of you reading this right now) do every day successfully. I just need to steel myself to get started, to focus, and to go through the process. And then I can finally stop bugging my parents to bring me to Teaneck or the mall, and be able to take myself to more places I wouldn't have been able to go to beforehand.

I might need to ask them for gas money, though. But I should probably hurry to take the test—I want to be driving while gas prices are still down!

Oren Oppenheim, age 17, is a junior at Ramaz Upper School in Manhattan and lives in Fair Lawn, New Jersey. He spends his free time writing and reading, and hopes to become a published novelist. You can email him at [orenoppenheim@gmail.com](mailto:orenoppenheim@gmail.com) and see his photography at [facebook.com/orenphotography](https://www.facebook.com/orenphotography).

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## ARCHEOLOGY

### Largest Trove of Gold Coins Ever Found in Israel Discovered in Caesarea

Large Treasure Trove of Gold Coins Revealed by Storms

i24news—The largest trove of gold coins ever found in Israel was recovered from the seabed in the ancient harbor in Caesarea National Park, Israel Antiquities Authority announced on Tuesday. Almost 2,000 gold coins from the Fatimid period (eleventh century CE) were salvaged in an excavation conducted by the Marine Archaeology Unit of the Israel Antiquities Authority. Using a metal detector, divers found gold coins in different denominations: a dinar, half dinar and quarter dinar, of various dimensions and weight. Winter storms revealed the secrets of the sea. The ship could have been carrying Egyptian taxes, payments for the garrison in Caesarea or was a merchant ship selling goods at ports of call along the coast.

## Fifty Shades of Red

CONTINUED FROM P. 46

personal, and to ourselves? Perhaps one could argue that certain literature shared between a couple could stimulate greater intimacy in their relationship and can be used constructively. However, our moral compass in this area has become so miscalibrated that social media is full of devotedly observant men and women unabashedly linking to articles, referencing books, and reviewing movies that they should be humiliated for anyone to know they saw or plan to see.

There is a rare genetic disorder, Congenital insensitivity to pain (CIP), wherein one does not feel pain. While an inability to feel pain might sound attractive, consider that many people with the disorder suffer terribly because they have no alert system that something is wrong. Some pass away from undetected appendicitis, others have bone infections or internal bleeding and never know anything is wrong before it is too late. Children need to be watched with extreme caution, because they can burn themselves and not be aware of it. While we go to extremes and great expenses to avoid pain and to relieve it, the capacity to feel pain is an essential component of securing our safety and well-being.

Just as pain, while unwelcome and unappreciated, is a necessary component of protecting the body, so too shame and the capacity to blush are necessary components of protecting the spirit and the soul. Shame is the pain of the *neschama*, alerting us to something being wrong, a line being crossed, a boundary being violated. The lives of people with CIP are in danger because their pain sensors are broken and they don't know if something is wrong or threatening their well-being. Our lives are in danger if our spiritual pain sensors are malfunctioning and failing to alert us to something morally wrong, behavior that is indecent that threatens our spiritual well-being.

*Seichel hu ha'busha v'habusha hu ha'seichel.* Discernment and embarrassment go hand in hand. A discerning individual feels a natural sense of discomfort and disgrace when a boundary of appropriateness has been violated. In her book, *A Return to Modesty*, Wendy Shalit writes, "Embarrassment is actually a wonderful thing, signaling that something very strange or very significant is going on, that some boundary is being threatened—either by you or by others. Without embarrassment," she writes, "kids are weaker, more vulnerable to pregnancy, disease, and heartbreak."

When mainstream members of society proudly boast of having read the *Fifty Shades* trilogy and the essentially pornographic film version is being shown in theaters across the country, we cannot help but realize that we are to a large degree living in a shameless society. It cannot be a coincidence that the more shameless society has become, the more it has struggled to create functional, healthy, long-lasting marriages of fidelity and fulfillment.

As Torah-observant Jews, a people of decency, modesty, and aspiration for purity, we must work overtime to preserve our sense of appropriateness and to retain our capacity for shame. If we post to Facebook with a link we should be embarrassed to have seen privately, let alone to share pub-

licly, we are acting shamelessly. If we forward emails that contain inappropriate images, a racy joke, or language that we should not use or be associated with, we are acting shamelessly.

While the rest of the world moves towards shamelessness, we must remember that we, the Jewish people, are to distinguish ourselves specifically through the quality of shame and the capacity to feel shocked. The Talmud in Yevamos 79a states: "*Ha'banim ha'kesheirim ha'busha nir'ah al pneiheim ki mi she'hu byshan hu siman she'hu mizerah Avraham, Yitzchak v'Ya'akov.*" We the Jewish people can be identified by our natural inclination towards blushing when something is *prost*—inappropriate or improper. A *by-*

*shan* is not a prude. He or she is one who has maintained a pristine quality, a natural alert system of when a boundary has been crossed and when a border has been violated.

The culture today is to share the intimate details of your life with friends over coffee or with coworkers at the water cooler or in real time over Facebook. What happened to modesty, to privacy, and to a sense of shame that some things are not meant to be shared with the world? If we become numb and oblivious to the distortion of decency, if we lose our *busha*, then we lose our *seichel*, our ability to discern between right and wrong, correct and incorrect, between appropriate and inappropriate.

Let's recalibrate our moral compasses. Let's repair and renew the feeling in our spiritual nerve endings. Let's reinstate the very trait that makes us proud descendants of Avraham, Yitzchak, and Yaakov.

When presented with the opportunity to read or see books or movies whose material is raunchy, vulgar and lewd, let's make clear that they are beneath us, and instead, rediscover the capacity to turn many shades of red.

This blog first appeared at <http://rab-bisblog.brsonline.org/fifty-shades-blushing/>

Rabbi Efreim Goldberg is the senior rabbi of the Boca Raton Synagogue in Boca Raton, Florida.

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# Eternal Rest in an Eternal Land



Eretz HaChaim  
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# If Only He Would Change! If Only She Would Change!



By Laura Turk, MS

How many of us believe “If only my spouse would change, our marriage would improve”?

As a marriage therapist, I can tell you that this belief is quite common. Many couples come through my door hoping that I will hear both of their “sides” and come to the conclusion that they are in the right and it is their spouse who needs to change. My experience has shown me that perhaps the most important way I can help couples is by help-

ing them understand that for change to occur in their marriages both of the partners must come to believe that each of them has to change. Because in marriage, unless there is abuse, it is never one person’s actions that are causing their distress. Both partners have their steps in the dance of their relationship that are contributing to their difficulties.

When couples experience a significant degree of anger and blame toward one another, they see each other through very rigid, limited lenses: “He is always so selfish! He never thinks about anyone but himself!” “She is always mean-spirited!” “She never has a nice thing to say!” They attribute negative

intentions to each other’s actions and can’t even contemplate the possibility that perhaps there is a different reason for their partner’s actions.

Once each of the partners begins to believe that “I am also responsible” for the state of their marriage, they stop pointing their finger and blaming their spouse. As a result, anger begins to diminish and they can start to experience compassion and empathy for each other instead of only anger and defensiveness. They begin to understand that their partners are also hurting because they are not receiving the love and attention that they are hungering for

from their spouse.

Once each of the partners starts to take responsibility for their actions, they begin to focus on what they need to do differently instead of what their partner needs to change. How are their words, their body language, their tone negatively affecting their spouse and their interactions with them?

As each of the partners begins to take responsibility for their own actions, their spouse becomes more and more willing to take responsibility for their own actions. Each feeds off the other’s good will and positive behaviors. Once they see that their partner is no longer blaming them for their marriage’s ills, they begin to feel compassion and tenderness for their spouse. As a result, they become more and more willing to make changes themselves.

Yet another reason why it is crucial to stop looking toward our partners for change is that the reality is that no matter how hard we might try to change others, it is not truly possible to do so. No amount of cajoling, begging, or arm-twisting will be effective in changing someone. True change can only come from inside the person himself.

The issue of changing our partner is relevant for couples who are dating and contemplating marriage as well as for couples who are already married. Too often, when people are dating and see a character trait or behavior pattern in their partner that they don’t like, they minimize its significance, thinking that they will be able to change this in their partner once they are married. In cases like this, it is essential for the individual to determine whether this is an issue that he or she could live with or not. Because if it is a trait or behavior that he or she knows would be very problematic for them to live with, that person must understand that the issue at hand will probably not change once they are married. In fact, the issue will, most likely, become more exaggerated and pronounced after marriage.

And what about issues that surface once a couple marries? How do partners deal with the conflict that may arise as a result of differences between them? When the conflict has been going on for a considerable amount of time, partners sometimes become disheartened and come to believe that “Nothing can get better in our relationship because my spouse is incapable of change. This is just his character.” While it is true that our core personalities will not change when we are already adults, behaviors can change. And, as stated earlier, the only way to change my partner’s behavior is by looking at myself, not him, and determining what I can change in my behavior. As a result of my changed stance and behavior, my partner will, in turn, be willing to look at his behaviors and make changes in his interactions with me.

Instead of saying, “If only he would change” or “if only she would change,” we should be asking ourselves, “What can I change in my stance or behavior with my spouse?” By placing the onus of change on ourselves, we will create an atmosphere of compassion, empathy, and good will in our interactions with one another.

Laura Turk, MS, LMFT, LPC, NCC, is a licensed marriage and family therapist. She practices marital and pre-marital therapy in Teaneck, New Jersey. Contact her at [lturktherapy@gmail.com](mailto:lturktherapy@gmail.com) or by calling her at 201-823-7933. You can also visit her website at [www.marriagecounselingbergencounty.com](http://www.marriagecounselingbergencounty.com).

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# Meish Goldish: A Best-Selling Personality

By Phil Jacobs

You might have seen his name in the Jewish Link or even on Amazon's website. Meish Goldish typically is the go-to guy for teachers who invite the Brooklyn writer to their classrooms to teach, talk and sometimes sing to the children.

And why wouldn't any teacher clamor to bring him in?

Goldish has written over 400 books ranging from 6-18 page workbooks for children to manuals for teachers to books on a wide ranging assortment of topics. One of his biggest-selling books is called *101 Science Poems and Songs for Young Learners*. But his "Making Multiplication Easy" was called a "Mega Seller" by its publisher, Scholastic. "Making Multiplication Easy" is in its second printing and is labeled by Amazon.com a best seller. The book was first published in 1991.

He has a wonderful sense of humor, curiosity and should be required listening by us all. He exudes a love of life. The author, who did call Teaneck his home for 27 years, was born in Tulsa, Oklahoma. He attended public school through eighth grade and then attended high school yeshiva in Skokie, Ill.

"Tulsa was a clean, pleasant place, but sort of boring," he said. "I was getting more interested in Broadway shows and music. I loved going to yeshiva, because I loved Chicago. I hung out there at movie theaters where I'd see old Humphrey Bogart movies."

He would move on to Case Western Reserve College in Ohio and for a short time considered a job working for American Greeting Cards. But his goal was to write jokes for the Tonight Show's Johnny Carson. He actually prepared about 100 jokes for Carson, and the then-king of late night used some of them.

But that was not where his career would take him. While living in New Jersey, he taught English at Teaneck High School and New Milford High School. His life would change—dramatically. A friend of Goldish's would leave the classroom to become an editor at Prentice-Hall. The friend asked him if he'd spend his summer break writing a teacher's guide to go with a book of five plays that Prentice-Hall was producing for high school students. That would become his first piece of professional writing, and the beginning of a prolific career writing for such publisher's as Scholastic and Bearport Publishing.

The books he writes are for children, but are not trade books such as Harry Potter. Instead, his books are used in schools as parts of reading, science, grammar or math programs. Many of his books are published solely for school and public libraries.

Some of the books are on themes that haven't necessarily been written about at any length. Indeed, Goldish has written a book about an animal called the fossa, which he said is only found in Madagascar and is part dog, part cat. The book is called "Fossa." Then if you need to read about the hagfish and the stone fish, he's written about them as well, not to mention the red imported fire ant.

What you need to know also is that Goldish didn't own a computer until the early 1990s. He was largely researching these topics in libraries the old fashioned

way instead of with the assistance of a search engine. So it shouldn't be a surprise that he doesn't have a driver's license, a cellphone nor nary a credit card. Cable? Forget it.

He's taken well known songs and created different lyrics as part of shul functions or Purim spoofs. He turned "Sunrise, Sunset" from Fiddler on the Roof into a song about synagogue customs. It's called "Some Rise, Some Sit." Nancy Sinatra's "These Boots are Made for Walking" turned into "These Shuls are Made for Talking."

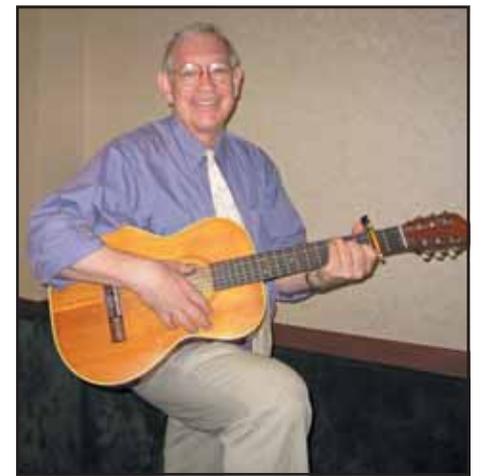
His wife, Chaya, a nutritionist, he said

has listened to many of his jokes, songs and parodies. They are members of Young Israel of Flatbush.

When he's not writing books, Goldish is an avid theater fan. He said he can see six or seven shows a week. He's seen "Honeymoon in Vegas," starring Tony Danza for 17 Broadway performances.

He's also a huge Seinfeld fan, and even wrote a Purim spiel using Jerry and the gang.

If anything a book should be written. Not by him. But about him. That could be as popular as "Making Multiplication Easy."



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# The Origin of Taanit Esther



By Mitchell First

The origin of this fast has always been a mystery. A fast on the 13th of Adar is not mentioned in the book of Esther. Nor is such a fast mentioned in Tannaitic or Amoraic literature.

Interestingly, the 13th of Adar (Yom Nikanor) is one of the holidays included in Megillat Taanit. This means that in Tannaitic times it was a day that one was not allowed to fast. (On the 13th of Adar in 161 B.C.E., Judah Maccabee defeated the Syrian military commander Nikanor, leading to the establishment of this holiday.)

We do know that by the 9th century some Jewish communities in Babylonia fasted on the 13th of Adar. We know this because a responsum of R. Natronai, head of the academy at Sura from 857–865, refers to the fast. The fast is also referred to in another source from Babylonia, the Siddur of R. Saadiah (10th cent.).

In around this same period, there are four sources that refer to a practice in Palestine of fasting three days in Adar, on a Monday-Thursday-Monday cycle. These sources are: Soferim (chapters 17 and 21), and three other sources that have come to light from the Cairo Genizah. This Palestinian custom surely arose to commemorate Esther's having fasted three days in Nissan (Esther 4:16). But this Palestinian custom is not a fast on the 13th of Adar.

So how did the Jewish community in Babylonia come to adopt a fast on the 13th of Adar, a fast for which there seems to have been no precedent?

A widespread view is that this fast arose to commemorate the three days of fasting initiated by Esther in Nissan. There are Rishonim who take this approach. But Geonic Babylonia is where the fast on the 13th of Adar first arose and this approach is not expressed in any of the sources from Geonic Babylonia that mention the fast of the 13th of Adar.

Fasting on the 13th of Adar is referred to in one of the four she'iltot for Purim included in the She'iltot of R. Ahai Gaon. This is a work composed in 8th-century Babylonia. But according to the most recent scholarship, the four she'iltot for Purim were probably not in the original She'iltot when it left the hands of R. Ahai. They were authored in a later period. (See Robert Brody, *Le-Toledot Nusah ha-She'iltot*, p. 186 n. 5.) The she'ilta that refers to fasting on the 13th of Adar is even more problematic than the other three. After the first few lines in Aramaic, the balance of this she'ilta is almost entirely in Hebrew, unlike the rest of the She'iltot.

I believe that I was able to solve the mystery of the origin of the fast of the 13th of Adar. My article with the solution was published in *AJS Review*, Vol. 34, No. 2 (November 2010), pp. 309–351. I can only allude to the solution here and I refer all to the original article or to the shorter summary that appears in my recently published

book, *Esther Unmasked: Solving Eleven Mysteries of the Jewish Holidays and Liturgy* (Kodesh Press, 2015).

Briefly, the solution is as follows:

The earliest source that refers to a practice of fasting on the 13th of Adar is an anonymous Babylonian Geonic responsum that made its way into Midrash Tanhuma (Bereshit, section 3). It is reasonable to work with the assumption that this responsum dates from the 8th or 9th centuries.

This responsum adopts a very unusual interpretation of the sections of the Mishnah at the beginning of Massekhet Megillah. These sections permit villagers to fulfill their Megillah obligation on the 11th, 12th, or 13th of Adar, on yom ha-kenisah, under certain conditions. In the plain sense of these sections, yom ha-kenisah refers to Mondays and Thursdays, and the teaching is that the reading for the villagers is allowed to be advanced to these days when the villagers enter, or gather in, the cities.

But in the interpretation adopted by this Geonic responsum, yom ha-kenisah means the fast of the 13th of Adar (= the day on which the Jews gather to fast). The reading for the villagers is allowed to be advanced because the date of the observance of the fast day is being advanced due to a prohibition to fast on Shabbat and erev Shabbat that is being read into the Mishnah. In this interpretation, the advanced fast day is a day upon which the reading for the villagers is allowed.

Close reading of the responsum suggests that the responsum is not describing

a practice of fasting on the 13th that was occurring in its time. It is only interpreting Mishnah Megillah 1:1-2 and describing a practice of fasting on the 13th that theoretically occurred in ancient times, according to the interpretations it was offering.

The critical question in determining the origin of the fast of the 13th of Adar is what motivated this unusual Geonic interpretation. Obviously, one possible motivation was an attempt to justify an existing practice to fast on the 13th. But in my article I suggest something entirely different that motivated this unusual interpretation. (The motivation is too hard to explain in the short space here.) Then we can understand the practice of fasting on the 13th as having originated as a consequence of this unusual Geonic interpretation of the Mishnah at Megillah 1:1-2.

That the fast of the 13th of Adar did not arise as commemoration of the three days of fasting initiated by Esther is seen from the name for the fast day of the 13th in the earliest sources. The responsum of R. Natronai is the earliest source that refers to the fast by a name, and it refers to the fast as Taanit Purim. R. Saadiah refers to the fast as "the fast of the Megillah." Al-Biruni, a Muslim scholar of Persian origin (writing in 1000 C.E.), calls the day "the fasting of Al-buri" (Purim).

To sum up:

1. The practice of fasting on the 13th of Adar originated in Geonic Babylonia.

➔ CONTINUED ON P. 63

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## Increasing Productivity and Decreasing Employee Stress at the Workplace



By Marc Berkson

With the skyrocketing costs of health-care today, companies are looking for ways to save money and to increase productivity wherever possible. On-site chiropractic care just might be the answer. Research shows that chiropractic care increases workplace productivity, and at the same time, decreases the amount of time an employee is out of the office for treatment, resulting in tremendous savings in overall healthcare costs.

Low back pain is one of the main reasons employees miss work, but also one of the issues easily prevented and treated with chiropractic care. In addition, chiropractors are uniquely trained in understanding the importance of proper biomechanics in regard to general injury prevention at the office. Training employ-

ees in proper ergonomics can save them for having chronic repetitive stress injuries, which can also lead to lost income for both the employee and the company. With a chiropractor on site potential injuries can be detected and treated before the problem occurs.

In the absence of an on-site chiropractor or regular chiropractic care, there are a number of practical measures you can take to prevent injury. Be aware of your posture! The straighter you sit, the less likely you are to injure your back. Make sure your computer screen is at eye level and that your hands are dropped slightly so they are comfortably at rest when typing; neither too high nor too low. During the work day, make sure to get up and walk around

every 30 minutes so you are not staring at the computer for a long period of time. Finally, when sitting, there are a number of stretches and exercises you can do to further prevent strain.

1. The forward bend: Bend forward in the seated position and touch your toes and hold the position for a few seconds while breathing normally.

2. Upward salute: Sit up as straight as possible reaching both arms up over your head, palms facing together (avoid locking your elbows). Stretch and hold while breathing normally.

3. Spinal twist: Place your left hand on your right knee and right arm on the back of the chair. Breath in and twist to the right. Repeat in the opposite direction.

4. One-arm hug: Take your left arm and grab your right shoulder. Gently pull the shoulder in toward you and release. Repeat with the right arm.

Too many of us spend too much time suffering from back pain, headaches, carpal tunnel syndrome, stress, and exhaustion. With these simple changes to your daily routine, you can save yourself time and money. You will have more energy and as a result, your productivity will be increased and your stress level will drop.

Dr. Marc Berkson is a licensed Chiropractor and cold laser specialist who is available for home visits and consultations. Dr. Berkson has been working in chiropractic and pain management for over 10 years and can be reached at [drmarcberkson@gmail.com](mailto:drmarcberkson@gmail.com).

### The Origin of Taanit Esther

CONTINUED FROM P. 62

2. The approach most consistent with the Geonic sources is that the fast arose as a consequence of an unusual Geonic interpretation of Mishnah Megillah 1:1-2. There had not been a practice of fasting on the 13th at the time the Geonic interpretation of Mishnah Megillah 1:1-2 originated.

3. The origin of this fast in Babylonia had nothing to do with the three days of fasting initiated by Esther (in Nissan), even though today the fast bears her name. That the Palestinian practice was a commemoration of the three days of fasting initiated by Esther eventually led to the name for the Babylonian fast of the 13th evolving into Taanit Esther.

We are fortunate that it is the Babylonian practice of fasting one day (the practice not based on Esther's actions) that prevailed, and not the more difficult Palestinian (Monday-Thursday-Monday) practice!

Mitchell First is a personal injury attorney and Jewish scholar. His most recent book is available at amazon.com. He can be reached at [MFirstAtty@aol.com](mailto:MFirstAtty@aol.com).

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## IT Practices in a Snow Storm



By Shneur Garb

After the past couple of weeks of avoiding "Snow-mageddon," there are some items people can do to prepare for a snow storm.

Outside of having food provision prepared, chances are you may lose power. How can one use one's phone without power? Back in the day telephones were wired direct without Internet. They are called POTS (Plain Old Telephone System). Today Verizon will not install these lines. If you have one, hold on to it. Cablevision is all Internet based. You lose power you will lose phones.

If you have a smart phone with a replaceable battery you can purchase one cheap from Amazon. Charge that battery,

keep it near your flashlights, etc. For a small price even 7-Eleven has a portable battery charger. The ones I like are the ones that AA and AAA batteries are used to charge your phone. If you don't have power what's the point of having a USB power adapter?

If you know a storm is coming and you may need your PC, charge the PC as long as you can. If you are using the laptop and know power is out, turn off all the settings that will use more battery power.

There are old-school crank radios that do not need a battery. To charge it you can crank the radio. But be ready to crank it a long time before you get the charge.

Another great option that I was able to find on Amazon is a chargeable portable bag. The bag has a built-in battery charger that will charge many USB-type connections. I use this every day and have needed this on occasion.

Protect your documents. Keep all your documents on a USB stick in a fireproof safe. Scan your licenses, passports, home insurance, car insurance, credit cards, bank cards, etc. If you need a replacement the customer service number on the back of some of these items may be very handy.

Though most of us do not use cash anymore, keep enough money to pay for gas or a hotel. Purchase gift cards that can be given to your children during a crisis as well.

Don't be complacent about scanning your documents; every time I get a new one, I scan it immediately and put it on the flash drive. Try the NEAT scanner. You can scan documents, receipts, and business cards with your smartphone straight to the cloud.

GCG's in-house attorney Chaim Stadtmayer recommended that under ICE (in case of an emergency) contacts on your smartphone, save the important numbers

a police officer could call if someone is unconscious.

And if you are out there and have to go to a hotel, protect your credit cards. Are you still carrying around a regular wallet? Seriously, come into the 21st century. In today's high-tech world full of thieves and hackers you have to be proactive to prevent identity theft and credit card fraud. Embedded in your plastic cards are small RFID chips used to scan your information. One can purchase a Hack Shield Wallet that is lined with the best Radio Frequency (RF) blocking material, keeping your ID cards and credit cards safe from being scanned by thieves.

In the meantime, be careful out there.

Shneur Garb is the CEO of the Garb IT Consulting Group LLC, located in Teaneck, NJ. For questions or comments email [shneur@garbcg.com](mailto:shneur@garbcg.com).

## BUSINESS SPOTLIGHT

### Women's-Only Yoga Studio Opens in West Orange

West Orange—The opening of Keter Yoga marks the beginning of a new era for the Jewish women of West Orange. Keter Yoga is a women's-only yoga studio offering semi-private and private classes for the community. The studio can accommodate up to 10 or 12 women in the semi-private classes. Yoga classes include breath work (pranayama), poses (asana), and meditation. There are beginner and intermediate classes available daily from Sundays through Thursday nights. Yoga is for everyone, regardless of age or physical condition. All

can participate and benefit. Self-acceptance and love is stressed throughout through the principle of ahimsa (non-harming). At the end of a class, participants leave feeling peaceful, happy, and relaxed.

Yoga is an ancient Sanskrit word meaning union. Yoga is not a religion, and the tenets of yoga encourage its practitioners, or yogis, to follow their own religion. Yogis aim to find a union of the mind, body, and soul. This union leads to many benefits that are physical, mental, and spiritual. These benefits include increased strength,

flexibility, and bone mass, better focus and posture, more peace of mind and oxygen to the brain, lower blood pressure, and more.

Jacki Routhenstein, yoga instructor and member of Congregation Ohr Torah in West Orange, is a graduate of The American Yoga Academy, and a Yoga Alliance certified yoga teacher, RYT 200. Jacki has been practicing yoga for



Jacqueline Routhenstein M.A., RYT 200, director of new yoga studio  
JACQUELINE ROUTHENSTEIN

over 25 years, and has been greatly influenced by each of her teachers including Baron Baptiste, Master teacher Kofi Busia, Claire Diab E-RYT, and Alana Greenberg E-RYT 500.

For more information go to [www.keteryoga.com](http://www.keteryoga.com) or look for Keter Yoga on Facebook at <https://www.facebook.com/keteryoga?ref=hl>. Contact Keter Yoga at 973-951-6617 or [routhsrus@gmail.com](mailto:routhsrus@gmail.com).

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# Organized & Clutter Free: Toss Out Those Old Cards



By Eileen Bergman

Welcome to the world of organizing! I am inviting you to join me on a monthly journey; our destination is a clutter-free lifestyle for your home or small office. Our journey will not require you to pack a bag, separate your liquids and gels, or remove your jacket, shoes, belt, or jewelry.

It will begin with reviewing the many catalysts in our lives that lead us to the path of gaining control of our clutter and creating an organized life. Perhaps you are going through a life change and you are now responsible for managing your household finances where it was previously handled by someone else who is no longer around to assist. Or, you are planning for a move in the next one to five years and you know in your heart that you need to get your act together to clear your "stuff" before you can put your house on the market. Maybe you are a first-time mom and your extra bedroom that was previously your home office is now a nursery, and you still need a place to pay your bills and manage your household finances and affairs.

These homebound cold and snowy days of winter are a special time for us to turn off and tune out the world, and get to that list of "to dos" that have been piling up for months, maybe even years. Today I would like to focus on the topic of greeting cards. Yes, you heard me right, *greeting cards!*

Over the recent holiday season you may have received many beautiful cards from your best friends or favorite relatives constructed of carefully chosen photos of their family taken on their special vacation at the beach. You may have displayed the card in your home over the holiday season, or chosen to put it in a stack of opened mail on your desk, or perhaps threw it into a file marked "personal" for future enjoyment. If you have no process in place, you will be amazed at the volume of cards that may accumulate over the years.

Here is how I handle greeting cards in my home. First I make sure I show it to my husband when he comes home from work, and then I display the cards in our foyer for a couple of days. Next step, the cards end up in the shredder. (In the interest of pro-

tecting your privacy from dumpster divers, I highly recommend that your home has a quality cross-cut shredder that remains unplugged when not in use to protect your young children and pets.) Occasionally, if the card is a fabulous one, I will keep it in my "personal mementos" file for future enjoyment. For example, this past year I celebrated a milestone birthday and I ended up saving a handful of cards that either touched my heart or tickled my funny bone.

How are you handling your greeting cards? Are you getting any enjoyment from looking at the cards, or do they represent just one more piece of clutter that is building up in your home and your head, and stressing you out? Does it annoy you that you can't just part with them and not feel guilty?

You may be keeping cards for all the wrong reasons. It's ok to be honest with yourself about why you save the cards that you do, and more important, *it's ok* to elim-



inate this one form of paper clutter from your life. You may feel more comfortable tossing them (better yet, shredding them) after you have displayed them for a limited period of time. If you experience pure joy from looking at the cards, then by all means keep them for another year. But if the cards are an annoyance, then go ahead and push the guilt aside and shred them.

Believe me when I write this, your friends and family are not going to come to your home looking for the holiday or birthday card that they sent to you in 2014, 2013, 2012...well you get the idea. And if they really love and respect you, they will understand that you are focused on organizing and de-cluttering your space in order to live a healthier and stress-free lifestyle.

Becoming organized and clutter free is not just about the physical "stuff" that crowds our home and office, it's about acknowledging the clutter in our minds that bogs us down from being productive and happy. Why save anything for all the wrong reasons. Enjoy it in the moment, then move on.

Happy Organizing!

Eileen Bergman may be reached by e-mail at [Eileen@eileenbergman.com](mailto:Eileen@eileenbergman.com) for feedback and suggestions for future articles.

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## Mehanechet at Ma'ayanot

Ma'ayanot's unique guidance program affords necessary time for bonding and self-reflection. Since its inception nearly 20 years ago, Ma'ayanot has recognized the emotional complexity of the high school years and the necessity of providing students opportunities to reflect on and process life issues in a safe, non-judgmental setting. Built into Ma'ayanot's educational program, therefore, is the school's unique Mehanechet curriculum, a weekly guidance program dedicated to fostering students' social, emotional, and religious growth.

Ma'ayanot's Mehanechet program is an important part of the Ma'ayanot experience throughout all four years of high school. Each year every grade is divided into small groups of 10-15 diverse students, and each group is paired with a female faculty advisor. Mehanechet groups meet weekly with their advisor to discuss "life topics" in a relaxed, comfortable, and safe environment. In addition to affording students a designated time and space to contemplate sensitive issues in a supportive setting, it also provides an opportunity for students to develop meaningful relationships with faculty members outside of the classroom. Indeed, a key role of the Mehanechet is to serve as a trusted adult to whom students can turn for support, guidance, advice, or even just a sympathetic ear.

Mrs. Nina Bieler, M.S.W., Head Mehanechet (and Director of Admissions), is primarily responsible for developing the Mehanechet curriculum, which is designed to meet the developmental and emotional needs of the students as they progress through high school. As such, certain Me-

hanechet topics are grade specific; for example, the 9th grade curriculum includes the topics "Setting Goals for High School" and "Study Skills," while the 12th grade curriculum includes "Domestic Violence, Dangers of Drunken Driving," and "Religious Challenges on the College Campus." Other topics, however, are common across all four grades, including self-esteem, positive body image, navigating friendships, social transitions, stress management, and decision-making, to name a few. While a set curriculum has been established for each year of high school, the program also allows for fluidity and spontaneity to respond to difficult issues as they arise for any given grade in any given year.

Examples of important issues currently being discussed in Mehanechet across all four grades include Internet safety and cyberbullying. To address these issues, 9th graders will hear from an officer of the Bergen County Police Department, and they will participate in the Internet campaign, "If You Wouldn't Say It, Don't Write It"; 10th graders will participate in an improvisation presentation by an acting troupe trained by the Bergen County Division of Family Guidance, and 11th and 12th graders will attend a presentation on Internet safety by Ms. Ellen Amsel, Chief Information Security Officer at Princeton University.

Other issues of critical importance across all grades include the issues of self-esteem and developing a positive self-image, topics that are covered in a variety of ways across the four-year Mehanechet curriculum. For example, 9th grade students utilize Dove's Campaign for Real Beauty to initiate discussions on body image and on how the media impacts young women's



self-image. Tenth grade students revisit the issue of societal expectations of beauty, but also spend time discussing the topic of *tzniut* (modesty), which necessarily entails exploration of the oft-sensitive intersection between religious ideals, societal expectations, and self-expression. The 11th grade curriculum utilizes a "Brag Role" activity to encourage students to know and be able to articulate their personal strengths, an indispensable skill for the college application process. Finally, seniors utilize several sessions to delve into the important issue of valuing oneself within the context of critical relationships, including future romantic relationships.

Along these same lines, a fascinating program brought in once every other year for juniors and seniors, the monologue "Flowers Aren't Enough" by Naomi Acker-

man, specifically targets the difficult issue of domestic violence. While simultaneously entertaining yet difficult to watch, this monologue always makes an impression and leaves the students open to having candid small group discussions about this important topic.

In summing up the goals for Ma'ayanot's Mehanechet program, Mrs. Rivka Kahan, Ma'ayanot's Principal, notes that "the discussions and relationships that are developed through Mehanechet are intended to contribute to a school culture that is reflective, open, and focused on the growth of the whole student, while the small group format is intended to provide a framework for students to develop their social-emotional awareness and skills as they grow into thoughtful, mature adults and members of society."

## Choose to Be Vulnerable and See Where It Leads

By Lisa Fusco

I read a blog post about the qualities of a modern teacher. The first quality listed was, "Choose to be vulnerable." What does it mean to be a vulnerable teacher? Does it mean being weak or incapable? No, in fact, it's quite the opposite. According to Dr. Brene Brown in her book, *Daring Greatly*, vulnerability is not weakness, it is our most accurate measure of courage; it is "basically uncertainty, risk and emotional exposure."

It takes great courage to see yourself as a learner in your classroom, courage to step out of your comfort zone and explore new ideas, and great courage to fail your way to

success. It is difficult in a school culture to develop the ethos that embraces creativity...because many teachers embrace perfection and feel that change is too risky. Asking teachers to try their hand at blended learning without a way out was our "great dare"; their response continues to be a demonstration of daring greatly.

It was difficult for me to imagine how frightening this change was going to be for the teachers. When I first presented the idea of blended learning I thought teachers and administrators would be as excited as I was to embrace this new idea. I quickly learned that trying something new is not that exciting when you are afraid

you will fail. Teachers take a great deal of pride in the work they do and asking them to change that on the fly was frightening. However, these teachers are some of the most courageous people I know and they rose to the challenge. Although this process was not easy, it was one of great growth which comes only when you dare greatly.

Glancing back, I can see that providing a strong scaffolding of training and planning are integral parts of a successful transition. In fact, in our second year we are experiencing much success due in large part to the fact that we started talking about this change in culture for the past year. Holding many training session af-

forded teachers a series of small presentations of this big change. Teachers were able to work with each other and our consultants to puzzle out ideas about blended learning and how it might impact their specific methodology. In this way we were creating a mindset of growth and change which is essential to help teachers feel confident and empowered through the support they receive from administrators, teacher leaders, and each other.

I take much pride in the team approach we developed through this process. Granted, it was not an easy path, but a worthwhile one, nonetheless. Our team consists of administrators, coaches and teachers working together to map out each small change. When challenges crop up we embrace the opportunity for more growth. We call this "iterations of success"; test, learn, iterate, repeat. By encouraging a culture that is not about shame and blame we have been able to look at the "wrong turns" as opportunities. It was not easy to lean into these imperfections, in fact, it feels uncomfortable and unfamiliar, but creativity requires taking risks and risks are messy and come packed with imperfections. We have made exciting progress this year and our teachers are taking risks in curriculum design and lesson planning that would have been impossible without this cultural change.



Lisa Fusco is Director of Technology at the Moriah School

## Moriah Celebrates Heritage Fair



Carol Bierman, author of *Journey to Ellis Island*, spoke to 6th graders about family heirlooms. This was the kickoff for the 6th Grade Heritage Fair.

## Noam Siyyum

Congratulations to over 50 Yeshivat Noam students for learning and completing Mesechta Megillah over winter break. Additionally, several celebrated completing Seder Zeraim (Seeds).



## RYNJ Kindergarten Students get Ready for Presidents Day!



Mazal Tov to the Students of Moriah's Kitah Aleph on Receiving their Siddurim!

## Famous Immigrants "Visit" Yavneh

As part of its unit on immigration, Yavneh Academy 5th graders dressed up as famous immigrants and presented biographies to their classmates. The students were excited to "meet" Isaac Asimov, Iggy Azalea, Sergey Brin, Jackie Chan, Charlie Chaplin, Albert Einstein, Andy Grove, Harry Houdini, Mila Kunis, John Lennon, Elon Musk, Indra Nooyi, Izhak Perlman, Natalie Portman, Marcus Samuelsson, Arnold Schwarzenegger, and Elie Weisel.





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# Local Schools Participate in Sharsheret Pink Day

By Jill Kirsch

Elizabeth—This past week the Jewish Educational Center participated in its first Sharsheret Pink Day to raise consciousness and funds for Sharsheret. Spearheaded by RTMA senior Yonah Rosen in honor of his mother's battle with breast cancer, the day was considered a huge success. Below is



RTMA students display their "pink": (l-r) S.J. Tanenbaum, Edison; Meir Solomon, Staten Island; Yitzzy Weinberger, Elizabeth; Yaakov Hoffman, Staten Island; Rabbi Peretz Hochbaum, RTMA Principal; Yonah Rosen, East Brunswick; Natan Pittinsky, Passaic; Ezra Weisotsky, Passiac, and Tani Ben-Haim, Highland Park. ADINA ABRAMOV.

a letter written by Rosen celebrating the day's accomplishments:

"Today RTMA participated in JEC's first ever Sharsheret Pink Day. Sharsheret is a national organization that raises awareness for breast cancer within the Jewish community and supports Jewish women and their families facing this terrible disease. One of their many initiatives is Pink Day, a day when people from many schools and organizations wear pink to raise awareness for breast cancer. This year I decided that we, as a school, should participate. I believe that it was important to inform each individual in the school about the dangers of this disease, not only because men are susceptible to it, but because even if it doesn't currently affect them, it will most likely affect someone they know.

To kick off the day, my mother, Melissa Rosen, the Director of National Outreach at Sharsheret, spoke to the entire high school about the organization and how it can help families cope with the diagnosis. Throughout the rest of the day, we sold lots of pink items to fundraise for Sharsheret. We were able to raise \$400, with all proceeds going to members of the Jewish community who are facing



Bruriah High School students participate in Sharsheret's "pink" breast cancer awareness campaign. ADINA ABRAMOV.



Students at the JEC's Yeshiva of Elizabeth display their support by wearing pink. ADINA ABRAMOV.

breast cancer. I'm proud that my school decided to join in this event. Thank you everyone who made this possible and thank you for the support."

When asked why it is so important for boys to learn about breast cancer, Rosen said, "It is a disease that affects everyone, including fathers, sons, and brothers." He cited his mother's words earlier in the day. "In the general community," she said, "one out of every 345 people has a genetic mutation that makes breast cancer and ovarian cancer much more likely. In the Ashkenazi community, one out of every 40 people

has that mutation!"

At Bruriah, breast cancer education continued with a presentation later in the week and will continue with formal education about this critical issue as part of the general curriculum.

"At the JEC," said Adina Abramov, the school's chief marketing officer, "we are focused on the whole student, and that means that we are concerned with their spiritual, educational, emotional and also physical well-being."

To contribute or learn more about Sharsheret, visit [www.sharsheret.org](http://www.sharsheret.org).



The Moriah Middle School participates in Sharsheret's annual Pink Day to raise awareness.

## Yeshivat He'Atid Celebrates Tu B'Shvat



TABC students gear up for Pink Day.

## JEC Early Childhood Celebrates Tu B'Shvat

By Adina Abramov

Elizabeth—The JEC's Early Childhood Division Nursery class celebrated Tu B'Shvat completely in Hebrew by emulating the trees during their daily Chalav U'Dvash session.

Chalav U'Dvash introduces children to the Hebrew language through conversational instruction. It is based on proven research that the optimal method of language acquisition is through exposure to conversations and internalization of nat-

ural speaking patterns. Chalav U'Dvash completely immerses the children in the language and puts them in the center of learning, creating a fascinating environment. During a daily 30-minute session given by the skilled and trained Morah Batsheva Kent, only Hebrew is spoken. A broad range of interactive activities stimulate the children's imagination, making it truly fun and exciting to learn. A charming puppet, Bentzi the Turtle, teaches the language by using the language and introducing basic vocabulary to the children.

Illustrated cards feature bright and attractive pictures and augment word recall with visual imagery. Original music and songs teach and reinforce words and terms. Storybooks act as springboards for conversations and beautifully designed posters and exciting games are all part of the total language immersion process, teaching the children to



(l-r) Meira Bleicher (of Elizabeth), Uriel Meysarosh (of Elizabeth), Aharon Yehuda Hershkowitz (of Hillside), Moshe Kaminer (of Springfield), Dahlia Singfer (of Hillside), Joey Krausz (of Springfield), and Solomon Stern (of Hillside). ADINA ABRAMOV

speak and understand Hebrew in a truly enjoyable and effective way.

# JKHA Studies Az Yashir

By Erica Rosenfeld

Livingston—In honor of Shabbat Shirah, the Joseph Kushner Hebrew Academy studied the song “Az Yashir.” According to Mechilta 15:1, there are only 10 songs that were written between Creation and the end of the Scriptural period. These songs are a sign of an elevated spiritual status or deeper understanding of seemingly unrelated events. In this week’s song, it is not just Moshe or the prophets who reached this heightened status, but all of Bnei Yisrael. Although we recite “Az Yashir” daily in Shacharit, we do not always pause to ap-

preciate its deeper meaning or significance. following the cloud by day and the flames by night. After seeing and hearing the sea water that stood before them, they experienced the glory and power of the miracle of the splitting of the sea. As a group, the students learned about the significance of a “song” in the Torah and saw how “Az Yashir” appears in the Torah with its distinct spacing and configuration. After hearing “Az Yashir,” the assembly ended with the beat of Miriam’s drum.

“Az Yashir” does not just recap the events that occurred when Bnei Yisrael left Egypt, but highlights how all of the pieces of God’s plan came together.

# RKYHS Teams with Yachad



RKYHS students and faculty spent an uplifting Shabbat together with Yachad members.



JKHA pre-K and Kindergarten classes “crossing the Yam Suf”. ERICA ROSENFELD

While studying Parshat Hashavua this week, JKHA students had the opportunity to focus on the meaning of this special song. In the Early Childhood classes, teachers focused on what happened before Bnei Yisrael sang. The students reenacted what happened to Bnei Yisrael as they left Egypt. “Moshe” met the students at their classrooms and “led them out of Egypt.” With the Egyptians not far behind, the students had to stop when they reached the Yam Suf. Together they prayed to Hashem and then “Moshe” raised his staff and split the sea. The children were so happy to get through before the water returned to its normal state. Once they all crossed to the other side, they danced and sang and were excited to begin their journey to Israel.

In addition to the specific lessons taught in class about Parashat Hashavua, the Lower School students came together for a multimedia presentation and assembly that helped instill an appreciation for this song. The mood in the auditorium was set as the students traveled to their seats

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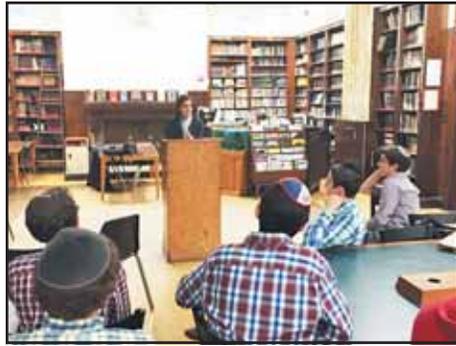
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## Syms Professor Explains the Basics of Starting a Business Plan to MTA Students

By Ari Kimmelfeld

On February 10, Dr. Galit Ben-Joseph, Clinical Assistant Professor of Management at YU's Sy Syms School of Business, presented a business plan workshop to MTA students. Dr. Ben-Joseph also serves as an Executive Director and Financial Advisor at J.P. Morgan Securities. Prior to earning this title, she spent a total of 20 years working at Goldman, Sachs & Co., JP Morgan Chase, and Neuberger Berman. While the presentation was set up as part of the MTA LEAD entrepreneurship program, it was open to all students.



Dr. Ben-Joseph walked students through the fundamental steps involved in initiating and developing a business

idea. As an example, a proposal to open a coffee shop on the Yeshiva University campus in Washington Heights was introduced. At first, opening such a shop seemed like a great and easy idea; however, once students took a closer look at the steps it would take to actualize this idea, they realized the tediousness of the project. This was the case because like most people, they didn't think about the essential marketing, management, competition, and industry background before saying how great the idea is. After going through the list of pros and cons for the coffee shop proposal, students

discovered that the problem wasn't that it would be too expensive of an endeavor or too difficult to market, but that the profit per customer would be little to none. That said, Dr. Ben-Joseph personally thought that a coffee shop would succeed on the campus because of the high margins and the high expected number of daily customers.

The students understood from this program that it takes a tremendous amount of work and passion to be an entrepreneur, but that it is also definitely do-able if one is willing to put in the "blood, sweat, and tears" necessary to be successful.

## Yavneh Brachot Challenge

Have you been challenged? For two weeks now Facebook, Twitter, and Instagram feeds, as well as inboxes all over town, have been jam packed with children and adults saying brachot.

The Yavneh Brachot challenge originated in the 5th grade at Yavneh Academy and has now spread to schools across the country. The idea is simple: Say a bracha, nominate three others to do the same, and donate an item to a food pantry. The result is spreading awareness of an important mitzvah to everyone you know through social media.

Rabbi Jonathan Knapp, Yavneh Academy Head of School, explained, "The bracha challenge represents one of our core values, namely inspiring our children towards religion with passion and exuberance. It is

a wonderful example of how today's technology can be employed to enhance mitzvah observance."

Yavneh 5th grader Maya Galandauer said, "Sometimes people forget to make brachot on foods, and this was a fun way to remind them to always make a bracha before they eat." Maya's mother, Ruti Galandauer also commented, "It was nice to see the #yavnehbrachotchallenge start with the Yavneh 5th graders and quickly spread amongst all age children from various schools. Seeing all these amazing videos on Facebook and Instagram is sure to bring a smile to everyone's face while reminding them to always make a bracha on their food."

Rabbi Steven Penn, Assistant Principal Judaic Studies for grades 1-5 added, "I loved



the idea of the Bracha challenge. It raised the awareness of the importance of thanking Hashem for our food and it was fun for the students and their families. Children were arriving at school and saying, 'I was nominated for the Bracha Challenge last night; I am going to do my video tonight.' Children as young as 12 years old have participated and we have already reached five

states and two other countries. We even had parents sending nominations to grandparents and friends."

Hundreds of people have already taken the challenge. The 5th graders at Yavneh Academy are thrilled that their initiative has inspired so many people to partake in this exciting challenge and hope that this will remind us all to do this valuable mitzvah.

## Moriah Students Visit Jewish Home

Moriah 8th Graders working with residents from the Jewish Home at Rockleigh.



## New Semester of Chaburas Kicks Off at MTA

Because of MTA's association with Yeshiva University, the students are afforded incredible opportunities to connect with YU/RIETS Roshei Yeshiva. Last week, a new semester of *chaburas* kicked off, allowing students to learn and to develop relationships with these world renowned



*Talmidei Chachomim* on a personal level. Interested students were divided into small groups, each of which meets on a regular basis with a particular rosh yeshiva for most or all of a semester. Among the YU Roshei Yeshiva who are currently participating are Rav Aharon Kahn, Rav Yaakov Neuberger, Rav Hershel Schachter, Rav Mayer Twersky, Rav Moshe Weinberger, and Rav Mordechai Willig.

## Congratulations to the Yeshivat Noam 1st Graders on Receiving their Siddurim.



## Chemical Spill At Bruriah Opens New Security Perspectives

CONTINUED FROM P. 1

“Who would have thought that spilling some liquid drain opener would lead to the evacuation of an entire school building? But the reality of what happened at Bruriah has been the catalyst for an overview of many of our procedures, from cataloging and disposing of cleaning products to the uses of such substances in intentional ways to harm people,” said Rabbi Eliyahu Teitz, Associate Dean of Bruriah High School.

Some girls broke out in a kumsitz (sing along—the literal translation from the Yiddish means “come and sit”). Then someone came in and said whoever doesn’t feel good should go to the nurse.

“My head was hurting, and they told us that whoever has asthma should go. Hatzalah came to treat about 30 girls. They went down to get evaluated and some of them went to the hospital and then the buses came.”



Rabbi Eliyahu Teitz and Rabbi Yosef Oratz

Rabbi Yosef Oratz told JLNJ, “All the drills we’ve done paid off. The girls left the building quickly and quietly and followed my instructions by immediately vacating the area around the Bruriah building and walking to Adath Israel. The faculty, too, were professional and focused as they escorted their students away from the building.”

Several students were taken to Trinitas Hospital at the request of their parents; they were accompanied by staff members.

He added, “One potential student who was visiting the school couldn’t get over the impromptu kumsitz. Although this young lady was one of those transported to Trinitas Hospital for observation, all

she could talk about with her friends was the positive spirit she witnessed during the evacuation.”

Said Tali, “We were hoping not to have school the next day, but that didn’t work. Everyone was taking selfies. We didn’t know if it was gas, but then they said it was acid. In the beginning they probably weren’t telling us what the smell came from because they didn’t want us to google it and panic, but for a while they actually didn’t know what it was. They also told us to throw away any open food containers. People were posting to Facebook and Instagram.”

Rabbi Teitz told JLNJ, “We are not alarmist, but we do have to be cautious. We are cognizant that we live in a dangerous world, and that by the very nature of being a Jewish school, we are seen as a target. We are blessed to have a wonderful working relationship with the Elizabeth emergency first responders, particularly the police department. We have reviewed our emergency plans with them and will meet with them again as necessary to maintain ‘best practices’ in securing our students and staff.”

Rabbi Oratz told JLNJ, “Within an hour of the evacuation I was already being asked by the girls when we could go back to the Bruriah building. Although most of the girls were already loaded on their buses when the building was finally cleared to be re-entered, the majority requested to be able to go in to get their books, even though we had already told them that there would be no homework or tests on Friday.”

By 5:30 p.m., the usual time of dismissal, the building was safe and cleared for use.

And students’ hopes about not having school the next day were dashed. Said Rabbi Oratz, “The next morning, everyone was in school on time and ready to learn. No one used the events of the previous afternoon as an excuse to miss a day of school.”

Said Rabbi Teitz, “I am very proud of how everyone at Bruriah, from Rabbi Oratz and his entire administrative team, to the staff and students responded to the evacuation. We have a great team at the JEC, and it showed on Thursday.”

## MTA Students Join YUPAC Lobby Mission in Washington

Every year, a group of MTA students joins Yeshiva University’s Political Action Committee (YUPAC) lobby mission to Washington, DC, and this year was no different.

Participating students had to practice their advocacy skills in advance, starting with a half-day training session held on February 1st, at which they prepared their talking points for this incredible opportunity. At the prep session, the boys learned about pressing issues that they would address in Washington regarding American-Israeli relations.

In all, 11 MTA students joined over 100 YU participants as they carried out their important mission in the capital. The boys first visited the AIPAC headquarters and then proceeded to Capitol Hill, where they cogently made their points to congressional aides and staffers. The trip concluded with an information session at the nearby Israel Embassy.

The MTA Hatzioni Club has conducted its own lobby mission, in which dozens of MTA students participate, each of the past two years; the third annual mission is planned for late March.



## Bris Avrohom Celebrates “Purim in First Grade”

Hillside—The Bris Avrohom “Academy” at Congregation Shomrei Torah Ohel Yosef Yitzchak will host its annual Purim Extravaganza on Wednesday, March 4 at 6 p.m. The theme will be First Grade and costumes are hoped to be re-

flexive of that theme. The evening will begin with a megillah reading, with a simultaneous reading for preschoolers. The evening’s learning will be “The Story of the Jews in Persia.” Following the megillah reading, there will be a Purim meal held in the cafeteria, complete with a music and dance class given

by world renowned singer Sandy Shmuely. The cost of the meal is \$10/complimentary for friends and partners. The synagogue is located at 910 Salem Avenue in Hillside. On Purim morning, the 9 a.m. Torah and megillah reading will be preceded by Shacharit beginning at 8:30 a.m. All are welcome.

## JKHA/RKYHS and Local Shuls Offer Financial Incentives to Attract New Families

CONTINUED FROM P. 1

agogue, and enroll their child/children in JKHA/RKYHS. The schools will be offering up to a \$25,000 credit towards their yeshiva tuition, while participating area synagogues will be providing benefits of up to \$12,500 for new member families that join and send their child/children to JKHA/RKYHS. These benefits include discounts on membership dues, nursery school tuition, High Holiday seats, annual dinner, building fund obligations, and more. To date, participating communities include synagogues in Livingston, Springfield, and West Orange.

Because Jewish education is a significant financial commitment for families, JKHA/RKYHS will also roll out the all-new *Yesodot* Middle Income Affordability Program for the 2015-2016 academic year. The program is based on a principle that total tuition should not exceed a reasonable portion of a family’s income. For qualifying families, total tuition, regardless of how many children are enrolled, is capped at a percentage of Adjusted Gross Income (AGI). If a family’s AGI is between \$150,000 and \$275,000, their tuition will be capped at 15% – 18% of their total AGI. This allows eligible families to plan their financial future and education-related costs with greater certainty.

JKHA/RKYHS issued a statement saying that the schools are “grateful for the generosity, vision, and leadership of Paula and Jerry Gottesman Family Supporting Foun-

ation for its commitment to this program. In addition, the school thanks the Jewish Community Foundation of Greater MetroWest NJ and The Partnership for Jewish Learning and Life for their partnership in this important endeavor. Their support and commitment are integral to this program.”

As an additional component to the JKHA/RKYHS Affordability and Growth Initiative, the school has launched the *L’Atidenu* Financial Assistance Endowment Fund to support the crucial and fast-growing need for financial assistance for JKHA/RKYHS families. When fully funded, this initiative will build an endowment to perpetually provide additional resources to the annual Financial Assistance program. Funds raised in the endowment campaign will directly support that program.

## Dr. Rachel Jacobs Visits Yavneh

In honor of National Children’s Dental Health Month, Dr. Rachel Jacobs, Yavneh parent and alumna, visited the Yavneh Academy Ganon classes and taught the children about the benefits of good oral health.



## RYNJ 2nd Grade Getting Into Adar Spirit

Rabbi Yosaif Kitay’s 2nd Grade Talmidim at RYNJ are pictured below getting into the Adar spirit and wishing everyone a chodesh of simcha.



“Our school is steadfast in its commitment to enable every child to have the opportunity to receive a Jewish education. We’ve spent a great deal of time taking a closer look at what will best serve our current school families, as well as attract new families to our school and grow our extended community, offering them a ‘complete package,’” commented Rabbi Rubin, JKHA and RKYHS Head of School.

“It is critical for us as a school to meet each school family where they are and eliminate barriers to providing their children with a first-rate Jewish and secular education,” added Sandra Blank, Director of Admissions and Community Relations. “We are also excited to be opening doors to the school and community for new families through the *Bonim* Program, and we look forward to welcoming them.”

## Yeshiva University Launches Technology Career Certificate Programs

**New York**—Yeshiva University announces the launch of four skills-based technology career certificate programs beginning May 11, 2015. The programs will provide remote, collaboration-driven courses, focused on software technology and data analytics—crucial areas of growing need in the marketplace. The certificates will be offered through YU Global, Yeshiva University's online learning initiative, and can be completed over a six-month period.

"YU Global is an important evolutionary step for Yeshiva, offering a new, innovative approach to the delivery of advanced

education and training," said Dr. Selma Botman, YU vice president for academic affairs and provost. "These programs will help students meet the growing demand for high-tech careers and capitalize on the richness of resources that are available online."

Students in the programs will work with faculty mentors on real-world team projects to build the practical skills and experience employers are looking for in the following areas:

- Agile Web Application Development in Ruby on Rails
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- eCommerce Technologies
- Mobile Application Development

"One of the unique aspects of our certificate programs is the mentoring provided to students," said Botman. "Students will receive an unmatched Yeshiva University education, while studying at a pace that enriches their learning experience."

YU Global's online catalog will eventually include graduate degrees, professional development programs and lifelong learning programs, as well as additional certificates. These courses will feature faculty members from Yeshiva University

and will also draw on new pools of talented teachers and experts in various industries.

"In this online venture, Yeshiva is combining its deep educational expertise with transformative new teaching and learning technologies so that students and lifelong learners all over the world can now access YU courses and programs," said Akiya Covitz, YU Global's executive director for strategy.

To learn more about YU Global, upcoming information sessions, or to register for the certificate programs, visit [global.yu.edu](http://global.yu.edu)

## MTA Honors College Students Visit the Met

by Ari Kimmelfeld (18)

On February 3rd, the 9th grade MTA Honors College students visited The Metropolitan Museum of Art. The students enjoyed learning about the fundamental juxtapositions between the Ancient Egyptians and the Biblical Jews who lived in Egypt at that time. With the help of Rabbi Eli Cohen and Mr. Adam Dobrick, the trip to the museum emphasized to students the importance of knowing how their daily lives, which are affected by their Jewish history, relate to ancient history. For example, the trip helped the students understand that as Jews they should differ from the Egyptian obsession with materialistic things by, instead, allowing spirituality to guide their lives.

In addition to walking several regular sections of the museum, the students



were taken on a special guided tour by Ms. Ashira Loike, who brought them to the object conservation department. This taught the students some of the ethics involved in conserving antique arti-

facts and paintings. Students also had the opportunity to speak with one of the experienced conservationists about the museum's preservation of various musical instruments and the tools used to make these instruments.

Another highlight of the trip was Mr. Dobrick's lecture on the painting "The Death of Socrates" by Jacques-Louis David, depicting the death of Socrates as told by Plato in his *Phaedo*. One of the more profound messages of this painting is that it questions one's social experiences and challenges one to reflect on the way he or she views his/her life, or rather, "cup."

Overall, this trip was as memorable and exciting as it was informative. The trip taught students many educational and personal life lessons, and was enjoyed by all members of the 9th grade Honors College.

## Name Those Bones!

RYNJ Kindergarten just completed its unit on the human body. The yiladim learned all about their internal and external body parts and learned the adorable song "Name those Bones," as they saw and counted all the bones on their larger-than-life skeleton (which they named Frank). The children also painted bones on the backs of T-shirts and wrote about their bones in their little body books. Next, they learned about the digestive system, heart, and lungs. They painted and labeled these organs on the front of the T-shirts, wrote about it, and learned about it through stories, doctor visits, and hands-on activities.



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- LECTURE -

Is There a Future for Jews in Europe?

Featuring: **Jeffrey Goldberg**



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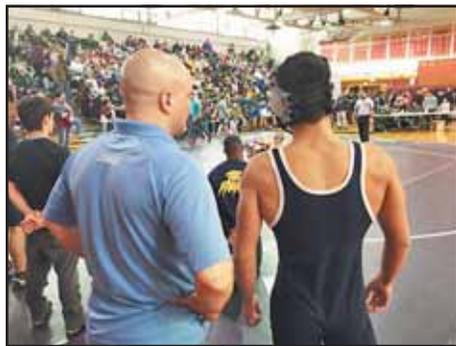
## Kushner Wrestlers Shine at Wittenberg, Look to the Future

By Coach Dave Cilio, JLNJ Staff

Livingston—It feels like the season started mere weeks ago, but it has actually been many months of excitement, blood, sweat, and tears, all culminating with the incredible Wittenberg National Tournament. The Kushner Cobras did spectacularly at Nationals, with nine of their wrestlers placing in their weight classes and the team placing fifth overall, missing fourth place by a mere two points. Kudos to seniors Menashe Shershow, Coby Kestler, Freddy Knapp, and Yosef Berger for placing first, second, fourth, and fourth respectively in their weight classes; to junior Max Chosak for placing fifth; to sophomores Avery Katz, Yoni Uvsitzky, Brian Carmeli, and Yair Tennenberg for placing fourth, fifth, fifth, and fifth, and to the entire team for a tremendous effort.

While this tournament is always the high point of the season, in addition to their performance on the mat, the Cobras have much to be proud of. Many of the originally inexperienced wrestlers became hardened by the tough practices and battles fought against public, prep, and yeshiva teams.

It's a cycle a coach continually sees: Youngsters enter a room for the first time, wide-eyed, scared, and doubting themselves—young kids who are unsure whether they have just made a huge mistake. They start out weak, uncertain and shy, using a variation of these same words, "I've never been an athlete and am not very coordinated, do you really think I can do this?" Now, months later, these boys have transformed themselves into confident, muscled men,



RKYHS wrestling coach Dave Cilio and sophomore Yoni Uvsitzky look toward the future.

warriors who are ready to take on any obstacle they will encounter. Their uncertainty has been replaced with, "You are capable of greatness beyond your imagination."

The eyes of our veterans hold a very different look, as they are hardened athletes looking to finish their high school careers at the top of the podium. The intermediate wrestlers possess qualities of both veterans and rookies, looking to rise and make a name for themselves, yet still somewhat hesitant. Regardless of their experience, they all, without exception, have proven themselves up to the challenge.

The Kushner wrestlers have now concluded their season, some of them for the last time as Cobras. Kushner is proud of its boys and can say several things for sure about the team as a whole. These wrestlers grew and improved in so many aspects of their lives, on and off the mat, and are well on their way to becoming men. A Kushner team that only four years ago was the worst yeshiva team in the coun-

try rose to second place in the nation last year. Kushner will forever be synonymous with quality wrestling.

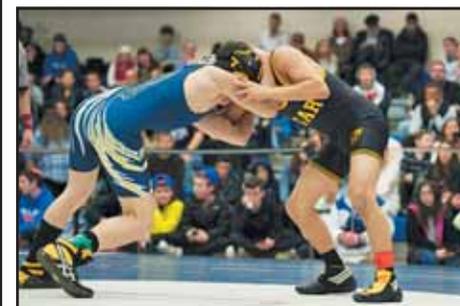
As a coach, the worst part of my season is about to happen again. I have to say goodbye to wonderful young men who I have seen grow immeasurably throughout the years. They will now move on to the next phase of their successful lives. My solace is that part of me will go with them and I can rest assured that being part of the Kushner Wrestling Team made a positive difference in their lives. The rest of the team will move forward, bolstered by the influence and achievements of these graduating seniors, and will continue to strive for success, with an eye to the future.

Kushner Athletic Director, Rabbi Richard Kirsch, agrees wholeheartedly and, in tribute to Coach Cilio, would like to say the following: "What this team has accomplished is something of which we, as a school and a community, can be extremely proud. The effort put forth by each and every wrestler has been truly inspiring, and is something to which future Cobra wrestlers can aspire. The success of this team is truly a 'team' effort, beginning at the top. Coach Cilio was instrumental in the success of this team, as he has been the last few years since his tenure as coach began. He helps motivate and mold young boys until they emerge as men. He sets the example, and the boys follow suit. He inspires them, and they work hard to make him proud. He loves them, and they love him right back. I am certain each and every graduating senior will be a better man because of the lessons learned from Coach Cilio."

## 20th Annual Henry Wittenberg Wrestling Invitational Tournament

By Jeremy Berger

On President's weekend Yeshiva University hosted the 20th annual Henry Wittenberg Wrestling Invitational Tournament. Yeshiva high school wrestlers from across the United States joined together for the event. Wrestling matches took place on Friday and Sunday, with the winners proceeding to the final rounds on Championship Monday, at the YU Max Stern Athletic Center.



Jeremy Berger (in yellow and black) in 2013. YESHIVA U.

Fifteen schools from across the country participated, many from the tri-state area, as well as some from California, Georgia, Massachusetts, Illinois, and Ohio.

Wrestling is a unique sport because it not only involves body strength and conditioning, but also requires speed, agility, stamina, and fast-thinking strategy (and requires no bats, balls, gloves, etc.) During matches, points are assigned for multiple actions, including take-downs, reversals and, of course, pins (bringing the opponents shoulder blades to the mat). The wrestling and scoring differs somewhat from Freestyle and Greco-Roman wrestling, the international versions used in the Olympic games, and it is certainly very unrelated to pro-wrestling (i.e., WWE).

High school and college level wrestling competitions differ from most sports because the wrestlers compete as individuals while also earning points together as one team. The matches are divided into 14 weight classes from 106 lbs. through 285 lbs. Competitors are seeded in brackets, based on their own previous performances.

Throughout the competition, points are assigned to winners in each weight category based on the manner in which a round was won (by points, by pin, etc.). These points are cumulative for the whole team. So, in addition to having 14 individual champions, the one school team with the highest overall score is deemed the winner as well.

The tournament is named for Olympic medalist Henry Wittenberg, who founded and coached YU's wrestling team beginning in 1955. Wittenberg passed away in 2010 at the age of 91.

Jeremy Berger is an SAR High School Junior, the 2014 Wittenberg Champion (113lbs.), and a captain of the SAR Sting Wrestling Team.

## CMEK Team Wins the Backyard Brawl Basketball Tournament

After a semi-final win against Tenafly, the RYNJ kindergarten boys defeated Woodcliff Lake 26-25 in the Backyard Brawl Basketball tournament championship at BPY.

It was a back and forth game that ended with a game-winning shot by Raffi Karasick "Killer K".

"I didn't think we had enough firepower to beat them," said Coach Chad Mekles, who has been training the kids since Pre-K. In the end, we got contributions from everyone. Killer K is as hard to guard as any kindergarten boy I've ever coached. He's a rare combination of speed power and agility. He can shoot step-back 3-point jumpers already. We are loaded with talent: Akiva Jacoby "The Little A-Train," is a stud point guard

with a crazy handle who passes like Pistol Pete; Eli Wiederkehr, "The Bus Driver," is automatic on his fast break-layups; Aaron Edell is our toughest player; Eitan Poopwitz is our energy guy; Netanel Schwartz is a great rebounder; Jake Rubinstein is an amazing ball-handler; AJ Mandel is our defensive stopper; Akiva Staudtmauer is a great play-maker; Hillel Berkowitz is a force inside; Avi Gottlieb is a very smart player, and Tani Strulowitz is the best teammate.

"This group is special, arguably one of the best kindergarten groups I have had. They just love to play and love to play with



each other," says Coach Mekles.

CMEK Basketball is now starting spring programs and is currently forming groups starting in Pre-Kindergarten.

## 7<sup>th</sup> Grade Noam Knights Snap Moriah's Unbeaten Streak

On February 3 Noam played Moriah in a game that would decide the regular season champion. There was a lot of anticipation and hype leading up to the game and it did not disappoint. Both teams were at their best and kids on both sides made outstanding plays.

Noam jumped out to an early 7-point lead led by the scoring of Yehudah Mirwis (8) and Sam Bendheim (10), but by half-

time the game was tied. Moriah pulled ahead in the 3rd, led by Rafi Lewis and Gabi Katz, but tough defense and a key basket by Ari Kaminetzky (4) kept Noam in the game trailing by 4 going into the final quarter.

In the 4th quarter it looked like Moriah had taken complete control of the game with a 36-29 lead with about 4 minutes to go. However, Noam would not be

denied. Turning up the pressure on defense and going on a 14-4 run, Noam ended the game with a 43-40 victory. Gabi Antosofsky (8) hit two big shots that fueled the comeback and Billy Krause (7) hit key foul shots down the stretch that helped secure the victory. Yoni Mann (6) did a terrific job of running the team and not panicking when the game could have gotten out of hand.

## Moriah 7b Bounces Back in Overtime

By Zach Horowitz

One week after Moriah's stunning loss to Noam, 43-40, the Moriah 7b basketball team bounced back strongly in overtime getting the win against Yavneh, 48-46.

As the game started, both teams played great defensively, always keeping a win within reach. Although Moriah had some bad luck, including the game clock shutting off and a bizarre technical foul called on star point guard Rafi Lewis (7), it was still able to maintain a 9-8 lead.

During the 2nd quarter, Moriah capitalized on its lead as Lewis and Isaac Horowitz took control of the transition game. However, Max Zakheim, arguably the league's best player, brought Yavneh back into the game with his phenomenal step-backs and amazing drives toward the hoop.

Zakheim lead Yavneh with 22 points, followed by Akiva Feit and Danny Weinberger, each with 8. Additionally, Gaby Katz led Moriah with 19 points along with Horowitz's 12. When the half ended, Moriah was in the lead 22-17.

In the 2<sup>nd</sup> half, Feit displayed his amazing shooting, as he knocked down countless clutch jumpshots. With five minutes to go in the 4<sup>th</sup>, Moriah's Horowitz was suddenly benched. Feit stepped in by nailing a far basket from 3-point range giving Yavneh a 2-point lead, 36-34, with just four minutes left in the 4<sup>th</sup> quarter.

But then things started to heat up. Ethan Schechter (8) knocked down a jump shot to bring Moriah back up, though still down by 2. The next play, Zakheim hustled his heart out, pickpocketing Lewis and finishing with a layup. Moriah was now down

by 4 with two minutes left to play. Fortunately, Horowitz fought his way to the basket and was able to score a layup, again putting Moriah down by 2. With 13 seconds left, Moriah got the ball. Adding another highlight to his timeline, Gaby Katz got the rebound and quickly put the shot back up tying the game at 42.

Schechter opened up the three-minute overtime by swishing a clutch jump shot. In order to stop Moriah from running out the clock, Yavneh was forced to foul, sending Horowitz to the free throw line. Horowitz split the free throws, putting Moriah up by 3. Immediately, Zakheim stole the ball and finished on a fast break layup, putting his team down 1. A couple of possessions later, Schechter sealed the win for Moriah by hitting both free throws, making the final score 48-46.



Ben Tyler and Gavi Katz fight for position on the low block

## Gotham Burger Sportstar of the Week: Ikey Gutlove

The Jewish Link of New Jersey and Gotham Burger would like to recognize Ikey Gutlove as this week's Sportstar of the week.

On January 6<sup>th</sup>, the 13-year-old Rosenbaum Yeshiva of North Jersey 7th grader went up to block a shot, lost his footing, landed on his hands, fracturing his left wrist and right thumb. The Jaguars played well in his absence, but were thrilled when the tri-captain was cleared to play last week at BCDS.

In a game that showcased tremendous passing and defense, Ikey finished with a double-double (12 points and 11 assists) and helped the RYNJ Green Team cap its regular season with a three-game win streak. The game also marked Coach Steve's 75<sup>th</sup> victory as coach of the RYNJ Jaguars.

When asked about his son's play, Coach Steve told the JLNJ, "In most scenarios, coaching your son and his friends is a recipe for disaster. However, with Ikey and his team it has been a pleasure. This is a great group of boys and Ikey is a tremendous leader both on the court and off. He is not the loudest voice, but lets his play and mid-dot tovot do the talking for him. Mazel tov on this award and on your bar mitzvah!!"

*Ikey, who would you say is your role mode?*



My parents, because they teach me the meaning of hard work and putting 100% effort into everything I do.

*What is your pregame meal?*

The famous Gotham Burger, Steak Burger.

*What is your earliest sports memory?*

Hitting a game winning home run to win the championship on my 3<sup>rd</sup> grade little league team on Father's Day.

*What is your favorite sports memory?*

Swishing a buzzer beater from beyond half court at SAR.

*What is your favorite thing to do when not playing sports?*

Playing NBA2k15, watching the Knicks, Mets, and Islanders play, or getting ready for my upcoming bar mitzvah.

*What is the best thing about being a sportstar?*

Being on a team with great coaches and teammates, playing with great teamwork, and having fun.

The Gotham Burger Sportstar of the Week will receive a \$10 gift certificate to Gotham Burger. Please send nominees for next week's Gotham Burger Sportstar of the Week to Sports@jewishlinkbc.com

## RKYHS Attends JV Basketball Tournament in Montreal

By Jill Kirsch

Livingston—From February 4 to 8, Montreal's Hebrew Academy hosted the 20th Annual Oren Grunbaum Hebrew Academy Invitational Basketball Tournament. Attended by the Hebrew Academy, École Maimonide, Bialik, Rae Kushner Yeshiva High School, and North Shore Hebrew Academy, the tournament strived to unite top high school players for five days of friendly competition.



In addition to the tournament, players spent Shabbat together at a lively Shabbaton. The U.S. participants also attended a

local college basketball game between the McGill Redmen and Concordia Stingers. The Kushner players visited the McGill University Hillel where they ate in the glatt kosher cafe and heard a talk given by one of the student leaders about Jewish life on campus. Despite the frigid temperatures of Montreal in February, the Cobras braved the cold for a walking tour of downtown Montreal.

In the tournament, the Kushner Cobras won the first game of the competition, fighting hard but falling short in their other games. The tournament culminated on Sunday with a banquet and award ceremony, where Bialik was presented with the top trophy.

Freshman Jonathan Kirsch said of his experience, "It was really cool touring another country with my teammates. We were able to get to know each other in ways we can't do at school. Playing six games in five days was tough, but a lot of fun."

## MTA Varsity Hockey Raises \$50K for Chai Lifeline

CONTINUED FROM P. 1

The team flew down to Miami late Thursday night, and beautiful weather on Friday provided the start to a warm and wonderful weekend at the Grand Beach Hotel. On Friday morning, the boys honed their marathon skills by playing life-size chess on the hotel lawn. On Friday night, everyone davened together at the Eden Roc Hotel, where hundreds of runners, Chai Lifeline families, and support staff demonstrated the truly wonderful nature of the organization through a spirited meal and melodic zemiros. The MTA students were truly taken in by the zeal with which Chai Lifeline and Camp Simcha counselors engaged with their campers. That the counselors had flown down to run with their kids was truly inspiring, and well-worth the rigorous 13.1-mile run that would take place the next morning. The magic continued on Motzei Shabbos with a pasta party to "carbo-load" in advance of the flat, winding marathon

that runs through Miami and Miami Beach.

The following morning, the boys took their positions near the American Airlines Arena at 5:45 a.m., and hit the pavement shortly after six, shaking off the cool 52-degree weather alongside 13,000 other runners. The boys wound their way through Miami's Art Deco district, past idling cruise ships, and a spectacular sunrise above the Miami-Dade skyline. The runners were heartened by the cheering sideline spectators, as well as Lifeline staff members running alongside their campers. It was a truly inspiring experience, and an event in which the MTA hockey team hopes to participate for years to come.

The weekend finished with a delicious barbecue at the Eden Roc Hotel, where the boys reminisced and compared finish times. Chaperones Dovid Tauber and David Leshaw ('09) spent time with the group, with Leshaw having finished first of the MTA team with a 1:38 run, and Zev Markowitz (15) close behind at 1:48. The boys capped off the morning with Shachris in a finish line tent. It was a rigorous and inspiring experience for all.

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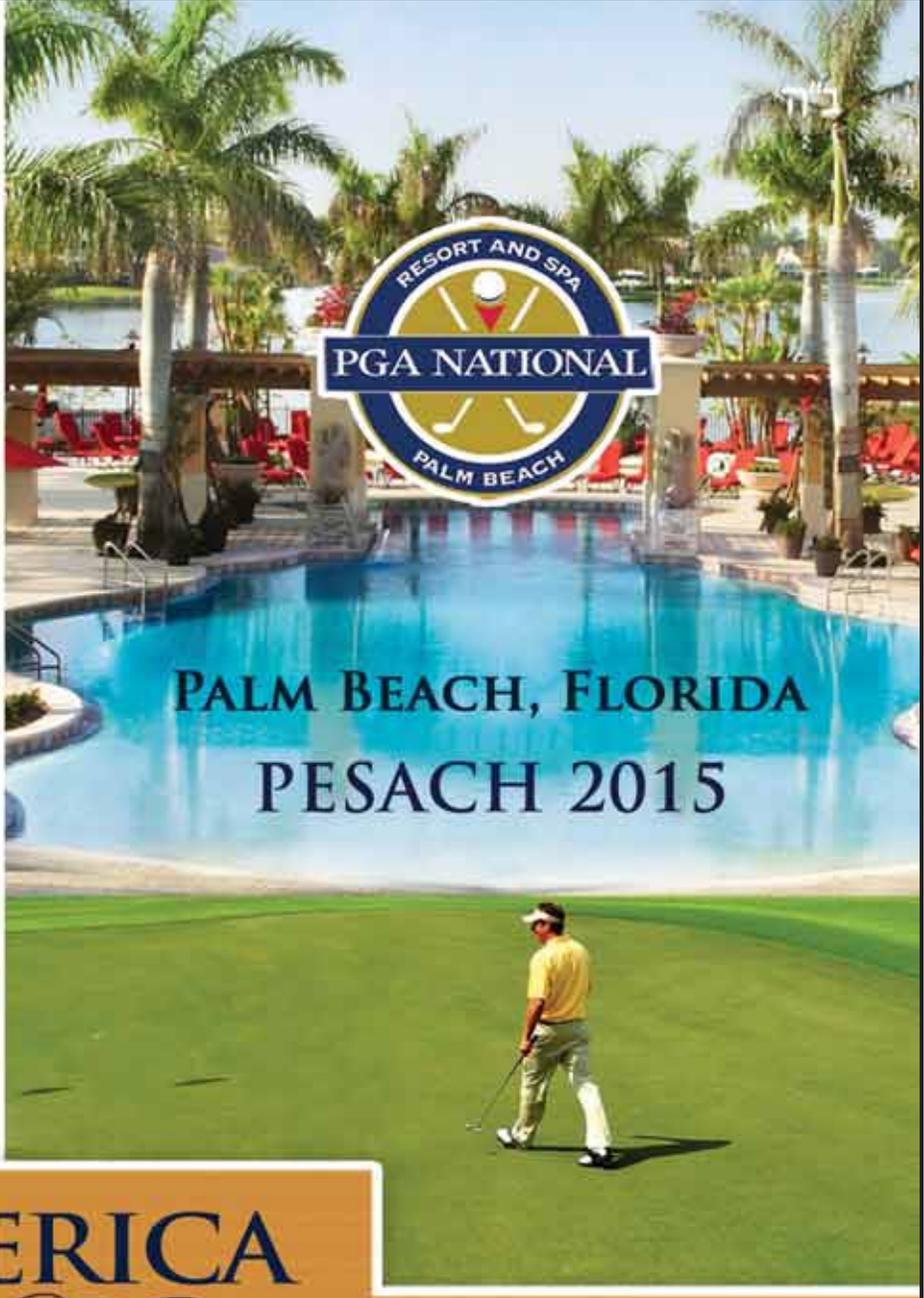
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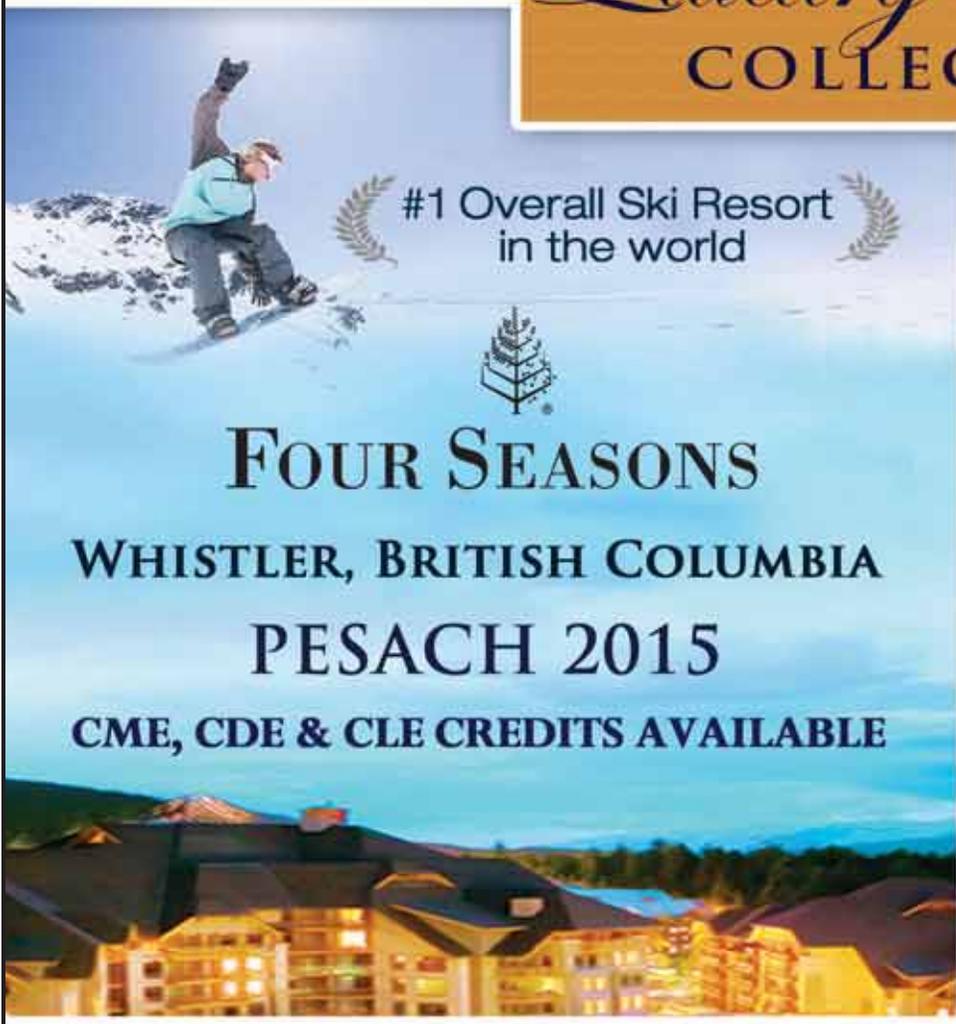
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Benji Feintuch brings the puck to center ice for Frisch.  
LISA APPELBAUM, STAFF PHOTOGRAPHER.

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Menachem Shershow gets his trophy at Wittenberg.



JCC Adult men's basketball league Champs Ben Cohen, Yoav Citron, Noah Wasserman, Akiva Sausen, Dov Wiener, Chanan Vogel (not pictured Dadi Greenspan).



David Grunstein eyes the net. LEONARD GRUNSTEIN.



Calev Minsky battling behind the net as the TABC bench looks on.  
JEFF LEVINE.



Odi Haramati might be down but does not give up. LISA APPELBAUM, STAFF PHOTOGRAPHER.



Elad Shushan with the Gatorade bath after scoring two goals for FC Teaneck.



Josh Eagle making an amazing save. LISA APPELBAUM STAFF PHOTOGRAPHER



Aryeh Eizikovitz and Elisha Games pre-game smiles. NINA EIZIKOVITZ.



RKYHS Girls Varsity Volleyball team celebrates its seniors at Senior Night.



Malka Iskowitz mid serve.  
LISA APPELBAUM STAFF PHOTOGRAPHER.



Daniella Friedman elevates to get the ball over the net. LISA APPELBAUM STAFF PHOTOGRAPHER

## SPORTS

# Metropolitan Yeshiva High School Playoff Matchups as of 2/16/15

### Boys Varsity Basketball Playoffs

#### Quarters

Date	Time	Home	Away
Wednesday 02/25	8:00 PM	DRS Wildcats	HESCHEL Heat
Wednesday 02/25	8:15 PM	HAFTR Hawks	HILLEL Heat
TBA	TBA	FRISCH Cougars	
TBA	TBA	TABC Storm	

#### Preliminaries

Date	Time	Home	Away	Result
Tuesday 02/10	8:00 PM	HESCHEL Heat	JEC Thunder	HESCHEL Heat (56) - JEC Thunder (42)
Wednesday 02/11	8:00 PM	HILLEL Heat	RAMAZ Rams	HILLEL Heat (48) - RAMAZ Rams (45)
Wednesday 02/11	8:30 PM	MAGEN DAVID Warriors	YDE Thunder	MAGEN DAVID Warriors (66) - YDE Thunder (45)
Thursday 02/19	8:30 PM	NORTH SHORE Stars	HANC Hurricanes	

### Boys JV Basketball Playoffs

#### Preliminaries

Date	Time	Home	Away	Result
Thursday 02/12	7:30 PM	RAMAZ Rams	TABC Storm	RAMAZ Rams (48) - TABC Storm (53)
Tuesday 02/17	6:15 PM	NORTH SHORE Stars	RAMBAM Ravens	
Wednesday 02/18	8:15 PM	MTA Lions	JEC Thunder	
TBA	TBA	DRS Wildcats	HANC Hurricanes	

### Girls Varsity A Basketball playoffs

#### Quarters

Date	Time	Home	Away	Result
Tuesday 02/10	8:00 PM	FRISCH Cougars	HAFTR Hawks	FRISCH Cougars (42) - HAFTR Hawks (50) Overtime
Thursday 02/12	8:00 PM	BRURIAH Lightning	NORTH SHORE Stars	BRURIAH Lightning (55) - NORTH SHORE Stars (37)
Tuesday 02/17	8:30 PM	FLATBUSH Falcons	SAR Sting	
Wednesday 02/18	8:00 PM	RAMAZ Rams	HILLEL Hurricanes	

### Girls Varsity B Basketball Playoffs

#### Preliminaries

Date	Time	Home	Away	Result
Tuesday 02/24	7:30 PM	SHALHEVET	ILAN	
Tuesday 02/24	7:30 PM	ILAN	MAGEN DAVID Warriors	
Tuesday 02/24	7:30 PM	MAGEN DAVID Warriors	SHALHEVET	

### Girls JV Basketball Playoffs. Semis

Date	Time	Home	Away	Result
Sunday 03/01	5:00 PM	MAAYANOT Rapids	NORTH SHORE Stars	

#### Quarters

Date	Time	Home	Away	Result
Wednesday 02/11	7:30 PM	MAAYANOT Rapids	CENTRAL	MAAYANOT Rapids (56) - CENTRAL (25)
Thursday 02/12	8:00 PM	NORTH SHORE Stars	FRISCH Cougars	NORTH SHORE Stars (47) - FRISCH Cougars (34)
Thursday 02/19	8:45 PM	SAR Sting	HAFTR Hawks	
TBA	TBA	FLATBUSH Falcons	KUSHNER Cobras	

### Boys Varsity Hockey Playoffs

#### Quarters

Date	Time	Home	Away	Result
Wednesday 02/18	7:00 PM	TABC Storm		
Thursday 02/19	8:00 PM	DRS Wildcats	KUSHNER Cobras	
Monday 02/23	DH Game 2	SAR Sting	HANC Hurricanes	
Tuesday 02/24	8:00 PM	HAFTR Hawks	MTA Lions	

#### Preliminaries

Date	Time	Home	Away	Result
Thursday 02/12	8:30 PM	MTA Lions	RAMBAM Ravens	MTA Lions (6) - RAMBAM Ravens (0)
Tuesday 02/17	8:30 PM	NORTH SHORE Stars	RAMAZ Rams	

### Boys JV Hockey Playoff

#### Quarters

Date	Time	Home	Away	Result
Thursday 02/12	7:45 PM	DRS Wildcats	TABC Storm	DRS Wildcats (4) - TABC Storm (0)
Wednesday 02/18	7:15 PM	FRISCH Cougars	FLATBUSH Falcons	
Monday 02/23	7:00 PM	SAR Sting	HANC Hurricanes	
TBA	TBA	RAMBAM Ravens		

#### Preliminaries

Date	Time	Home	Away	Result
Monday 02/09	8:30 PM	HANC Hurricanes	MTA Lions	HANC Hurricanes (4) - MTA Lions (1)
Tuesday 02/17	7:00 PM	JEC Thunder	HAFTR Hawks	

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**SPORTS**

**Bruriah Basketball Report**

By Coach Susan Rifkin

Bruriah A-League stuttered its way to a winning streak early in the season. The Lightning won its season opener on the road at Frisch with an exciting 44-39 victory. Co-captain Nikki Bick and center Tovah Weiskopf fouled out with about five minutes remaining in the game, but co-captain Michal Hyman and juniors Ally Orgel and Dani Berlin took the helm to secure this win.

Bruriah then lost back-to-back games to SAR, one at home in overtime after coming back from a 16-point deficit and the other 49-32 on the road. The Lightning rebounded quickly and went on a nine-game winning streak to earn the division championship ti-

tle and a home-court advantage in each of the playoff rounds to which it advances.

The Lightning is a fun-to-watch, well-balanced team. In addition to its starting lineup, team members Chaya Levin, Julia Landau, Shira Allen, Nechama Maryles, Tali Becker, Mikayla Elk, Gabi Goldberg, and Shira Hagler each played a significant role to help the team reach the playoffs.

Bruriah A-League hosted its first-round game against North Shore and held a comfortable lead for the entire game. Nikki Bick scored off the opening tip and the Lightning scored another 6 points before North Shore put its first points on the board. The lead blossomed to as many as 20 in the first half. With junior starter Ally Orgel saddled with foul trouble for most of the 1st half,

the effective combination of Julia Landau, Shira Allen, and Nechama Maryles helped stave off any of North Shore's runs. All the Lightning saw action.

The Lightning now awaits the winner of SAR at Flatbush. The Lightning is 0-2 against SAR and has not played Flatbush this season, but is prepared to host either of these teams.

Bruriah B-League started its season with a three-game winning streak and finished its regular season at 10-2. With its only losses coming at the hands of interstate-rival SKA, the Lightning used a combination of efficient offense and solid defense to earn its eventual two-seed and homecourt advantage for the playoffs.

Led by senior captains Avigayil Wiener and Elana Rutner, the Lightning is a tight-knit team that plays a smart brand of basketball. Rounding out the starting lineup

are Shayna Schwartz, Elisheva Pfeiffer, Ilana Markowitz, and Talya Markowitz. The Lightning went deep into the bench and also got productive minutes from Shayna Rosenzweig, Shira Alter, Rachel Eckstein, Orit Reiter, Hindy Goldberg, Sarena Wiedekerkehr, Gila Alter, and Rina Finkelstein.

In an interesting twist to the B-League playoffs, three teams will vie for the 3rd and 4th seeds. Ilan, Magen David, and Shalheveth have presented a unique situation to the league and will have a play-in on February 24 to determine who makes the playoffs. The three teams are all 6-6 and have won and lost to the same teams, exhausting the tie-break rules for making the playoffs. Bruriah, a 2-seed, has beaten each of these three teams and awaits the 3-seed. SKA, the 1-seed, awaits the 4-seed. The winners of the playoffs meet in the championships.

**48 Fall Student-Athletes Earn Skyline Conference Academic Honor Roll**

By YUMACS.COM

Forty-eight Yeshiva University fall student-athletes were recognized by the Skyline Conference for earning a 3.3 or higher grade point average during the fall 2014 semester, and were named to the Skyline Conference Honor Roll. Twelve members from the men's soccer team, nine members from the men's cross country team, eight members from the women's cross country team, eight members from the women's tennis team, six members from the women's volleyball team, and five members from the men's golf team earned the honor for amassing

the high grade point average while competing in their sport.

"I take great pride in honoring these individuals who epitomize the student-athlete experience," said Skyline Conference commissioner Linda Bruno. "The time and hard work they put forth to achieve academic and athletic excellence is inspiring and should serve as an example to all."

While 48 officially earned the honor due to their team's Skyline Conference membership, the women's soccer team, which will begin competing in the Skyline in fall 2015, had 14 team members amass a 3.3 grade-point last semester, bringing Yeshiva's fall student-athlete to-

tal to 62.

The following local athletes were among the 48: Isaac Markel Men's, Cross Country; Max Shulman, Golf; Avi Baron, Men's Soccer; Rafi Friedman, Men's Soccer; Galila Shapiro, Women's Tennis, and Shaina Hourizadeh, Women's Volleyball

"I am so proud of these young men and women. They truly epitomize the idea of a 'student-athlete' succeeding both on the field of play and in the classroom," said Yeshiva University Director of Athletics, Joe Bednarsh. "This is one of the honors we tout the most when talking to people about athletics at Yeshiva University."

**Moriah Hockey Edges Ramaz 2-0**

By Moriah Sports Staff

The 6-3 Moriah hockey team came into a tough 7-2 Ramaz building needing a win. The 1st period was very intense and tight, both teams trading good chances, but excellent play by both the defense and goalies kept it scoreless going into the 2nd.

Early in the 2nd, Sammy Volodarsky of Moriah got the ball off of a turnover and shelled it past the Ramaz goalie to break the ice and give Moriah the 1-0 lead. Most of the period proved to be like the first until Max Kraft found the back of the net again for Moriah off of a rebound in front. Ramaz came out hard in the 3rd, needing to put one in the net, but stellar play by Moriah's goalie Ethan From and their penalty kill prevented the Ramaz offense from scoring. From finished with a fantastic shutout, sealing Moriah a home playoff game after back-to-back victories. The Moriah team is going into the playoffs hoping to become champions again.

# What's Your Style?



By **Nina Eizikovitz**,  
Links Residential

Whether just starting to look for a home, remodeling, or adding on, knowing the style of your ideal or existing house can be a tremendous help. (You'll also gain a greater appreciation of the way your house was designed and built.)

There are many different types of house styles. Some people know exactly what their ideal style would be, others are clueless.

**Cape Cod** - Cape Cods are named after the area in Massachusetts where they were common, and are an older design that offered good value for adequate living space. A popular style for homes built in the 1930s, Capes are usually one or one and a half story homes that feature a steep roof line with side gables and a small overhang. They are typically covered in clapboard or shingles and are symmetrical in appearance with a central door, multi-paned, double-hung windows, shutters, and a formal, center-hall floor plan. They often feature dormer windows for added light and space. Full bathrooms, ones that include a shower or bathtub as well as the toilet and sink, are often found on the main floor.

**Colonial** - The Colonial home is one of the most popular styles of home in the United States, according to *Better Homes and Gardens*. Originating in the early 1800s they offer both simplicity and efficiency. Colonial homes usually have two or three stories and usually an equal amount of living space on each level. Bedrooms are normally upstairs, which is one of the reasons it is so popular. Full bathrooms are usually upstairs.

**Center Hall Colonial** - A Colonial with centrally placed front door. Because this house is symmetrical in design, usually there are two windows on either side of the door that are framed with matching shutters. The main entry of this house opens into a center hall with a stairway. Once inside you will usually find a living room to one side of the stairway and a dining room on the opposite side.

**Side Hall Colonial** - A Colonial house that usually has the front door to one side of the house, and/or the hallway through the house to one side of the house and the stairs to the upper floor also to one side of the house.

**Tudor** - The Tudor house takes its name from the Tudor monarchs of England, who reigned from 1485 to 1603. A result of Gothic architecture, Tudor estates were smaller and more subtly detailed, with major differences being the windows, chimneys, and timber framing. Gables with dramatic, sloping roof lines are a hallmark of the Tudor home. The exterior is made of brick, stucco or stone. Large chimneys, arched entryways, and casement window groupings

are typical. Window panes may have a diamond pattern as well. Big stone or brick fireplaces are usually a focal point in family and living rooms.

**Ranch** - First built in the 1920s, a Ranch home is a one-story house with a low pitched roof and large windows. Ranch-style houses peaked in popularity by the 1960s, when middle-class families were settling into suburban areas. The style of home provided space needed for growing families to live comfortably. Ranch-style houses typically have a simple, open floor plan. Most feature a family room and a formal living room. A vaulted ceiling is common in the formal living room. A sliding door traditionally leads out to the patio. This works well for casual entertaining and living. Rooms are large and flow freely into each other. This type of home is often popular and beneficial to older homeowners because they have convenient, attached garages, and, typically, do not have stairs.

**Split-Level** - A Split Level, popular in the 1950s and 1960s, is a style of house in which the floor levels are staggered, so that the "main" level of the house, usually where the front entry is, is halfway between the upper and lower floors. The main level typically contains common living areas: living room, dining room, kitchen, and maybe a family room. There are typically two short sets of stairs, one running upward to a bedroom level, and one going downward toward a basement area. The basement level is most likely finished off, and often contains additional living areas and most likely a laundry area. Also, it typically has an entrance to the garage, and is usually level with the driveway. Beneath the main level (downward from the basement level) could be a crawl space, or sometimes additional basement space.

**Tri-Level Split** - Additional bedrooms are built over the living space.

**Sugar Maple Split** - The front door is on ground level with the garage and den. The main living area is up one level and the bedrooms up another level.

**Bi Level** - A Bi-Level home is a two level home. In these homes you usually walk up a small set of steps to get to the front door. Once inside the front door you are on a "landing" between the first and second floors. From here you can go up or down. The upstairs rooms are generally the living room, dining room, kitchen, and most bedrooms. The downstairs rooms are generally the family room and any possible additional bedrooms. Most Bi-Levels have a one or two car garage that is under the upper level and accessed via the lower level. These homes do not have basements.

**New Construction** - A home that hasn't been occupied, where the seller is typically a builder or an owner that works with a builder to finish a house. Usually a Colonial but can include any and all styles, aspects, and finishes that a person could want in a house.



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# Tax Tips: Rubber Chickens and TurboTax



By Daniel Magence

We have really become a do-it-yourself society. As technology advances (and more videos are posted on YouTube), we have become increasingly confident in our own ability to do things. Whether it's fixing our home appliances, cementing the front steps, or changing a tire, we can now do anything we want with no experience necessary. Or can we? In many cases, this is really a false sense of knowledge and ability. We all should have some red line that we dare not cross. For example, my red line is anything that involves a pipe—water, sewer, I don't care. If it involves a pipe, then count me out. Maybe it's from watching too many cartoons as a child where a pipe bursts and sends water shooting everywhere, but I just don't touch them. However, sometimes we only realize that red line has been crossed after it's too late. Take my good friend as an example. A few years back, he got an oil change on his car. Days later he noticed that the mechanic forgot to put the oil cap back on. Taking matters into his own hands, he went to the nearest dollar store. Minutes later he exited the store with a rubber chicken in his hand. This chicken was to be his new oil cap. Long story short, his engine end-

ed up being covered with a melted rubber chicken. I know what you're saying, "Your friends are just idiots and this has nothing to do with me." My friend may be an idiot, but is this idiot friend of mine really all that different from many of us?

When it comes to preparing our tax returns, software such as TurboTax makes too many people feel like they can simply do it themselves. Why not save some money on hiring an accountant, right? After all, it's just answering a few questions and letting the numbers flow to some lines, isn't it? I say "too many people" and not "all people" because in some cases it may actually make sense to use software such as TurboTax. If your return is very basic, such as a W-2, some interest income, and you rent, then there's very little that can go wrong. So I'm not completely against TurboTax for everyone. However, for most taxpayers you are much better off hiring a tax professional. This isn't just a cheap ploy to get your business (although I will take it, contact info is below).

The following two reasons explain why when it comes to taxes, too much confidence in your own ability can be a bad thing. The first reason is what I refer to as "cheapest gas syndrome." We all know those people that are obsessed with getting the cheapest gas prices when they fill up their car. These people will literally drive 20 miles out of their way, there-

by using \$5 of gas, in order to save a total of \$2.40. Did they end up with the cheaper gas? They did indeed. But they cost themselves \$2.60 to get it. This is what happens to many taxpayers when they do their own taxes. TurboTax can only process your return based on the input you put in. If you don't know about a certain tax break, then tough luck. Recently, a reporter from CBS *Moneywatch* did an experiment by comparing how much of a tax refund she would receive using various tax software programs as opposed to hiring a real, live, breathing human accountant. What she realized was that even though she paid more out of pocket to hire the accountant compared to the cost of the software, her tax refund made up for this difference and much more. The accountant was able to advise her on various deductions relating to business expenses, 529 college savings plans, and a home office deduction that she would not have known about otherwise. Without knowing the ever-changing nuances of tax law and the correct applications, you may end up leaving a whole lot of money on the table.

The second, and more serious reason, is appropriately referred to as "the rubber chicken syndrome." This is when, due to a lack of knowledge, you make a mistake resulting in a proverbial melted rubber chicken all over your engine. And when these mistakes happen, do not expect sympathy from the IRS or Tax Court.

One of the more famous incidents involving TurboTax in a Tax Court case was *Lam v. Commissioner* in 2010. Ms. Lam used TurboTax to prepare her return, including her Schedule C, which is used to record income and expenses for self-employment. While consistently confusing capital gains and losses with ordinary income and expenses, her defense was that she relied on TurboTax to prepare the return properly. Citing the court from an earlier case, the judge stated, "Tax preparation software is only as good as the information one inputs into it." Ms. Lam lost the case when the court ruled that reliance on TurboTax was not a valid defense. I personally know of a few people that have been on the receiving end of notices of deficiencies and assessed penalties by the IRS after incorrectly filing a return using TurboTax. By no means does this mean it can't happen even if an accountant prepared your taxes. After all, they are humans. But having a trained eye to be able to review a tax return may be the difference between you and a \$10,000 bill from the IRS.

Daniel Magence, CPA, Esq. is a principal at Pristine CPA Solutions, LLC ([www.pristinecpa.com](http://www.pristinecpa.com)). Pristine CPA Solutions offers tax and accounting services to individuals and businesses of all sizes. He can be reached at [dmagence@pristinecpa.com](mailto:dmagence@pristinecpa.com) or (201)326-6908 if you have any questions, comments or are interested in using Pristine CPA's services.

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# Why Holding On to Your Airline Miles and Credit Card Points Is a Bad Idea and a Bad Investment!

By Eli Schreiber

In our last newsletter we highlighted five things NOT TO DO with your credit card miles and points and introduced the concept of holding on to your credit card miles for too long. Before we explain why you shouldn't do this, it's important to understand the relationship between airline miles and credit card points. Equally important is understanding that the rewards industry is becoming increasingly more competitive, bringing with it new opportunities to make money and travel the world (whatever your preference for earning miles and points), but also bringing with it new challenges as well.

We will first explain the relationship between credit card points, like those offered by American Express, and airline miles, like American Airlines Advantage Miles, and the association between the two.

The airlines offer frequent flyers the opportunity to earn miles based on the number of miles flown or the price of the airline ticket. They also sell these miles to partners like credit card companies, e-commerce sites, florists, and rental car companies, amongst others. Credit card companies, in turn, buy these miles from the airlines so that they can incentivize the public to use their specific credit card. And, as we know, credit card companies make money by charging vendors a percentage of every sale. Why this

is relevant is understanding that the airlines who sell miles are also the ones who control how the public uses its miles (and in turn how many credit card points are needed for tickets), which makes the rewards industry a very profitable enterprise for them.

Imagine if you were in the manufacturing business and your product was shoes, and not only do you manufacture shoes and sell them to retail shoe vendors (in our example the credit card companies) and individuals (in our example frequent flyers), but as part of your terms and conditions when selling your shoes, you leave yourself the ability to determine what the shoes could be used for and when they could be used. And that if later down the road you decide you hadn't made enough money when you sold the shoes originally, you can change the price of the shoes so that it affects people retroactively (in our case, changing how many miles are required for a certain tickets, after people have already accrued those miles).

If this isn't a sweet business model, we don't know what is.

In fact, a study by IdeaWorks, a company that analyzes the airline industry, estimates that more than 55% of airlines' revenues results from the sale of frequent flyer miles. So the airlines make the bulk of their money just from selling the miles and make even more money by restricting how

they can be used, including limiting how many seats can be purchased with miles, leaving themselves blackout dates for using miles and charging fees for mileage tickets. Additionally, what this means for the consumer is that since it's in the best interest to control and limit the value frequent flyer holders receive when they redeem their airline miles, the redemption process the airlines make you go through to redeem miles for travel is quite difficult for the average consumer, thereby eliminating a large percentage of people who would otherwise use their miles for flights.

Let's take some examples, including one that hits close to home.

EL AL Airlines had two great partnerships that Jewish consumers enjoyed. One was their partnership with the HAS Advantage credit card, so that cardholders could earn points for tickets on EL AL. Additionally, customers who wished to fly ELAL could do so using AA miles. In October of last year, the partnership with AA ended suddenly. And due to a dispute with HAS, for a certain time period, customers who earned HAS points for the sole purpose of transferring them into flights on EL AL were left unable to do so. That dispute has since been resolved, but just last week, EL AL increased the number of miles and points needed for tickets, in some cases requiring 30% more points to book tickets from New York and

Toronto to Tel Aviv (besides for the \$350 in fuel charges they charge as well).

Another example is British Airways' (BA) partnership with other airlines, which offered consumers the option travel in the domestic U.S. using BA miles, and which required far less miles than other airlines. And BA offered a credit card with a bonus promotion of 50,000 miles which many people were happy to take advantage of.

But on January 28<sup>th</sup>, 2015, BA made drastic changes to the new British Airways program, increasing mileage ticket prices by as much as 150% on flights from New York to Los Angeles and London, with tickets from Miami and Berlin increasing significantly as well.

And if you think all of the above is unfair, unethical, and perhaps illegal, a Florida congressman agrees with you and has placed the airlines' habit of devaluing miles under investigation.

This leads us to our final point, eloquently summarized by one savvy travel blogger. Whichever kind of card you have, "redeem early and redeem often...at least once a year...Minimize the amount of miles you have sitting around."

Because holding on to your airline miles and credit card points is a bad idea and bad investment!

Eli Schreiber is a partner and director of marketing at Get PEYD and PEYD, LLC

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# The Tax Appeal Process

By Elchanan I. Dulitz, Esq.

Of the many joys of home ownership, paying real estate taxes is certainly not one of them. This is especially the case for New Jersey homeowners who pay among the highest property taxes in the nation. Therefore it is no surprise that with the downturn in the economy over the last number of years and the continued weakness in the economy, homeowners are looking for ways to cut their expenses and have retained the services of law firms like Rubin & Dombeck, LLC to appeal their real estate taxes.

## How Taxes Are Determined

Although one may pay a substantial amount of property taxes, that does not necessarily translate into one being a good candidate for an appeal. What homeowners need to realize is that when you file an appeal, you are not challenging the amount of taxes you pay, but rather you are challenging the assessed value for your property as determined by the municipality. If you have reviewed your property tax bill, you will note that the tax is calculated by multiplying two figures: the assessed value of your property and your town's tax rate. The tax appeal process can only address the as-

essed value of your property as the tax rate is determined by your local government. If one takes issue with the tax rate, it should be addressed with one's Mayor, Council, Board of Education, and County Freeholders and, of course, at the ballot box.

## Should You File an Appeal?

In order to determine whether one is a good candidate for an appeal, it is important to obtain a reasonable market value of one's home by comparing the home to similar homes that have sold during a specific time period. The comparable sales are vital to one's success or failure in the appeal

and it is therefore important to utilize acceptable comparable sales that have taken place during the appropriate time periods as required by the Tax Board. This is why utilizing the services of an appraiser or an attorney can be vital to the success of your appeal. Some lawyers or law firms, such as Rubin & Dombeck, LLC, will provide a no cost analysis to determine whether it is cost effective to file an appeal. This is critical prior to filing as it is possible for a Tax Assessor to argue that one is under-assessed. If the Assessor is successful, your assessed value could be increased resulting in higher taxes.

## Filing the Appeal

From a technical standpoint, the appeal must be filed with the County Board of Taxation by April 1 of each year. A copy of the appeal must also be filed with the Township's Tax Assessor. The appeal is in essence a lawsuit against your Township and as with any suit filed, you must have evidence to support your claim. The Township Assessor, as the defendant, will often provide his own evidence as to why he believes the assessed value is fair.

Although one does not need to retain a lawyer to file the appeal, due to the technical nature of the appeal and the need to negotiate and potentially argue in front of the Tax Board, many property owners retain law firms to represent their interests. Many lawyers and law firms such as Rubin & Dombeck, LLC offer representation on a contingency basis charging no legal fees unless they win.

## The Appeal Hearing

The Tax Board will issue notices for the hearing and will allow both the homeowner and the municipality to present their case. Any and all information that will be presented at the hearing must be submitted at least seven days prior to the hearing. Failure to serve the information in a timely manner will preclude its use at the hearing. The municipality does not have to make a presentation and can rely on its assessment. Additionally, if there was a defect in the initial filing, the municipality may argue this as a basis to deny any appeal.

Unless a settlement is made prior to or at the hearing, a decision will be rendered by the County Board of Taxation. The Board usually issues its ruling within 90 days of the hearing. If one is unsatisfied with the decision, he can file an appeal to the New Jersey State Tax Court within 45 days of the order.

For more information about the tax appeal process or if you are interested in retaining our services and to determine if you are a good candidate for a tax appeal, contact Elchanan I. Dulitz, Esq. at Rubin & Dombeck, LLC at [elchanan@rdlawllc.com](mailto:elchanan@rdlawllc.com) or 201-578-1578.

Rubin & Dombeck, LLC is a full service law firm with a core emphasis on real estate. Visit our website [www.rdlawllc.com](http://www.rdlawllc.com) for more information.

Before making your choice of attorney, you should give this matter careful thought. The selection of an attorney is an important decision. If this article is inaccurate or misleading, you may report same to the Committee on Attorney Advertising, Hughes Justice Complex, CN-037, Trenton, New Jersey 08625.

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PRESENT

# HOME BUYER SEMINAR

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- Mortgage Process
- Benefits of Working with a REALTOR®
- Legal and Title Insurance Topics

Washington Heights, NY  
March 9th 7:30 PM

Riverdale, NY  
March 11th 7:30 PM

Teaneck, NJ  
March 16th 7:30 PM

Upper West Side, NY  
March 18th 7:30 PM

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**\$350 CREDIT TOWARDS CLOSING COSTS TO ALL IN ATTENDANCE**



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# COMMUNITY CALENDAR

## SHABBAT FEBRUARY 21

**Congregation Keter Torah 600 Roemer Ave Teaneck**  
Hashkama Shiur on "Living on Purpose: Why on Earth are we here?"  
**Rabbi David Aaron, Founder and Deal of Isralight, a center for Jewish learning in Jerusalem. Following Mincha Rabbi Aaron will speak on "Pray it Forward: the spiritual teachings of Rav A.I. Kook.**

**Congregation Etz Chaim**  
Shiur after davening – "Proper Shiva Call Etiquette – How to Make a Shiva Call"

## MOTZEI SHABBAT FEBRUARY 21 8:30PM

**Puah Institute – "Being Normal – How to Develop A Healthy Relationship and Healthy Intimacy!"**  
**Rabbi Steven Pruzansky and Machon Puah of Yerushalayim Featuring Rabbi Gideon Weitzman and Jodi Wachspress**  
43 Dover Court Bergenfield RSVP  
**Doron and Micol Katz at Doron@onlysimchas.com**

**Sharsheret Young Professionals Networking Night 8 p.m.**  
Meet, mingle, and network with other young professionals Enjoy an open bar, great food, billiards, ping-pong and more at Slate in the Flatiron District located at 54 West 21st Street, NYC. \$75 per person, \$150 per couple. Visit [www.sharsheret.org](http://www.sharsheret.org) to register.

**Improv Comedy Night with Gumshoe Comedy Troup 8:30PM**  
**Congregation Adath Yisrael 1391 North Avenue Elizabeth**  
\$36 per couple – Chinese Buffet  
Please RSVP by Feb 14th to **Steve Rosen at [rosen.sr@gmail.com](mailto:rosen.sr@gmail.com) or [scott.susier.sas104@yahoo.com](mailto:scott.susier.sas104@yahoo.com)**  
**Art Auction 7:30 Preview 8:00PM**  
**Auction Suburban Torah Center 85 W Mt Pleasant Ave Livingston**  
\$20 per person \$36 per couple wine, cheese, dessert

## SUNDAY, FEBRUARY 22

**Mesifita Tifereth Yerushalayim**  
**Breakfast 9:00AM** Congregation Bnai

**Yeshurun 641 W Englewood**  
**Speaker Harav Reuven Feinstein. Alumnus Award Fred Koss For further information contact 201 862 0699**  
**NSCY IceSkating in Bryant Park. Transportation is provided. Sign up at NJ NCSY site [newjersey.ncsy.org](http://newjersey.ncsy.org) under "events"**

**NJ Yachad Shake It Up Group – a social group for adults 18+ Trip to Medieval Times. Call Reva Judas 201 833 1349 or [judasr@ou.org](mailto:judasr@ou.org)**  
**Talent Show Congregation Ohr Torah 270 Pleasant Valley Way W Orange 4 – 5:30PM** For information contact **OTrivky@gmail.com**

**Chumash Mesoras HaRav Shemos Launch Event 8:00PM** Rinat Yisrael 389 W Englewood  
Celebration in honor of the publication of the Chumash Mesoras HaRav:Shemos, the new Chumash published by OU Press, collects Rabbi Joseph Soloveitchik's profound teachings and insights into Chumash, and for the first time makes them available in the form of commentary. Addresses by Rabbi Steven Weil and Rabbi Yosef Adler. Chumash will be available for purchase..

**Rav Moshe Weinberger 8:00PM** Beis Medrash Program Congregation Bnai Yeshurun 641 W Englewood  
**Mi' Shenichnas Adar – So What? Bringing Happiness and Emunah Into Our Lives**  
**Rav Weinberger has served as mashpia at Yesiva University since 2013.**

**Congregation Beth Aaron Annual Dinner 5:00PM**  
Honoring Arlene and Arthur Eis as well as Youth Leaders Erica and Jason David. Navigating Parenthood – The World's Hardest Job 8:00PM Series of six lectures given by Rabbi Avrohom Bergstein  
**Anshei Lubavitch 10-10 Plaza Rd Fairlawn**

## MONDAY FEBRUARY 23

**Yachad Mothers' Support Group 9:30 AM** Rinat Yisrael 389 W Englewood, Teaneck  
A unique series for mothers of children with special needs. Bassie Taubes, RN, OCVN CBCN Certified Health Coach

Wellness wisdom LLC-Eat Well Move Well, Sleep Well 3 ingredients to help cope with stress Workshops are free of charge and requires registration. Breakfast will be served. All sessions will be followed by a support group led by Chani Herrmann LMSW Director of NJ Yachad RSVP to [herrmann@ou.org](mailto:herrmann@ou.org)

## WEDNESDAY, FEBRUARY 25TH

**The Premiere of "Crossing the Line2: The New Face of Anti-Semitism on Campus," 7:30 p.m.** 92nd Street YMHA. . The event includes a presentation by guest speaker, **Eric Fingerhut, President and CEO of Hillel International and student activists from University of New Orleans, Binghamton and Brandeis. Registration is necessary. <http://ctl.stepupforisrael.com/new-york>. Admission is free**

## THURSDAY, FEBRUARY 26TH

**Six Week Series on Prophets and Prophecy** Maayanot High School 1650 Palisade Avenue Teaneck  
**Given by Mrs Leah Herzog, Tanach Teacher Maayanot High School 11:45AM** Library.

**Zayin Adar Chevra Kadisha Zayin Adar 5:15 PM** Congregation Bnai Yeshurun 641 W Englewood  
**"What Factors Produced the World's Most Perfect Man." For reservations call Warren Levie at 201 923 1430.**

## SUNDAY, FEBRUARY 28TH

**Twisted Trivia Night 8:00PM** Congregation Beth Tefillah 452 Forest Ave Paramus  
**Tickets are \$30 in advance and \$40 at the door and include dinner, raffles and fun trivia games as well as a giant spinning wheel Tickets are available at <http://cbtparamus.org/store>**

## MARCH 1

**The Fair Lawn Jewish Center/ Congregation Bnai Israel Annual Purim Carnival 10:30AM – 1:00PM** 10-10 Norma Avenue Fairlawn 201 796 5040

New and classic carnival games to play! Amazing prizes to win! Have fun jumping in the Bounce House! Win a goldfish! Enjoy a delicious treat at the Purim Cafe. Create a beautiful sand art or have your face painted. Come in Costume. Open to the entire community!

**Halachic Organ Donor Society 4th Annual 5 K Race in Central Park** For further information contact [www.hods.org/race](http://www.hods.org/race)

## MARCH 1 – 3RD

**The AIPAC Policy Conference in Washington To register, contact Arielle Brenner at [abrenner@aipac.org](mailto:abrenner@aipac.org)**

## TUESDAY, MARCH 3RD

**Sisterhood Women's Health Evening 7:30PM** sponsored by Congregation Etz Chaim Livingston, NJ 40 Chelsea Drive Livingston, NJ  
**Dr Alison Grann : Updates on Breast Cancer, Facts and Fiction**  
**Shari-Beth Susskind – Nutritional Health Coach and Personal Trainer – 10 Rules for Weight Loss Followed by Q and A and dessert. RSVP Michelle Berger, Chair [michelleberger4@comcast.net](mailto:michelleberger4@comcast.net) 973 994 5185**

## WEDNESDAY, MARCH 4TH EREV PURIM

**Grand Purim Bash Chabad on the Palisades 11 Harold St Tenafly Annual Grand Purim Bash and Megillah reading at 6:30PM – second reading at 9:30PM** Steve the Magician 6:30PM No reservation required.

**RINAT PURIM CHAGIGA AND RODEO CARNIVAL 2015!** 389 W Englewood Teaneck  
**Following the main Shul Megillah reading the Purim chaggigah will be rodeo style complete with a full meal to break the fast, popcorn, cotton candy, carnival games and prizes, bounce house, and a mechanical bull. RSVP by Sunday, Mar 1**  
**RSVP in advance by Sunday March 1, 2015 <http://www.rinat.org/purimchagigah>**  
\$15 per person, \$50 family max \$75 Pay at the door - \$20 per person,

**Chabad at West Orange 395 W Pleasant Valley Way W Orange 6:00PM**

Grand Purim Party, Megillah Reading, Music Food/Drinks, Adult Beverages Come in Costume, Free  
[rsvp@chabadwestorange.com](mailto:rsvp@chabadwestorange.com) 973 325 6311

**Congregation Keter Torah Purim Chagigah 600 Roemer Ave Teaneck following 6:45PM** Megillah reading  
**Featuring live music, great food, balloonists and more.**

## THURSDAY, MARCH 5TH PURIM

**JE SUIS PURIM Lubavitch on the Palisades 11 Harold St Tenafly 4:30PM**  
**French Cuisine, Masquerade in French Attire Reservations required [www.chabadlubavitch.org/Purim5775](http://www.chabadlubavitch.org/Purim5775)**  
**Chabad of West Orange 395 W Pleasant Valley Way W Orange Megillah Reading 8:30AM and 4:30PM**  
**11:30AM JCC Metrowest 760 Northfield Ave, West Orange**

## MOTZEI SHABBAT MARCH 7TH

**Ma'ayanot Yeshiva High School for Girls Annual Scholarship Fund Dinner 8:30pm** Congregation Keter Torah 800 Roemer Avenue Teaneck  
Honoring Rena and Menachem Schnaidman with the Keter Shem Tov Award, Chani and David Moss as the Amudei Ma'ayanot Honorees, Sharon and Ari Wieder as Parents of the Year, and Rabbi Donny Besser as Teacher of the Year. For more information and to make a reservation call Pam Ennis at 201 833 4307 ext 265 or email [ennisp@maayanot.org](mailto:ennisp@maayanot.org)

**Netivot Shalom Annual Dinner 8:00PM** Fairlawn Jewish Center 10-10 Norma Ave Fairlawn  
**Honoring Leah and Alex Moskovits with the Sema Heller Memorial Award and Fred Schulman with a Service Award**

 CONTINUED ON P. 84

# COMMUNITY ANNOUNCEMENTS

## TEANECK HOLOCAUST MEMORIAL COMMITTEE. LAST DATE FEB 24TH!!!!!!!!!!!!

<http://petitions.moveon.org/sign/say-yes-to-hol>

### READ BELOW

We believe that it is important to create a Holocaust Memorial in the Township of Teaneck to memorialize those who perished in the Holocaust and establish a place for the community to use for reflection and education about the tragedy of genocide and the lessons of tolerance.

We believe that time is of the essence as each year the amount of Holocaust survivors is dwindling and soon there will be none left to bear witness to the horrors of the Holocaust. After doing extensive searches in the town, we furthermore believe that Brett Park (River Road at the intersection

of Winthrop Road) is the best choice to establish the Holocaust Memorial due to its accessibility to the community, available parking and visibility from River Road. Since the land in question is vacant, this memorial will bring meaning and sanctity to the park and to the Township. We urge the Teaneck Township Council to take the necessary steps to make this a reality.

## MAAYANOT YESHIVA HIGH SCHOOL PAY IT FORWARD

Do you have a 1st – 5th grader who could use some homework help? Free tutoring session will take place at Maayanot 1650 Palisade Avenue, Teaneck Wednesdays from 4:40PM – 5:30PM through May 27th (with the exception of the following dates 3/4, 3/25, 4/1, 4/8. Space is limited Sign up ASAP by

emailing Mrs Ivy Weiner at [weineri@maayanot.org](mailto:weineri@maayanot.org) to ensure a spot in the program.

## ABOVE AND BEYOND

Above and Beyond tells the story of a group of Jewish-American pilots who, in secret and at great personal risk, smuggled planes out of the U.S., trained behind the Iron Curtain, and flew to Israel in its War of Independence. The film is screening at the Teaneck Cinemas.

## CARE ONE

Care One at Teaneck Ineeds volunteers for a minyan. On Friday evening, Mincha/ Kabbalat Shabbat will be at 5:15PM. On Shabbat, Shacharit is at 9:00AM, Mincha at 5:10PM and Maariv at 6:10PM. They are also seeking Shabbat host families to provide hospitality for patients' relatives. When illness or post surgery rehabilitation at their facility requires a

patient's stay over Shabbat, they often receive requests for accommodations for a spouse, adult child, friend, or other family member. They will gladly provide on site RCBC supervised meals, a beautiful Shul and most other requirements. However, when their facility is full, they try to arrange nearby off-site accommodations for sleeping. As a token of their appreciation, they will gladly provide delicious Shabbos meals for the host family, as well. To pre-register as a Shabbos host, please contact the admissions office at 201 862 – 3300.

## BIKUR CHOLIM OF BERGEN COUNTY

Announces a new website, [www.bikurcholimbergencounty.org](http://www.bikurcholimbergencounty.org), which provides information on services available to members of the Jewish community of Bergen County at local hospitals. Information also is provided on medical

equipment gemachs and other services. This comprehensive and user-friendly site should make it easier for those in need to navigate the options and the available resources. **Shearit HaPlate of Bergen Count**  
**The kosher food rescue organization that collects prepared food leftovers from local caterers and restaurants and then repackages and distributes it to those that can benefit in a respectful way that helps ensure the recipient's privacy and self-esteem**

To Become a Recipient: If you or someone you know would like to be notified when food is available, please respond to this email. The information will be kept confidential within the organization.  
**PLEASE LET US HELP-EMAIL US TODAY!**  
[\\_shearithaplate@gmail.com](mailto:_shearithaplate@gmail.com) or [fernamp@aol.com](mailto:fernamp@aol.com)

## PURIM COSTUME GEMACH

Looking for a Purim costume, but don't want to waste the money on something you won't use again? Visit our costume gemach to view the costumes at [www.njcostumegmach.com](http://www.njcostumegmach.com), all costumes are free to borrow. The Gemach will be open at Keter Torah (600 Roemer Ave) on February 15 and 22 from 10am-12pm. Feel free to stop in. The gemach is in memory of Farvish Hirsch Ben Shmuel Lev. Feel free to donate used costumes by emailing [njcostumegmach@gmail.com](mailto:njcostumegmach@gmail.com) or call 201-923-7622.

## THE RINAT CHAIM GEMACH

Lends new and used medical equipment.

Items in good condition to those in need, for short-term or long-term use, including wheelchairs, commodes, portable commodes, walkers, shower chairs, bathtub chairs, rollators, crutches and canes. The Gemach will be happy to deliver the items to families when necessary and to receive tax-deductible donations. To contact the Gemach, to borrow equipment, or to contribute, please visit their website, [www.rinatchaimgemach.com](http://www.rinatchaimgemach.com), or contact Yehiel Levy, [yehiel@optonline.net](mailto:yehiel@optonline.net), 201-357-5495.

## BABIES AND CHILDREN:

### Teaneck Bris Gemach

Bris outfits, pillows, pillow cases, tefilos for mothers to say. Open to the Jewish community. There is no solicitation of funds. For information or to reserve Email either [david.lobl@gmail.com](mailto:david.lobl@gmail.com) or [zsizzle11@aol.com](mailto:zsizzle11@aol.com) or call Zissi at 718 704 6225.

### Teaneck Baby Gemach

Collects baby equipment, clothing to size

5T, toys, diapers, formula, and baby food for Jewish families in Bergen County. For more information contact Avi and Ginnine Fried at 718-753-6275, or by email at [Teaneckbabygemach@gmail.com](mailto:Teaneckbabygemach@gmail.com). Tax donation letters are available for any financial and/or item donations.

### Bicycle Gemach

Rivky Klar at [bikegemach@gmail.com](mailto:bikegemach@gmail.com)

### PREEMIE CLOTHING

Yad Yocheved – 201 836 2071

### Passaic Baby G'mach

Collects baby clothing in excellent condition up to size 2T as well as other baby gear including high chairs, cribs, strollers, carriages, changing tables, diapers and formula. They pick up in NJ/NY area. For more information contact Siggy Berger at 201-486-1492 or via email [siggy@aishdas.org](mailto:siggy@aishdas.org).

### SIMCHAS

#### Shtick for a Wedding

Call Wendy at 646/996-2165

#### Centerpiece Gemach – Cong Beth Aaron

Please contact [bethaaroncenterpiecegemach@gmail.com](mailto:bethaaroncenterpiecegemach@gmail.com)

#### Chatan and Kallah Gemach

Donate new, unopened gifts to needy couples. Accepted in original boxes household, Judaica, engagement or wedding gifts that are not your taste or cannot be used. Drop off at Carrie Cooper, 1060 Windsor Road or email Carrie at [candscooper@gmail.com](mailto:candscooper@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)

### Tablecloth Gemach

In memory of Chaim Yissachar ben Yechiel Zeidel Dov Z'l. Specialty cloths in all colors and sizes for every type of simcha. Donations will go to Project Yi'che and are tax deductible. Please contact [chayemf@aol.com](mailto:chayemf@aol.com) for an appointment

### GOWNS

#### Fairlawn Gown Gemach

Gowns (wedding gowns, mother of the bride, bridesmaids and flower girls) are loaned free of charge. Please call for appointments. The number is 201 797-1770. For donations or any other inquiries please contact [Fairlawngemach@aol.com](mailto:Fairlawngemach@aol.com). Appts are not made by email. The Fair Lawn Gemach is under the auspices of Anshei Lubavitch of Fair Lawn.

### FURNITURE DONATIONS

Email [rodzeen@gmail.com](mailto:rodzeen@gmail.com) of a picture of what you'd like to donate and a recipient can be matched.

Email [TeaneckSimcha@yahoo.com](mailto:TeaneckSimcha@yahoo.com) for information

#### The Bikkur Cholim of Passaic-Clifton's Medical Equipment Gemach

Wheelchairs, walkers, crutches, canes, scooters and other medical equipment to lend at no charge. For more information or to schedule a pick up contact Yael Gotteib at 973-778-9320.

Housewares G'mach in Teaneck collects brand new, still in their boxes, serving china platters, mixing bowls and many other house ware items for new Kallahs in need. For more information or to donate contact Sara Beth Fein at [mrsfein@aol.com](mailto:mrsfein@aol.com).

The Jewish Book Gemach collects Jewish books for 4th- 8th graders. If you have books to donate or would like to receive books please contact Moshe and Shifra Schapiro at [jbookgemach@gmail.com](mailto:jbookgemach@gmail.com).

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.

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 973-594-9118 or via email [Jessica@yadleah.org](mailto:Jessica@yadleah.org)

The Kallah Gemach collects donations for Kallahs in need. They collect any unopened new items in their original boxes from people who have received gifts that they do not want and offer them to those less fortunate. All the items go to Passaic where the girls can come and see what they may be able to use. We collect things like Judaica, household items, small appliances, giftware, etc. For more information contact Carrie Cooper at 201-801-9028 or via email at [candscooper@gmail.com](mailto:candscooper@gmail.com).

Bikur Cholim Wheelchair Gemach - 201 836 2907.

### CHILDREN WITH SPECIAL NEEDS

The Friendship Circle is a social organization for children with special needs that involves them in a full range of recreational activities. Teenage volunteers are the key to keeping our programs running! Volunteers can visit

a child at home weekly for a play date, join a monthly program on Sundays with sports, music, art, and baking, join us for holiday programs, camps or cooking programs. Volunteers must be in 7th grade or older. For more information or to volunteer please call Zeesy Grossbaum, Director of Bergen County Friendship Circle at [Zeesy@BCFriendship.com](mailto:Zeesy@BCFriendship.com) or via phone at 201-262-7172. Feel free to check out their website: [www.BCFriendship.com](http://www.BCFriendship.com).

### SINAI SCHOOLS

Sinai Schools services children and adults with learning and developmental disabilities. There are various volunteer opportunities available, such as driving young adults to their job sites and shadowing some of the students at various community activities. For more information or to volunteer contact Aggie Siletski at 201-833-1134 x105 or via email at [asiletski@sinaischools.org](mailto:asiletski@sinaischools.org) or visit their website at [www.sinaischools.org](http://www.sinaischools.org).

### Yachad- National Jewish Council for Disabilities

YACHAD, The National Jewish Council for Disabilities, is dedicated to enhancing the life opportunities of individuals with disabilities, ensuring their participation in the full spectrum of Jewish life. New Jersey Yachad touches our community on a daily basis, providing inclusive programs for individuals with special needs and emotional support for all members of the family. Services include parent support groups, sibling support, information and referral, socialization programs, weekend respite through monthly shabbatonim, over a dozen summer camp programs, vocational training, sensitivity training workshops, advocacy, family retreats and so much more. For more information please contact Chani Herrmann at [herrmann@ou.org](mailto:herrmann@ou.org) or call 201-833-1349.

## COMMUNITY CALENDAR

CONTINUED FROM P. 83

### SUNDAY, MARCH 8TH

Pre-Pesach Wine Tasting and Wandering Que Congregation Beth Aaron, 950 Queen Anne Road Noon – 9:00PM until supplies run out! Questions to [mensdub@bethaaron.org](mailto:mensdub@bethaaron.org).

### THURSDAY, MARCH 12TH

Six Week Series on Prophets and Prophecy Maayanot High School 1650 Palisade Avenue Teaneck Given by Mrs Leah Herzog, Tanach

Teacher Maayanot High School 11:45AM Library

### SUNDAY, MARCH 15TH

GOOD DEEDS DAY - Federation of Northern New Jersey 50 Eisenhower Drive, Paramus Project SARAH Annual Breakfast. 9:30 – 11:30AM Congregation Keter Torah 600 Roemer Avenue Teaneck Rabbi Jonathan Knapp and Yavneh Academy will receive the Aleinu Hero Award. Keynote speaker is Jill Starishevsky, New York City Prosecutor of Child Abuse/Sex Crimes and author of My Body Belongs

To Me. RSVP to 973-777-7638, [projectsarah.org](mailto:projectsarah.org).

BNOT Pre-Pesach Boutique 4:30 - 9:00 PM. Congregation Bnai Yeshurun 641 W Englewood Teaneck \* jewelry \* baby gear \* clothing \* hats \* tablecloths \* judaica \* decorative home items \* giftware \* hair accessories \* Bring your jewelry to SELL FOR CASH! The Wandering Que Traveling Texas BBQ Cooking Demonstration with Jamie Geller 6:00PM Suburban Torah Center 85 West Mount Pleasant Avenue Livingston New Jersey

In conjunction with Etz Chaim RSVP and Couvert: \$72 Sponsorship – Reserved Seat, Free Joy of Kosher Cookbook and Magazine. \$50- Free Joy of Kosher Cookbook and Magazine. \$36 Teen admission. Questions contact Michelle Amin at [mtkatchen@gmail.com](mailto:mtkatchen@gmail.com) or at 973 992 9294

### MONDAY MARCH 16

Yachad Mothers' Support Group 9:30AM Cong Rina Yisrael, 389 W Englewood Teaneck A unique series for mothers of children with special needs. Batya Jacob CCC(A) Director of Educational Support Services Yachad Advocacy 101How to be the best

parent advocate for your child and yourself Workshops are free of charge and requires registration. Breakfast will be served. All sessions will be followed by a support group led by Chani Herrmann LMSW Director of NJ Yachad RSVP to [herrmann@ou.org](mailto:herrmann@ou.org)

### THURSDAY, MARCH 19TH

Six Week Series on Prophets and Prophecy Maayanot High School 1650 Palisade Avenue Teaneck Given by Mrs Leah Herzog, Tanach Teacher Maayanot High School 11:45AM Library

CONTINUED ON P. 87

## CHESED OPPORTUNITIES

### BNAI YESHURUN CHESED COMMITTEE SHARONA NAGLER BIKUR CHOLIM PROJECT

at Care One is resuming. Care One is a rehabilitation center/nursing home in Teaneck which services many of our community residents. The time commitment need not be great and level of participation no more challenging than some of these examples:  
- read a newspaper to one or several residents and discuss current events  
- read a story to a small group  
- make phone calls for a particular

resident whose vision is impaired  
- have a baking class  
- play the piano or other instrument for a small group of residents  
- play a game such as chess or checkers with a resident  
- chatting with a resident  
This project is being done in coordination with Care One's volunteer department. There is a short form to fill out and it is available in the shul office, or by clicking here. The completed form can be scanned and emailed to [kbelko@care-one.com](mailto:kbelko@care-one.com) or dropped off with Debby in the shul office. Once you've completed the

form, please email Arianne at the email address listed below. When your application is received, one of us will contact you to discuss your availability. The recommended visiting hours are 1-5 and 6-8, allowing for dinner time. When you go into the building you can ask for Kitty, the Recreation Director or someone else from that department and say you are from Bnai Yeshurun -- and they can give you a person or two to visit. If you have any questions or ideas please email Arianne at [ariannew@verizon.net](mailto:ariannew@verizon.net).

### TOMCHEI SHABBOS

Tomchei Shabbos of Bergen County is looking for volunteers who are willing to commit to packing at 6 PM Wednesday either on a weekly, bi-monthly or monthly basis. Contact Sara Walzman at [sdwalzman@yahoo.com](mailto:sdwalzman@yahoo.com)  
Tomchei Shabbos of Bergen County has chesed opportunities for Bar and Bat Mitzvah boys and girls! For information on how to commemorate your Simcha with a chesed project thru partnering with Tomchei Shabbos, contact Andrea Fields at 973-371-1771x411 or [AJBIER@AOL.COM](mailto:AJBIER@AOL.COM)

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# SUPER SHABBOS SHEET

ב' אדר תשע"ה  
פרשת תרומה

**ברכות**

When are the following ברכות said?  
• להפריש חלה מן העסה...  
• וצונו לעשות מעקה...

**MIDDAH OF THE MONTH**

• Honor Elders (כבוד זקנים): Draw a picture for a parent or grandparent.

**CROSSWORD**

Complete the crossword by translating each Hebrew word into English. Use the parsha reference for help.

**ACROSS**

2. מזלג (27:3)

4. הר (25:40)

6. קרשים (26:18)

8. אהל (26:14)

**DOWN**

1. מן (25:35)

3. יריעה (26:5)

5. אמה (26:16)

7. תכלת (26:31)



**דן את כל האדם לכף זכות**

Can you judge these situations favorably?  
• There was no toilet paper left in the bathroom.  
• The garbage bag had a hole in it.

**GENEALOGY**

Can you name the following people?  
• ירחל's only niece  
• יוסף's grandmother (hint: his father was דן)

ה' said ועשו לי מקדש ושכנתי בתוכו and directs משה to collect donations for the building of the משכן, its vessels and the priestly garments, including:

- ארון: Made of acacia wood, covered with gold, with rings on both sides permanently inserted.
- כפורת: Two כרבים of gold, hammered out on the cover with wings spread upward.
- שולחן: Table made of acacia wood, covered in gold and a gold crown all around, with dishes for the לחם פנים.
- מנורה: Made of pure gold, hammered out, with six branches and knobs, flowers and lamps.
- יריעת: Ten curtains made of twisted lines with turquoise, purple, and scarlet wool, woven with a design of כרבים.
- קרשים: Planks made of acacia wood, standing erect, covered with gold.
- פרוכת: A partition made of turquoise, purple and scarlet wool, placed up on four pillars of acacia wood to be a separation for the הקדשים.
- מזבח: Made of acacia wood with horns on four corners and covered with copper.
- חצר: The courtyard to the משכן surrounded by curtains 100 cubits long by 50 cubits wide.

**WORD FIND**

Find the bold italic words on this sheet. The unused letters spell a secret message!

C	R	O	<b><i>W</i></b>	<b><i>N</i></b>	R	A	L	O	H	C	S
H	H	O	S	C	A	R	L	E	T	G	A
O	O	L	S	L	J	G	E	W	A	S	
L	N	D	K	R	I	N	G	S	O	R	E
E	O	T	N	P	I	V	A	N	T	B	R
A	R	S	A	D	A	T	E	M	N	A	U
E	D	R	L	O	F	P	C	D	E	G	T
O	R	I	P	O	T	H	E	E	R	E	C
M	U	F	I	W	S	H	I	R	A	K	I
B	C	U	B	I	T	S	N	A	P	N	P

**PARSHA SKIT IDEAS**

Act out these scenes with friends and family.

- The Jewish people donating many items for the building of the משכן, the vessels and the priestly garments (כה:א).
- The construction of the מנורה with lamps, knobs, flowers, etc. (כה:לא).

**WHO AM I?**

I was the first Ashkenazi Chief Rabbi of ארץ ישראל. I founded Yeshiva Mercaz. I was a Halachist, Kabbalist and Torah Scholar. I lived 1865-1935. I entered Volozhin Yeshiva at the age of 18.

**SPOT THE DIFFERENCE**

Which one is different? (Hint: ברכת המזון)

BAGEL	SANDWICH	PASTA
CHALLAH	MATZAH	TOAST

**WORD CMRLSAB (scramble)**

OGDL	PRPCOE	ETCARSL
SSCEPI	EILRSV	ACAAIC

(Hint: Contributions to the משכן)

**גמטריא**

The number of planks on the south side of the משכן:

ת	ה	ר	מ	ר	י
÷	×	-	+	ק	×
ע					ז

ת	ש	ר	ק	צ	פ	ע	ס	נ	מ	כ	ל	מ	י	ח	ט	ז	ה	ד	ג	ב	א
400	300	200	100	90	80	70	60	50	40	30	20	10	9	8	7	6	5	4	3	2	1

CANDLELIGHTING IN JERUSALEM: 4:50 P.M.

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# Business & Professional Directory



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### Martial Arts

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### Auto Repair & Leasing

**Family Auto Mall**  
(201) 777-0856

### Auto Sales & Leasing

**Garden State Honda**  
www.gardenstatehonda.com | (973) 777-1600  
225 River Road, Passaic



## Business to Business

### Graphic Design

**Julie Farkas Graphic Design**  
www.juliefarkas.com | (201) 280-9437

### IT Networking

**Garb Consulting Group**  
www.garbcg.com | (201) 379-9234

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### Payment Services

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N. Aaron Troodler  
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**Jivetel**  
www.jivetel.com | (732) 592-2000  
Telephone service provider of The Jewish Link

### Website Design

**Myraj Media**  
www.myrajmedia.com  
yaakov@myrajmedia.com | (201) 645-4747



## Fashion and Beauty

### Clothing-Women

**Carlyz Craze**  
www.carlyzcraze.com | (201) 342-3398  
472 Cedar Lane, Teaneck

### Hydrochic LLC

www.hydrochic.com

### Miri Couture

(201) 608-5550  
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### Mishelyne's Fashions

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885 Teaneck Rd, Teaneck

### Salon

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### Lillian Lee Salon

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### Wigs

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## Finance & Insurance

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**Paul Rolnick CPA, LLC**  
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info@lynllyusa.com | (212) 651-4150  
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See Real Estate & Mortgages



## Food & Dining

### Bagels

**Teaneck Hot Bagels**  
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### Bakeries

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### Ice Cream

### Ice Cream on Grand

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### Menagerie Take Out & Catering

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### Dental Care

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### Smilow Family Dentistry

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(973) 559-9192  
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### Teaneck Dentist / A Reason to Smile

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1 North Washington Ave, Bergenfield

### Joseph Fishkin, MD

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85 Kinderkamack Road, Suite 201, Emerson

### NJ Eye Center

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### Resident Eye Care Associates

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### Englewood Hospital

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350 Engle St, Englewood

### Holy Name Medical Center

www.holyname.org | (201) 833-3000  
718 Teaneck Rd, Teaneck

### Neurology

### The Center for Neurological and Neurodevelopmental Health (CNNH)

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renazelig@gmail.com | (201) 914-1887

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### Tenaflly Pediatrics

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Tenaflly: (201) 569-2400  
Paramus: (201) 262-1140  
Fort Lee: (201) 592-8787  
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### Physical Therapy

### Back to Health Physical Therapy Associates

www.bthrehab.com  
loren@bthrehab.com | (201) 833-0234  
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### PMR- The Physical Medicine and Rehabilitation Center

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(201) 425-9311, (201) 363-8880  
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### Rheumatology Associates of North Jersey

www.njarthritis.com | (201) 837-7788  
1415 Queen Anne Road, Teaneck

### Urgent Care

### RapidMD Urgent Care

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www.bfwhmd.com | (201) 385-8350  
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35 South Washington Ave, Bergenfield



## Post-Traumatic Stress Disorder in the Crosshairs

CONTINUED FROM P. 44

towers were hit might be hyper-aware and extremely anxious when in densely populated business areas.

Whether a person has PTSD, or just a few symptoms, it can be very frightening for them. Imagine how terrifying it is to live through a horrific event, possibly one that was physically traumatizing as well as emotionally. There is a sense of total loss of control, where you're at the complete mercy of some thing or some other person. Consider someone being physically or sexually abused over many years in her marriage. As horrific as that is, imagine repeatedly reliving the horror of the trauma, and

continuing to feel a loss of control, long after the abuse has stopped. In a very real sense, people with PTSD are re-traumatized over and over again by such things as their intrusive memories and nightmares.

Fortunately, there are very effective treatments for people suffering from PTSD. By no means is one doomed to live the rest of one's life in a traumatized state! As with any mental illness, talk therapy (AKA psychotherapy) is essential because it gives the individual an opportunity to process their feelings and thoughts about the trauma. If it's true that people sometimes suppress their thoughts and emotions because they're too painful to confront, it is doubly true of people with PTSD. This is because the very thoughts and feelings themselves can re-trauma-

tize the individual. And we know that suppressing our distressing thoughts and feelings (especially very strong ones) can take a heavy toll on our emotional (and sometimes physical) health over time.

There are a couple of treatments that are particularly effective for treating PTSD, one of which is Cognitive-Behavioral Therapy (CBT). According to the Veteran's Affairs website, CBT "helps you understand and change how you think about your trauma and its aftermath. You will...learn ways to cope with feelings such as anger, guilt, and fear. After a traumatic event, you might blame yourself for things you couldn't have changed...CBT helps you understand that the traumatic event you lived through was not your fault." ([www.ptsd.va.gov/public/treatment/therapy-med/treatment-ptsd.asp](http://www.ptsd.va.gov/public/treatment/therapy-med/treatment-ptsd.asp))

In closing, it's important to understand that anyone can have PTSD, regardless of whether you're a soldier, the spouse or child of an abusive person, or just an individual going through his daily life. While not everyone will develop PTSD after a trauma, it isn't your fault if you do. There's a lot of information out there and a variety of options for treating PTSD. As with any psychological difficulty, there is no need to suffer in silence.

Dr. Gur-Aryeh is a clinical psychologist with a private practice in Saddle Brook, NJ. He works with a wide variety of clients seeking mental health treatment and specializes in mood disorders and addiction in particular. If you would like to contact him, you can do so at [sguraryeh@gmail.com](mailto:sguraryeh@gmail.com), by phone at 201-406-9710, or through his website at [www.shovalguraryehphd.com](http://www.shovalguraryehphd.com).

## Rav Stav in Englewood: Explaining the Purpose of Tzohar

CONTINUED FROM P. 20

Unit" has helped over 39,725 immigrants from the FSU and South & North America to prove their halachic Jewish roots. They have also helped to marry more than 93,950 secular couples in halachic Jewish ceremonies. Rabbi Stav has recently been appointed as the successor to Rabbi Shlomo Riskin at Ohr Torah Stone in Efrat. While Ohr Torah Stone and Tzohar will not formally merge, they will work together on issues of joint concern and make Modern Orthodoxy a more visible presence in Israel.

## COMMUNITY CALENDAR

CONTINUED FROM P. 84

**Academies at Gerrard Berman Day School will be hosting its annual event at Neiman Marcus, Garden State Plaza, Paramus, NJ on Thursday, March 19th, 6:30-8:30 pm.**

"Retirement and Recommitment" party for shoes, handbags, and cosmetics. Renowned personal shopper Benji Meyerson and cosmeticians will be on hand to provide makeovers and share about the latest fashions and hottest brands. Relax in Neiman's hip Rotunda Lounge and enjoy a yummy Kosher supper! \$75/person; \$325/table of 5; Event Co-Chairs- Natalie Haar & Leah Matsil, Questions? Contact Amy Silna Shafron at (201)337-1111 or [ashafron@gmail.com](mailto:ashafron@gmail.com), Academies at Gerrard Berman Day School, 45 Spruce Street, Oakland, NJ 07436, (201) 337-1111, [gbdss@ssnj.org](mailto:gbdss@ssnj.org), [www.ssnj.org](http://www.ssnj.org). To register: <https://gerrardbermands.ejoinme.org/?tabid=670090>

### SHABBAT, MARCH 21

**Shabbat Chazzanut** 9:00AM Young Israel of Teaneck 868 Perry Lane Teaneck

**Cantor Netanel Hershtik** and the Hamptons Synagogue Choir will lead a Carlebach davening on Friday night and a regular Shabbat morning davening in the morning.

Everyone is welcome.

### THURSDAY, MARCH 26TH

**Six Week Series on Prophets and Prophecy Maayanot High School 1650 Palisade Avenue Teaneck**

Given by Mrs Leah Herzog, Tanach Teacher Maayanot High School 11:45AM Library

### SUNDAY, MAY 3RD

**Sharsheret Annual Breakfast 10:30AM Teaneck Marriott at Glenpointe 100 Frank W Burr Blvd Teaneck**

Linda Gerstel and Ed Joyce Guests of Honor, Alissa Zagha, Lisa Altman Volunteer Tribute For further information 866 474 2774

# Business & Professional Directory

## Mental Health

### Psychology

**Nancy J. Siegel Ph.D.**  
(212) 246-0783  
Midtown West  
Not a Bergen County Resident

### Psychotherapy

**Carol G. Glaser, Ph.D.**  
[rcarolglaser@gmail.com](mailto:rcarolglaser@gmail.com)  
(201) 833-8822  
Individual, Family & Couples Therapy

### Therapy

**Dr. Evan Kroll**  
[www.evankroll.com](http://www.evankroll.com) | (201) 357-2825  
100 State St, Suite 2D, Teaneck

**Dr. Michelle Kohn**  
(201) 486-0690  
**Rabbi Avraham Shulman, MS, LAC**  
[avshulman@gmail.com](mailto:avshulman@gmail.com) | (973) 271-3753  
100 State St, Suite 2D, Teaneck

## Party Planning

### Bar/Bat Mitzvah Giveaways

**Elite Entertainment and Promotions**  
[infoelitepromotions@gmail.com](mailto:infoelitepromotions@gmail.com) | (203) 500-7303

### Sign A Rama

(201) 489-6766  
381 Main St, Hackensack

### Catering

**Ma'adan Kosher**  
[www.maadan.com](http://www.maadan.com) | (201) 692-0192  
446 Cedar Lane, Teaneck

**Menagerie Take Out & Catering**  
[www.menageriecaterers.com](http://www.menageriecaterers.com) | (201) 569-2704  
41 East Palisade Ave, Englewood

### Premier Caterers

Kenny Lowy  
[www.thepremiercaterer.com](http://www.thepremiercaterer.com)  
[premier.caterers@yahoo.com](mailto:premier.caterers@yahoo.com) | (201) 250-9487

### Event Planning

**DAEN Entertainment**  
[www.daeninc.com](http://www.daeninc.com) | (212) 655-6930

### Invitations

**Invitations Inspired LLC**  
[Yaeli@invitationsinspired.com](mailto:Yaeli@invitationsinspired.com)  
(511) 206-7385  
Simcha Invitation Design/Printing, Custom Monograms etc.

**The Write Impression- Simone**  
[writeimpression@optonline.net](mailto:writeimpression@optonline.net) | (201) 833-4044  
195 West Englewood Ave, Teaneck

### Music/Orchestras

**Aaron Teitelbaum Orchestra & Productions**  
[www.aaroniteitelbaumproductions.com](http://www.aaroniteitelbaumproductions.com)  
[aaronrproductions@gmail.com](mailto:aaronrproductions@gmail.com) | (718) 256-7200

### Hello Video and Photo Studio

[www.hellovideo.com](http://www.hellovideo.com) | (718) 494-2998

### Jeff Wilks Orchestra & DJ

(212) 840-5523

### Party Rentals

**Amazing Amusements**  
[www.amazingamusementsonline.com](http://www.amazingamusementsonline.com)  
[amazingparties@aol.com](mailto:amazingparties@aol.com)  
(866) PARTY-11  
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### Photography/Videography

**Simcha Connections**  
[www.simchaconnections.com](http://www.simchaconnections.com) | (973) 249-9905

**The Visual Image**  
[www.visualimageagency.com](http://www.visualimageagency.com) | (201) 836-1000  
362 Cedar Lane, Suite 6, Teaneck

### Simcha Packages

**Avenue Event Space**  
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### Long Beach Hotel

[www.longbeachhotelnj.com](http://www.longbeachhotelnj.com)  
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405 East Broadway, Long Beach, NY

## Pesach Programs

### Club Kosher

[www.clubkosher.com](http://www.clubkosher.com) | (203) 795-4737  
[clubkosher@aol.com](mailto:clubkosher@aol.com)

**Destinations by Yossi Zablocki**  
[www.destinations613.com](http://www.destinations613.com) | (845) 794-6000

### Eden Tours Pesach

[www.edentourspesach.com](http://www.edentourspesach.com)  
[info@edentourspesach.com](mailto:info@edentourspesach.com) | (305) 731-1338

### Grand Getaways

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### Gross and Schechter Families

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### Kosherica

[www.kosherica.com](http://www.kosherica.com)  
(877) 724-5567

### Kesher Kosher Tours

[www.keshertours.com](http://www.keshertours.com)  
[keshertours@verizon.net](mailto:keshertours@verizon.net)  
(212) 481-3721

### Lasko Kosher Tours

[www.laskogetaways.com](http://www.laskogetaways.com) | (877) 538-9948

### Leisure Time Tours

[www.leisurett.com](http://www.leisurett.com) | (800) 223-2624

### Majestic Retreats

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[info@passovergetaway.com](mailto:info@passovergetaway.com) | (718) 508-4440

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[pesachtime@gmail.com](mailto:pesachtime@gmail.com)  
(732) 370-7777  
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### Platinum Travel

[www.zvilaplan.com](http://www.zvilaplan.com) | (800) 376-1803

### The Schechter Family at Marco Polo Beach Resort

[www.marcopolobeachresort.com/passover](http://www.marcopolobeachresort.com/passover)  
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### VIP RAM Destinations

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[info@ramdestinations.com](mailto:info@ramdestinations.com)  
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## Real Estate & Mortgages

### Mortgages

#### Citibank- David Siegel

[david.siegel@citi.com](mailto:david.siegel@citi.com) | (201) 419-1330

#### Fairway Independent Mortgage

Ken Goffstein  
[www.stoppayingcrazyfees.com](http://www.stoppayingcrazyfees.com)  
[kgoffstein@fairwaymc.com](mailto:kgoffstein@fairwaymc.com) | (800) 347-7895  
(201) 314-8931

### Real Estate Agencies

#### Anhalt Realty

(201) 568-3300  
240 Grand Ave, Englewood

#### Friedberg Properties & Associates

Nicole Idler  
Office: (201) 894-1234  
Mobile: 201-906-9338  
[www.friedbergproperties.com](http://www.friedbergproperties.com)

#### Links Residential

[www.linksnj.com](http://www.linksnj.com)  
Links Residential- Teaneck  
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#### 202 The Plaza, Teaneck

Links Residential- Maywood  
946 Spring Valley Rd, Maywood

#### Prominent Properties Sotheby's Int'l Realty

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C: (908) 966-7140

#### Russo Real Estate

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#### The Spear Team

[www.spearrealestate.com](http://www.spearrealestate.com) | (201) 259-5353

#### V&N Realty Group

[www.vera-nechama.com](http://www.vera-nechama.com) | (201) 692-3700

## Retail

### Appliances & Hardware

**Sears**  
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450 S. Washington Ave, Bergenfield

## Furniture

### Goodwood Furniture

[www.goodwoodpre-lovedfurniture.com](http://www.goodwoodpre-lovedfurniture.com)  
(845) 270-4402  
1 Alpine Ct, Chestnut Ridge

### Gifts

### On The Table

(201) 342-1089  
1454 Queen Anne Rd, Teaneck

### Teaneck General Store

[www.teaneckgeneralstore.com](http://www.teaneckgeneralstore.com) | (201) 530-5046  
502A Cedar Lane, Teaneck

## Senior Living

### Daughters of Miriam

[www.daughtersofmiriamcenter.org](http://www.daughtersofmiriamcenter.org)  
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## Services

### Babysitter, Housekeeper, Elder Care Agency

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[stenlady@gmail.com](mailto:stenlady@gmail.com) | (201) 791-1230

### Car Service & Taxi

#### Blue Skies Car Service

Les Weiss  
(201) 835-2352

#### GW Taxi

[www.mybluecab.com](http://www.mybluecab.com) | (201) 363-0555

### Cleaners

#### 2.50 Cleaners

(201) 287-1885  
261 Degraw Ave, Teaneck

#### Sterling Cleaners

(201) 837-8700  
1245 Teaneck Rd, Teaneck

### Legal

#### Rosenblatt Law PC

[www.rosenblattlegal.com](http://www.rosenblattlegal.com) | (551) 444-8100  
21 Main Street, Court Plaza South, Hackensack  
Commercial litigation & criminal defense lawyer

#### Rubin & Dombek, LLC

[www.rdlawllc.com](http://www.rdlawllc.com)  
[seth@rdlawllc.com](mailto:seth@rdlawllc.com)  
(201) 578-1578

#### 141 Ayers Court, Suite 1B, Teaneck

#### The Rothenberg Law Firm, LLP

Personal Injury Law Firm  
Marc Rothenberg & Ross Rothenberg  
[www.injurylawyer.com](http://www.injurylawyer.com) | (800) 624-8888  
One University Plaza Drive, Suite 505, Hackensack  
450 7th Ave, 44th Fl, New York

### Life Coach

#### Heidi Fuchs

[fuchs.heidi@gmail.com](mailto:fuchs.heidi@gmail.com) | (201) 914-5551  
Generation Y/Millennial Generation Specialist

### Movers

#### Movers 201 inc.

[www.movers201.com](http://www.movers201.com) | (201) 807-0800  
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### Resume Development

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### Tutors

#### Paul Gruber- Math Tutor

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#### The Well Purified Water

[www.thewellpurifiedwater.com](http://www.thewellpurifiedwater.com) | (201) 530-5847  
1120 Teaneck Rd, Teaneck

## Travel

### Bar/Bat Mitzvahs- Israel

#### EMUNAH BAR & BAT MITZVAHS in Israel

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