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Local Rabbis Join DC Mission to Protest Iran Deal

By Lisa Matkowsky

The Orthodox Union is organizing a fly-in on September 9 prior to Rosh Hashanah to lobby against the Iran nuclear deal. The historic mission will include a Rabbis' Vigil adjacent to the steps of the Capitol, where the OU has been working and coordinating with AIPAC. The vigil, currently scheduled at







nity solidarity in opposition to the

CONTINUED ON P. 12



See our ad on page 83

Project Yechi, in Honor of Chaim Feigenbaum z"l, to Hold First Event

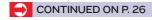
By JLNJ Staff

Teaneck—On October 10, Project Yechi will be hosting a community-wide barbecue to raise awareness for the work the organization does to provide financial support for families who are undergoing cancer treatments. Pro-

ject Yechi was founded by PROJECT YECHI Chaim Feigenbaum and is continued by the Feigenbaum family in his memory. Chaim passed away from leukemia in 2012, at the age of 27.

Chaim was diagnosed with leukemia in November 2010 and it quickly became evident that the rigorous treatments and prolonged hospital stays would mean he would no longer be able to work. Chaim, however, was fortunate to have been working in a family business and he was able to keep his job and continue to receive his paychecks. On top of everything he was going through, he didn't have to worry about how his mortgage would

be paid. Chaim spent months in and out of the hospital, undergoing chemotherapy and an assortment of other treatments, culminating with a bone marrow transplant in May 2011. The transplant appeared to be successful and as Chaim began to regain his strength, he looked forward to going back to work. But then, in February 2012, Chaim relapsed and he passed away from his illness a few short months later.





See Our Ads on Next Two Pages

NYC Rally Attendees Protest Iran Deal at Senator's Office

By Liz Berney, Esq.

On Tuesday evening, September 1st, thousands of New Yorkers protested against Senator Kirsten Gillibrand's plan to vote for the dangerous Iran deal, in front of the Senator's office at 780 Third Avenue (49th Street) in Manhattan. The bi-partisan rally and press conference, delivered the message: "Gillibrand: Don't Surrender America; Join Senator Chuck Schumer To Oppose This Bad Deal!" The New York City police informed rally co-organizer Richard Allen that the 7,000-person-strong



Rav Hershel Schachter, shlita, with Dr. Paul Brody and Assemblyman Dov Hikind, at the September 1 rally.

CONTINUED ON P. 107

YU Soccer Finds a Home at Votee Park

By Larry Bernstein

The YU men's and women's soccer teams will be playing a number of their home games at Votee Park. By the time you are reading this, the park will have hosted a Division III-level soccer game between YU and Fisher College (Massachusetts). Tickets for the soccer games are free and one can get a ticket at the gate.



2014 YU Men's Soccer Team

CONTINUED ON P. 97



See our ad on page 25



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Lemon	12.99 lb
Pesto	12.99 lb
Teriyaki	12.99 lb
Grilled Chicken Thighs	6.99 lb
Grilled Turkey Thighs	9.99 lb
Hawaiian Chicken Legs	6.49 lb
Honey Glazed Chicken	6.49 lb
Hot Poppers	12.99 lb
Pretzel Chicken	12.99 lb
Schnitzel	12.99 lb
Sesame Chicken	6.49 lb
Sesame Chicken Legs	6.99 lb
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Cauliflower	5.49 lb
Deli Potato	7.99 lb
Potato *	5.49 lb
Overnight Potato *	6.49 lb
Shalom Bayis	7.99 lb
S&P Noodle	5.49 lb
Sweet Noodle	5.49 lb
Sweet Potato	5.49 lb
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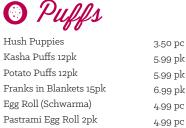
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Baby Corn Salad	5.99 lb
Beet & Onion Salad	5.99 lb
Broccoli Salad Diet Available	7.99 lb
Cabbage Salad	5.99 lb
California Salad	6.99 lb
Cole Slaw Diet Available	4.99 lb
Cranberry Salad	6.99 lb
Cucumber Salad Diet Available	3.99 lb
Diet Cucumber Salad	4.49 lb
Eggplant Salad	6.99 lb
Greek Style Salad	6.99 lb
Grilled Peppers	7.99 lb
Health Salad	4.99 lb
Imitation Shrimp / Crab Sld.	6.99 lb
Israeli Potato Salad	4.99 lb
Israeli Salad	5.99 lb
Macaroni Salad	3.49 lb
Mexican Turkey Salad	9.99 lb
Mushroom Salad	5.99 lb
Pasta Pesto	5.99 lb
Potato Salad	3.99 lb
Romanian Salad	5.99 lb
Russian Cole Slaw Diet Available	5.99 lb
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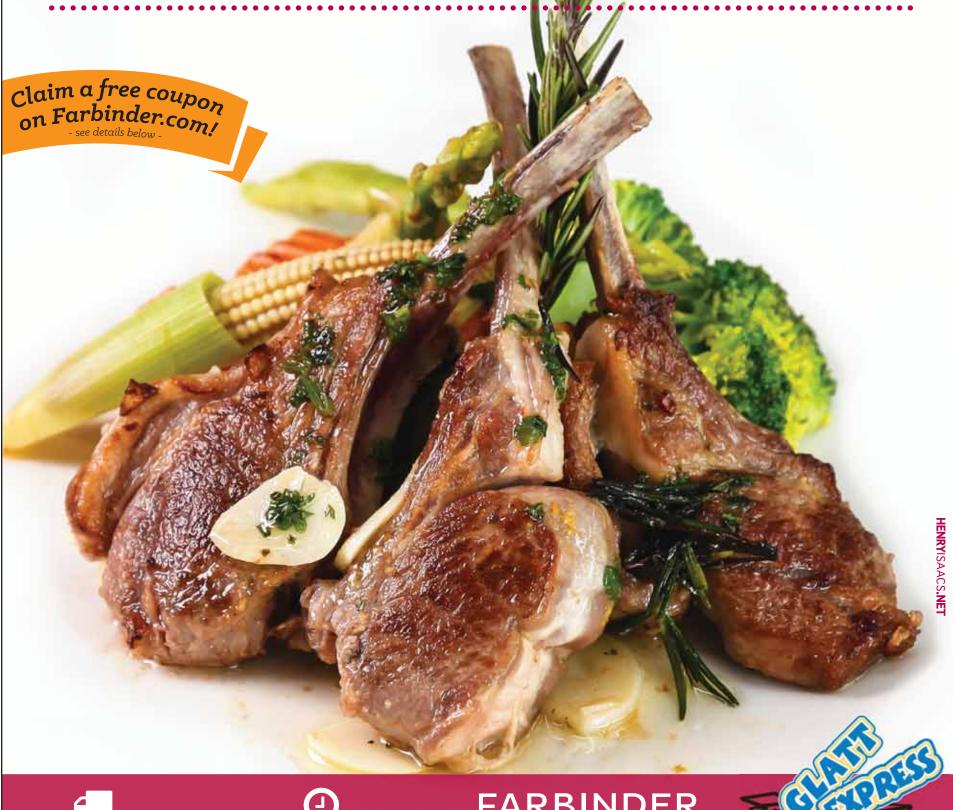


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WORLD NEWS BRIEFS

Switzerland Becomes First Nation to Lift Iran Sanctions After Nuclear Deal

(JNS.org) The government of Switzerland became the first country to officially lift its sanctions against Iran in the wake of last month's nuclear deal.

The decision, which took effect Aug. 13, removes a ban on precious metal transitions with Iranian state bodies, as well as requirements to report the trade and transport of Iranian petrochemical products, crude oil, and petroleum.

Switzerland is home to large oil trading companies such as Vitol Group, Glencore, and Trafigura Beheer BV. Ever since the U.S. and Iran broke off diplomatic relations following the 1979 Iranian Revolution, Switzerland has been functioning as a mediator between the two nations.

The lifting of sanctions underscores Switzerland's "support for the ongoing process to implement the nuclear agreement, and its confidence in the constructive intentions of the negotiating parties," the Swiss government said.

Obama Administration Seeks Lower Financial Burden for Palestinians in Terror Case

(JNS.org) The Obama administration has intervened in a lawsuit brought by relatives of victims of Palestinian terrorism, asking a New York City judge not to issue a high appeal bond that could destabilize the Palestinian Authority (PA).

The jury in the trial had awarded \$218.5 million to American victims of the Palestinian terror attacks. While the case is being appealed, the plaintiffs have asked the PA to deposit a monthly bond of \$30 million until the appeal is resolved.

"Senior U.S. officials have made clear to other governments that if the PA were to collapse, we would be faced with a crisis that would not only impact the security of Israelis and Palestinians, but would potentially have ripple effects elsewhere in the region," U.S. Deputy Secretary of State Antony Blinken said.

Kent Yalowitz, a lawyer for the plaintiffs, expressed disappointment that the Obama administration "failed to take any stand" against

the PA's policy of "putting convicted terrorists on their payroll as soon as they are jailed."

"If the PA has enough money to pay convicted terrorists, it has enough to pay the judgment in this case," Yalowitz said, the Associated Press reported.

U.S. and Israel to Cooperate on Preventing Satellite Collisions in Space

(JNS.org) Israel and the U.S. on Monday announced an agreement to cooperate on tracking and preventing collisions between satellites in orbit in outer space.

The agreement was signed between the Israeli Space Administration—which operates under the Defense Ministry—and U.S. Strategic Command. Israel is joining a comprehensive American initiative bringing together countries that see themselves as responsible for maintaining continuous and safe satellite operations.

Israel's first satellite, Ofek 1, was launched into orbit in 1988, making the Jewish state the seventh country to achieve full capability to build satellites and launch them into

space. There are now 12 such countries, including Israel, the U.S., the U.K., Russia, China, France, Italy, India, South Korea, Japan, Ukraine and Iran.

Unlike all the other countries, Israel must launch its satellites in a westward direction—against the direction Earth spins—to avoid launching over Arab countries.

Israel Offers to Free Palestinian Hunger Striker if He Leaves the Country

(INS.org) Israel's State Attorney's Office on Monday offered to release hunger-striking Palestinian administrative detainee Mohammad Allan on condition that he be deported for four years.

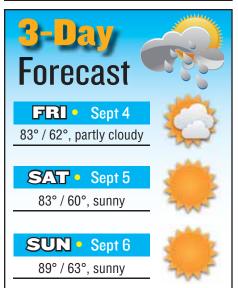
The offer was made in response to the prisoner's petition to the Israeli High Court of Justice that he be released due to his rapidly deteriorating medical condition. It is considered to be a lenient offer, as security officials have said Allan's release constitutes a clear security risk.

CONTINUED ON P. 7



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MERYL AND GARY HOFFMAN



Allan, an Islamic Jihad terrorist operative, is hospitalized in critical condition at Barzilai Medical Center in Ashkelon, where he is in a medically induced coma. He has not eaten in more than 60 days.

Attorney Jamil Khatib, who is representing Allan, immediately rejected the release

India Plans Jewish Heritage Tours for Israelis of Indian Origin

(JNS.org) India is urging tens of thousands of Jews of Indian origin to visit the country to explore their heritage, in a bid to help continue to strengthen bilateral ties between India and Israel.

"We want to tell the world proudly about the rich Jewish life in India with your efforts we are working to preserve the Jewish heritage in India. We hope to have a package tour to Jewish heritage sites in Mumbai and elsewhere by early next year," Indian Ambassador to Israel Jaideep Sarkar told a gathering of Jews of Indian origin at the National Convention of Indian Jews in Israel, the Times of India reported.

There are about 85,000 Jews of Indian origin living in Israel from four different communities—Bene Israel, Cochini Jews, Baghdadi Jews, and Bnei Menashe.

Recently, the Indian government restored the Paravoor and Chennamangalam synagogues in Cochin in an effort to attract Jewish tourism, especially among the 25,000-strong Cochini Jewish community in Israel.

In a sign of India's growing prioritization of Israel, Indian Prime Minister Naren-

Egypt Approves Sweeping New Counter-Terrorism Laws

(JNS.org) Egyptian President Abdel Fattah El-Sisi has approved sweeping new counter-terrorism laws in order to fight the growing threat posed by Islamic iihadists.

The new laws approved Monday include fast-tracked trials for suspected terrorists in special courts, with sentences up to 10 years; life sentences for financing of terror groups; sentences of five to seven years for inciting violence or creating pro-terror websites; and stiff fines for journalists for misreporting on terror attacks, the BBC reported.

Human rights groups have criticized the new laws, claiming they go beyond the socalled "emergency laws" that were in place under former Egyptian president Hosni Mubarak that led to widespread abuse by security forces. Those laws were suspended following the ouster of Mubarak in 2011.

El-Sisi vowed new counter-terrorism laws following the assassination of prosecutor general Hisham Barakat in June.

An ongoing surge of violence led by Sinai Province, an Islamic State-affiliated terror group operating in the Sinai Peninsula, has killed hundreds of Egyptian security personnel over the last few years.

Osama bin Laden's Son Calls on Muslims to Carry Out Attacks in U.S. and Israel

(JNS.org) The son of al-Qaeda founder Osama bin Laden has called on Muslims to independently attack the U.S., Israel, and other countries from the inside.

Hamza bin Laden, 24, issued an audio dra Modi plans to visit Israel later this year. recording telling Muslims that it "is your duty" to engage in lone wolf attacks—not as part of larger terrorist organizationswithin the U.S. and other Western nations, including Israel.

Dubbed the "crown prince of terror," Hamza bin Laden was with his father when the elder was killed by a U.S. Navy seal team in a Pakistan compound in 2011. The younger bin Laden managed to escape, while his brother Khalid was killed.

Rita Katz, director of the SITE Intelligence Group, tweeted that Hamza bin Laden's call for independent Muslim terrorism was recorded before June 2015, adding that the recording might be an effort to boost al-Qaeda's popularity by reviving the bin Laden brand.

Protest Seeks to Put Pressure on Hamas to Release Ethiopian-Israeli man

(JNS.org) Friends and relatives of Ethiopian-Israeli man Avera Mengistu, who is believed to be held captive by the Hamas terrorist group in Gaza, staged a protest outside Hadarim prison in central Israel on Monday.

Mengistu, 28, disappeared after entering Gaza on his own accord on Sept. 7, 2014, two weeks after the end of Israel's war with Hamas last summer. He is believed to be mentally unstable.

The protest at Hadarim prison was timed to coincide with visitors' day for Palestinian inmates there. The protesters demonstrated against Hamas's inhumane holding of Mengistu, noting that in Israel human rights are respected and Palestinian prisoners receive visits from their families.

Protesters asked Palestinians visiting their loved ones in prison to pass their message on to Hamas, handing out fliers in Arabic. The Mengistu family says this will be the first in a series of humanitarian protests against Hamas.

"This is just the beginning of a long struggle, and we don't know when or how it will end," activist Matan Ayala said at the demonstration.

Israeli Government Approves Major Offshore Gas Deal

(JNS.org) The Israeli government on Sunday approved a deal with a consortium of major gas companies on natural gas production in the Mediterranean Sea.

The deal, reached last Thursday with the Israeli gas firm Delek Group and American-based Noble Energy, sets a price cap for natural gas sales to Israeli companies and requires the gas companies to finish developing the Leviathan gas field by 2020. Prime Minister Benjamin Netanyahu's cabinet voted 17-1 in favor of the agreement, with Environmental Protection Minister Avi Gabai (Kulanu) the lone opposing vote.

The deal resolves a pricing dispute in which an Israeli antitrust commissioner last year threatened to designate the Delek-Noble partnership as a monopoly. In June 2015, meanwhile, the Israeli cabinet declared that Israel's offshore gas fields are a matter of national security because the Jewish state plans to export some of the gas to Egypt, Jordan, and the Palestinian Authority.

Netanyahu said the gas deal will "bring Israel's citizens hundreds of billions of shekels in the coming years... This money will serve us in health, education, and social welfare."

CONTINUED ON P. 19



Stand Up and Send Your Rabbi to Washington

Even if it's too late. Even if the votes have set us up for failure. Even if every senator votes for this deal, we still have a choice and our words and actions still have power.

We can sit back, or we can stand up.

We stand at the precipice of a historic decision. A deal is soon to be cast that could provide the rogue state Iran with the money and with a tacit nod of approval to develop, over time, a military-grade nuclear capability.

We are running out of time.

Congress had 60 days to review the details of this bad deal made by an all-too-willing Obama Administration and the P5+1 nations. Those 60 days seemed a bit of a distance away a few weeks ago. But now

the deadline is upon Congress. It hangs over the nation's capital like a dark cloud.

It is for this dire reason that the Orthodox Union is urging rabbis, educators and other leaders within the Jewish community to make their way on September 9 to Washington, D.C. There, at the nation's capital, we must show our elected officials, especially those who haven't publicly made up their minds, that supporting this deal is an existential threat to Israel and the world.

We urge those rabbis and community leaders within our readership area to make their presence in Washington, D.C., a priority. This is not something that is just going to go away somehow. It is a perilous time in the history of Israel and free-thinking societies. Our children and grandchildren

will look back on this upcoming decision as history that either endangered the world or made it safer. We absolutely cannot look them straight in the eye and tell them that we decided to wait and see, or to do nothing at all.

With the vote expected on September 10, we know that rabbis are especially busy in preparation for the upcoming High Holidays. But we can't think of any more important call to duty than to be in Washington with fellow community leaders

There is more information on the OUAdvocacy.org web page. We ask you to read it and then make plans to travel to Washington, D.C.

This is a last-minute plea perhaps. Yet, it isn't too late to be heard.

LETTERS TO THE EDITOR

A Yeshiva is Not an Individual

Rabbi David Fried has taken me to task for allegedly asserting that "despite his personal belief in a traditional understanding of revelation, Rabbi [Asher] Lopatin's refusal to view contrary beliefs as inherently heretical places him, and the institution he heads, outside of Orthodoxy as well."

Rabbi Fried's presentation of my view is based on the following two sentences in my article, the first of which he quotes in full: "I emphatically do not question the Orthodoxy of Rabbi Lopatin's own beliefs. Nonetheless, his statements severely compromise the status of the institution that he heads." How this passage can lead to the assertion that I have placed Rabbi Lopatin himself outside Orthodoxy is bewildering. In a reply to Rabbi Ysoscher Katz that appeared a week before Rabbi Fried's letter, I paraphrased the argument of my article as follows: "The article did assert that despite the personal Orthodoxy of Rabbi Asher Lopatin, who is the president of YCT, and most of its students, graduates and faculty, Rabbi Lopatin has called the Orthodox standing of the Yeshiva into question by asserting that Rabbi Zev Farber's views about the authorship of the Torah are within the bounds of Orthodoxy..."

I recognize Rabbi Lopatin's Orthodoxy precisely because I agree with the central argument of Rabbi Fried's letter, to wit, that a person who holds Orthodox views but places heretical views within Orthodoxy does not lose his personal status as an Orthodox Jew. Thus, the letter is simply misdirected.

I do, however, need to address the challenge that Rabbi Fried would clearly have posed had he understood my position as he should have. "Rabbi Lopatin has affirmed that denying the historicity of the revelation at Sinai does not breach the boundaries of Orthodoxy. How can one maintain that this affirmation leaves his own Orthodox status intact but calls into question the Orthodox standing of the yeshiva that he heads?" The answer is that a yeshiva is not an individual. The raison d'etre of a yeshiva is to transmit the teachings and doctrines of historic Judaism, including the required parameters of those doctrines. When the president of a yeshiva affirms that an unequivocal denial of Torah mi-Sinai is acceptable within the framework of Orthodoxy, the commitment of that yeshiva to the core mission

of an Orthodox educational institution is indeed called into question.

David Berger Ruth and I. Lewis Gordon Professor of Jewish History and Dean Bernard Revel Graduate School Yeshiva University

Classic 'Straw Man' Attack on Rav Willig

I am writing to object, on both Jewish and journalistic grounds, to the *Jewish Link's* publication of Shira Hecht and Aaron Koller's essay, "New Circumstances Demand New Halachic Views: A Response to Rabbi Mordechai Willig" (Aug. 20, 2015). A Jewish family newspaper is not a presidential primary, wherein one candidate gets to describe, and thereby define, another's position in order to criticize it. Jewish ethics, and even journalistic ethics, call for a higher standard.

To begin with, the authors ought to provide some quotes from the very essay (Rav Willig's "Trampled Laws") they are supposedly responding to. They do not. Instead they seem to have combed through Rav Willig's record to select only those pieces that conform to the picture they wish to paint.

The authors launch a classic "straw man" attack on Rav Willig. They declare Rav Willig a "reactionary" and then proceed to condemn him for that stance. Two pieces of evidence back their claim: One, Rav Willig's utilization of a particular text for a kesubah, and, two, Rav Willig's shul's omission of the Tefillah l'Shalom haMedinah (an issue surely cherry-picked for this paper's audience). I am not privy to every psak Rav Willig has issued, nor have I analyzed his pesakim to form an opinion about his decision-making process, but one would need to look at hundreds of psakim and writings in order to begin to formulate an understanding of his, or anyone's, methodology. To try and convince the public of a pattern in Rav Willig's decisions through two examples is ludicrous.

Next, the authors belittle Rav Willig's *psak* to reject the day school application of a child of homosexual parents. They appear to have read his mind when they write, "The immediate impetus of his position is clearly the reification of the 1950s stereotypical American family, in which the father worked at a profession and the mother raised the kids." "Clearly"? I don't see it that way. Perhaps my lenses are foggy, but what

I see is a decision reached based on weighing several divergent Torah values. Nothing to do with the 1950s, nothing to do with stereotyping.

Then the authors insist that Rav Willig's re-evaluation of "the inclusion of Talmud in curricula for all women in Modern Orthodox schools" is "based on a particular sociological claim: women's Talmud study led to an erosion of gender hierarchies and to the erosion of norms regarding women's social and religious roles and homosexuality." This thinking, the authors assure us, is "somewhat shallow," and perhaps "misguided." Let's leave aside for a moment the insult to the Rosh Yeshiva's intelligence, and simply analyze their argument.

The "particular sociological claim" they refer to is a quote Rav Willig brought from a "pioneer of the religious feminist wave," who stated, "What is happening today is a direct continuation of the beginning of Talmud studies for religious women in the 1980s." Do the authors truly believe that this one statement is the entire basis for Rav Willig's opinion on the matter? If so, I would argue that their thinking is shallow and misguided.

Finally, the authors employ good-forthe-goose-is-good-for-the-gander when they state that "Rabbi Willig's willingness to re-evaluate a position he once held is to be applauded," followed immediately with the statement, "It should be equally applauded when other halachic poskim change their views or diverge from the community's earlier-held views, in other directions." The operative term here is "halachic poskim." Poskim do, and always have, changed their minds. But not everyone who offers guidance in matters of Jewish law can be considered a legitimate posek. This is not the place to debate "Who is a *Posek*?" but suffice it to say, Rav Willig's candid reassessment of a prior position is not grounds for renovating the halachic process and tossing out the Mesorah in favor of "other directions."

But all this is beside the point. Rav Willig does not need our defense or our endorsement. Jewishly speaking, the authors are not "barei plugta" with the Rosh Yeshiva. They are out of place criticizing a gadol baTorah in private, let alone in public. Unfortunately, many in the Modern Orthodox community, in response to the deification

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LETTERS TO THE EDITOR

CONTINUED FROM PREVIOUS PAGE

of *gedolim* by other segments of Orthodoxy, have raced to the opposite extreme and ignore their responsibilities toward *kavod HaTorah*.

We need not believe that *gedolei Torah* are infallible in order to understand that we are not permitted to rebuke them publicly. Modern Orthodoxy cannot be taken seriously as a Torah-based lifestyle if we (to borrow from Rav Willig's essay) trample on basic, fundamental Torah values—honor toward *Talmidei Chachamim* and respect for their leadership.

This disrespect emanates from the very egalitarianism that certain segments of Orthodoxy have embraced. It works not only laterally, across genders, but also, apparently, vertically, in that anyone with an opinion and a laptop is qualified to challenge a world-renowned Torah scholar. The authors are oblivious to this distinction when they celebrate that both their words and those of Rav Willig "were written by faculty members at the same institution" (Yeshiva University). Sorry, kids. Yours is not an example of "Eilu ve'eilu."

Rav Willig closed his essay by writing, "We must obey all of Hashem's laws, especially those that others trample upon. We must do so with joy and humility, especially when others demean and oppose us." Rav Willig will surely remain silent to his critics' disparagement. I cannot.

Srully Epstein Bergenfield

Modern Orthodoxy Threatened by Different Ideological Paths

Thank you for publishing the thoughtful essay, "Re-Evaluating Talmud Torah for Women" by Rabbi Jeremy Wieder (August 27, 2015), which he describes as being written about Rav Willig's d'var Torah originally published by TorahWeb.org.

While I have not communicated with Rav Willig about this essay, I would venture to say that there is little written in it with which Rav Willig would disagree. However, I would like to focus on one point that Rav Wieder makes obliquely without any elaboration and, in fact, I have not seen addressed in other analyses of Rav Willig's d'var Torah. Rav Wieder writes, "It may be that there are some (men as well as women) who study Torah who use their knowledge in problematic ways." I would suggest that this concern should be broadened to include a concern about the environment within which Torah is taught (to some men as well as women). What are the premises and suppositions that underlie this new enterprise of teaching Torah to women at the highest levels?

A partial answer to the above question can be gleaned from comments made by two different groups of women who have completed Torah learning at the highest levels. When listening to Maharats (women ordained by YCT) speak at their graduations, one hears about their overcoming the historic suppression of women in general and the inherent discrimination of women in Halacha. In sharp contrast, when this very newspaper recently interviewed Shoshana Samuels, the Yoetzet Halacha at Rinat Yisrael, one heard about working closely with the poskim, halachic decisors, for their guidance and psakim, demonstrating their fealty to the Mesorah. In other words, the first group sees themselves as "Rosa Parks," fighting discrimination and injustice, while the second group works as part of the Torah community, sensitive to the Mesorah and rabbinic authority as did Sarah Schenirer.

(While I am aware that Rav Willig and other poskim are uncomfortable with Yoatzot Halacha, it is for ancillary reasons that are not fundamental to the enterprise.)

I would suggest that a further exploration of these differences in approach to Torah learning will show what is at the root of the ideology that threatens to split the Modern Orthodox community.

Rabbi Tuly Polak Teaneck

From Montreal to Highgate Terrace

I want to thank you for your very helpful suggestions for our Montreal trip ("Vacationing in Montreal," by Nina Glick, July 2, 2015). We had a wonderful time! We visited Mont Tremblant first, where my daughters and I went zip lining, something I could never have pictured myself doing. From here we headed to Old Montreal, where we spent Shabbat and had a fun time visiting some highlights. Our favorite restaurant turned out to be Exceptions II, where we

had the best onion soup ever! We did try poutine, which was interesting. I carried your article with me and referred to your suggestions. So thank you again.

I also want to thank you for the article you wrote about Highgate Terrace ("Highgate Terrace: The Shame of Bergenfield," by Nina and Rabbi Mordechai Glick, August 20, 2015), by far the worst street to drive or walk on in the entire area. When my daughter had a procedure done on her foot and needed a boot and a wheelchair over Shavuot, her friends pushed the wheelchair as she "walked" down the street because there was just no other way to maneuver down this horrific street. A number of years ago when the first part of this two-block street was paved from Newbridge to Westminster Gate, I was thrilled, thinking that the entire street would be taken care of. Unfortunately, only a portion of the street was deemed in need of resurfacing. This made no sense and still is puzzling, since the portion of the road from Churchill to Westminster Gate is by far the most traveled portion. If there is anything that I can do to help in encouraging the town to address this indisputable problem, please let me know.

Thank you again, Regina Koenig Bergenfield

Betrayed by the 'Loony Left'

In the past few weeks I have been getting all those calls from the Jewish "leadership" to call on members of Congress to vote against the Iran deal. There are several problems with those calls; the most important problem in my mind is that those calls come from a failing leadership. Many of these people had enthusiastically supported the Democratic party and even Obama (don't ever forget Rothman!) despite troubling signs that this party is falling into the hands of the loony left and the certainty that it would betray us as soon as possible. Well, the Democratic party, under the guide of the loony left has just betrayed us and we find ourselves in a failing rear guard battle.

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Does the Pending Deal with Iran Prevent Another 9/11 or Enable It?



By Leonard Grunstein

It was not so long ago that Federal District Court Judge Daniels ruled Iran, including the Ayatollah Khomeini, was responsible for the 9/11 attacks on the U.S.

The historic ruling was entered, on December 22, 2011, in the Havlish case, brought by family members and legal representatives of victims of 9/11. The judge also issued 53 pages of detailed Findings of Facts and Conclusions of Law that describe the role Iran and its various governmental organs played in this horrible attack on the homeland.

Among other things, the court found:

- 1. Iran has been waging war against the United States and Israel for over 30 years.
- 2. The Ayatollah Khomeini holds the power to dismiss the president, overrule the parliament and courts and overturn any secular law.
- 3. The religious division between Sunni and Shi'a did not, in fact, pose an insurmountable barrier to cooperation on terrorist operations. An alliance was formed between Shi'a Iran and Sunni al Qaeda, to conduct terrorist attacks against the United States, including 9/11.
- 4. Iran was behind the Khobar Towers bombing.
 - 5. Iran was behind the attack on the U.S.

Embassies in Nairobi, Kenya and Dar-es-Salaam, Tanzania.

6. Iran devised plans aimed at breaking the backbone of the American economy, crippling or disheartening the United States and its people and disrupting its economic, social, military and political order. Among the schemes devised was a plan to crash Boeing jumbo jets, with large full capacities, into the World Trade Center, White House and Pentagon. The code name for these plans was "Shaitan dar Atash" (loosely translated as Satan in Flames).

7. Iran was behind the attack on 9/11.

Can an agreement based on false assumptions, including as to the intent of the parties, be effective? In evaluating the merits of an agreement, it is important to know the truth. Ignorance can't shield us from the harm that might ensue from being misled by a disingenuous agreement. Hope and spin are no substitute for putting in place genuine safeguards to prevent an enemy from attacking us.

In this regard, it is critical to recognize that Iran is at war with the United States. Nothing in the purported agreement changes this. Lest there be any misunderstanding, the Ayatollah continues to make this clear on a regular basis. The 9/11 attacks were reportedly accomplished for a cost of less than \$500,000. The result was almost 3,000 innocent victims killed, many more injured and more than \$3 trillion dollars in damage. Do we really want to test how

much harm Iran can do with more than \$100 billion?

It's not just about the nuclear threat. The court found that Iran has many plans for attacking the U.S., including:

- a. Using chemical weapons and radioactive dirty bombs;
- b. Bombing hundreds of electrical power plants, gas stations and oil tankers;
- c. Using passenger airliners as bombs against U.S. cities; and
 - d. Bombing the railroads.



Isaiah (Chapter 28, Verse 15) offers some insights into the ineffectiveness of disingenuous agreements. He cautions the scorners and spin-doctors. An agreement purporting to establish limits, like red lines not to be crossed or to cheat death, can't be sustained. Mere words can't provide shelter

and refuge in the face of an enemy intent on war. It's nothing more than a false hope.

Let's take the lessons of Isaiah to heart. The promise of safety for the homeland, because of some contrived and hopeful strategy to limit Iran from completing a nuclear bomb, for a short period of 10-15 years, is not genuine. It is based on a false premise. We are, as 9/11 demonstrated, vulnerable to terrorist attacks by non-nuclear means. A reinvigorated Iran, armed with 100s of billions of dollars, as a result of sanctions relief and renewed access to world markets, is still every bit as vicious and heartless an enemy of this country. We're, in effect, arming our avowed and implacable foe instead of disarming it. An agreement based on false premises is really not an agreement at all. Let's expose the falsehood and urge our elected representatives in Congress to vote down this misguided agreement.

Leonard Grunstein has successfully represented a number of prominent clients over the years, including, a number of banks and other institutional lenders. He also founded a federal savings bank and then a national bank, where he served as chairman for a number of years. He was also the Chairman of Israel Discount Bank of New York.

Mr. Grunstein has published a number of significant articles in The Banking Law Journal, The Real Estate Finance Journal, the Small Business Journal and the New York Law Journal, as well as op-eds on various topics in Crain's and other fine publications.

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Now Exposed: Iran Already Waging War Against Israel

By Benyamin Korn

On August 16, the Israeli Army revealed that Iran has been directing terrorist attacks from Syria against Israelis in the Golan Heights region. Nobody paid attention. Four days later, Iranian-sponsored rockets from Syria struck Israel's Upper Galilee. Is anybody listening now?

For weeks, supporters of Israel have been warning that the emerging Iran agreement would give Tehran funds that it could use to wage war against Israel through its proxies.

But now it turns out that Iran is already waging that war. The question is, who is paying attention?

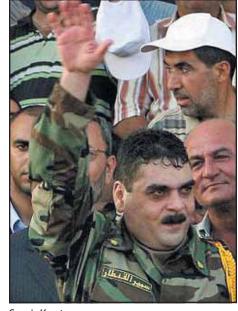
On August 16, a "senior Israeli Army Northern Command officer" revealed to journalists that for the past 20 months, Iran has "directed" terrorist attacks against Israelis on the Golan Heights.

"All of the attacks in the Golan Heights sector since December 2013 have been carried out with Iranian direction," the officer told reporters, according to the Israeli daily Israel HaYom.

All of the attacks. Not one or two. All of them. "Directed" from Tehran.

The officer said that "several hundred Hezbollah operatives are currently active on the Syrian side of the border in the Golan Heights." He said "Iran sends advisers [to the area] and provides money, weapons and training [to terrorists operating there]."

Among the Iranian-directed terrorist cells operating in the Golan, he said, is



Samir Kuntar

a cell led by one Samir Kuntar. Does that name ring a bell?

A Lebanese native, Kuntar is a veteran of the Palestine Liberation Front. The PLF, a member-organization of the PLO, was headed by Abu Abbas. Its most infamous attacks were the Achille Lauro hijacking in 1985, and an attempted attack on the Tel Aviv beachfront that resulted in the Bush administration withdrawing its recognition of the PLO.

In January 1978, Kuntar and three other PLF terrorists hatched a plan to hijack an Israeli bus traveling from Beit She'an to nearby Tiberias. (Note: It had nothing to do with

"occupied territories" or "settlements." This was to be an attack on a civilian bus within the pre-1967 borders.) The hijackers were arrested by the Jordanian police as they tried to swim across the Jordan River into Israel. In less than a year, however, Jordan set them free. Apparently, the Jordanians don't regard conspiracy to commit mass murder of Jews as a particularly serious crime.

In April 1979, four PLF gangsters led by Kuntar infiltrated the northern Israeli coastal city of Nahariya. They murdered an Israeli policeman and broke into an apartment at random. The mother, Smadar Haran, hid in a closet with her two-year-old daughter Yael and a neighbor. While trying to keep Yael from crying, Smadar accidentally smothered her.

The terrorist took the father, Danny Haran, and their four-year-old daughter Einat hostage, and forced them at gunpoint to the nearby beachfront. There Kuntar shot Danny in the head and murdered Einat by crushing her with the butt of his rifle (or with a large rock, according to some reports). Kuntar was captured by the Israelis—and then released in a 2008 prisoner exchange.

Now, thanks to the Iranians, Kuntar lives in the Syrian-controlled section of the Golan Heights. Perhaps not surprisingly, he is the recipient of a Syrian Order of Merit from his kindred spirit, the mass murderer Bashar Assad. "Kuntar has recruited local Syrians to join the ranks of his cell," the Israeli officer said.

How serious is the likelihood of attacks from Kuntar's group and other terror gangs

in the Golan? "At any given moment, the IDF Northern Command faces at least two warnings of impending attacks in the Golan region," the officer said. In fact, just two weeks ago, the IDF "conducted an exercise simulating an Israeli incursion into Syria in response to attacks on the border... The main threat in the area is posed by jihadi groups, not the Syrian military."

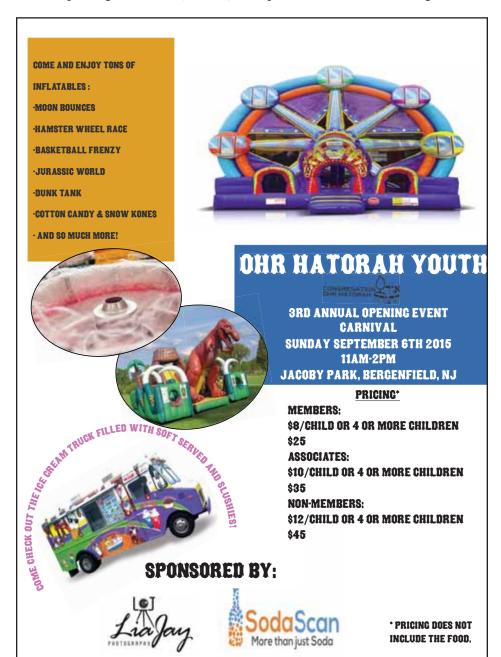
"At any given moment." Sure enough, just four days later, Iranian rockets from Syria struck in the Upper Galilee. Air-raid sirens sounded for the first time in years, as residents of local towns and kibbutzim grabbed their children and ran, panic-stricken, to their bomb shelters.

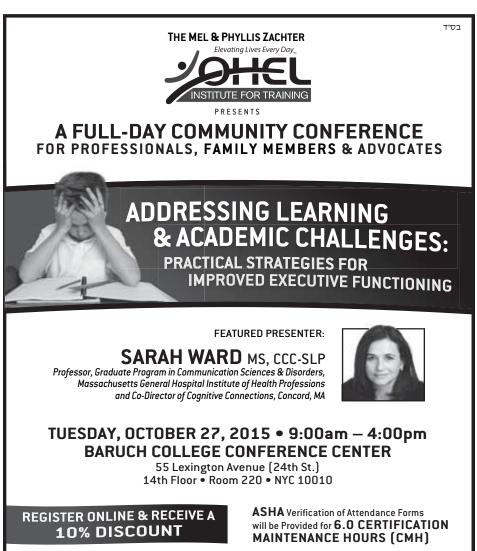
It was bad enough when it turned out that the Iran deal would give the Iranians hundreds of millions of dollars which they could use to help Hezbollah and Hamas. And it was bad enough when it was revealed that Iran's Supreme Leader, Ayatollah Ali Khamanei, recently authored a 416-page book on the need to destroy Israel.

But now it turns out that the danger is not hypothetical, and Tehran is not just using words. It is already engaged in a daily proxy terror war against America's ally, Israel.

Will members of Congress ignore these "facts on the ground" as they are weighing how to vote on the Iran agreement?

Mr. Korn, chairman of the Philadelphia Religious Zionists, is former executive editor of the Philadelphia Jewish Exponent and the Miami Jewish Tribune.





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LETTER OF PROTEST

Advising Against the Use of the **International Beit Din: A Translated Letter** From Rabbi Hershel Schachter, Shlita

Editor's Note: The recent publication on Torahweb.org of a letter by Yeshiva University Rosh Yeshiva Rav Hershel Schachter, shlita, criticized the work of the International Beit Din and advised all not to rely on their rulings, and for any associated rabbanim to resign. The original was printed in Hebrew and is available here: http://torahweb.org/ torah/docs/ibd-machaa.html. We present a translation here, as well as a response from representatives of the organization he is addressing.

To my Honorable Colleagues, Students, and Rabbis in every city,

A few months ago, the International Beit Din for Agunot was established. Approximately two months ago, I reviewed a 23-page responsum in Hebrew written by a member of this beit din, on the subject of agency to write a divorce against a husband's will, that is mistaken from beginning to end. Another four-page English responsum was shown to me, permitting an agunah to remarry due to invalid witnesses, based on the Ritva's famous view. This is not the right path and not even the right city. The prohibition against adultery is not like the laws of mourning, for which we would say that the law follows the lenient opinion. It is always possible to be lenient based on a tiny doubt. The Sages taught us that wherever there is a Chillul Hashem, we set aside respect for a rabbi. I feel an obligation to object because otherwise the public will assume that rabbinic silence implies agreement, and the students would see and establish this new approach permanently.

It is a tremendous chutzpah that these three rabbis joined this beit din. Questions of this most serious nature—permitting a woman to remarry without a divorce—were brought to Rav Yitzchak Elchanan, after him to Rav Chaim Ozer and in our time to Rav Moshe Feinstein, all of whom were recognized as the greatest of their generations. It is forbidden for average rabbis to involve themselves in these matters because whoever does not understand the nature of marriages and divorces cannot be involved with them. In our generation, we present these questions to the few Torah scholars who have specialized in these laws and apprenticed under greats, and who therefore have a tradition about where to be lenient and where strict.

I encourage my colleagues and students not to rely on any ruling from this beit din because they have no standing. I heard that one of the judges resigned and I asked the other two to also remove themselves in the future from this bad activity and to inform the public not to rely on the lenient rulings they already issued, since their entire approach is not according to the law.

(Rav) Tzvi (Hershel) Schachter, Tammuz 5775 I also agree to this objection with full force:

(Rav) Gedaliah Dov Schwartz, 21 Tammuz 5775

It is superfluous to add that there is no ruling and no judge but nonsense of fools who have appointed themselves authorities:

(Rav) Nota Tzvi Greenblatt, Memphis, 22 Tammuz 5775

The words of the above giants are clear in law and in practice, and I also join in their objection:

(Rav) Avrohom Michael Union, 26 Tammuz 5775 I also join in objecting to this brazen breach:

(Rav) Menachem Mendel Senderovitz, 3 Av 5775

RESPONSE

Response to Rav Schachter's Criticism of the International Beit Din on Torahweb.org

By Rav Simcha Krauss, Av Beit Din and Rav A. Yehuda Warburg, Director/International Beit Din

Rav Hershel Schachter's public letter of protest against the International Beit Din (IBD)—also signed by Rav Gedalia Dov Schwartz, Rav Nota Greenblatt, Rav Avrohom Union, and Rav Menachem Mendel Senderovitz—has come to our attention.

In June 2015, Rav Schachter met with Rav Simcha Krauss and Rav A. Yehuda Warburg, members of the IBD, in the presence of Rav Mordechai Willig. At the time, Rav Schachter critiqued the thought and work of the IBD which he repeats in his letter to Torahweb. In his letter, he raises, among other things, three substantive criticisms which call for a response.

In his letter, Rav Schachter described an essay by a member of the beit din on get zikui as "mistaken from beginning to end." The essay seeks to explore whether a get zikui may be used against the wishes of the husband but it was not written to represent the position of the IBD. It is the position of the IBD that get zikui may only be used with the consensus of all the dayanim and after additional rabbinical approval. The fact is the IBD has not used a get zikui.

At the above-mentioned meeting, Rav Schachter voiced his opposition to implementation of the technique of get zikui in the well-known case adjudicated by Rav Uriel Lavi, the av beit din of the rabbinic court of Tzfat, Israel. Furthermore, he stated unequivocally that "no one permits a get zikui when the husband refuses to give a get."

When further challenged by a ruling of Rav Shalom Messas, the former Sepharadi Chief Rabbi of Yerushalayim, where he advises the use of get zikui even against the expressed will of the husband (see Shemesh U'magen, Even Ha'ezer, volume IV, #100), Rav Schachter responded "I haven't seen that."

Bittul Kiddushin

At the meeting, Rav Schachter also criticized a psak rendered by the IBD because it relied upon the opinion of Ritva, a minority view. In fact, the decision relied in part upon the position of Ritva in the name of his teacher Ra'ah, which is cited authoritatively by two rishonim, namely Rabbeinu Peretz and Rav Yehuda, the son of Rosh. Moreover, the late Rav Eliezer Waldenberg and Rav Tzion Boaron, author of Teshuvot Sha'arei Tzion and a rabbinical judge serving on the highest beit din in the Chief Rabbinate's network, namely the Beit Din ha-Gadol in Yerushalayim, have both endorsed Ritva's position.

To be sure, there are many authorities who disagree with *Ritva*'s view and contend that his position may be utilized only as a senif (lit. an appendage), and therefore cannot be relied upon as the sole grounds to void a marriage. However, in careful reading of the entire psak, it becomes clear that the IBD decision also offered five other reasons in support of its leniency, including the husband's admission that he is not Jewish. This psak din as well as other IBD decisions are available for public scrutiny on our website.

Rav Schachter further argues in his letter of protest that adultery is unlike aveilut, mourning, in that the concept of leniency does not apply. In fact, the Talmud states in a number of places that "because (of the harshness) of igun, the rabbis have ruled with leniency in relation to an agunah." Namely, that leniency in igun is a Halachic value and must be weighed in the calculus of Halachic options in dealing with an agunah.

The Resignation from the IBD

In his letter, Rav Schachter referred to the resignation of one of the members of the IBD, suggesting that he resigned because he disapproved of the IBD's methods and decisions. In truth, he resigned because he was pressured to do so by some of his own colleagues at YU. Furthermore, our dayan agreed to do so in exchange for an agreement that there would not be a public attack on the IBD. He also reassured the IBD that he stood by all the decisions he had cosigned prior to his resignation.

Rav Schachter has every right to disagree, even publicly, after carefully studying and then sharing the substance of his disagreements so that all can learn from them, respond to them, and, perhaps, change their opinions. The Jewish community can only benefit from leadership models that conduct communications and handle disagreements with civility and mutual respect, especially on such crucial Torah issues as get denial and agunot.

We ought to heed the words of Rav Moshe Feinstein: "And it is a major prohibition to leave a wife chained to her husband if one has the ability to address her situation and does not resolve it." (Iggerot Moshe, EH 1:117) And in the words of a well-known Teshuvot HaBach Ha-Hadashot volume 2:64 (cited by Har Tzvi, Introduction to *EH*): "Anyone who frees one *agunah* it is as if he has rebuilt one of the ruins of Jerusalem."

About the International Beit Din

The International Beit Din (IBD) was established in 2014 to help resolve the continuing problem of get refusal, abuse of Halacha by extortion, and the resultant public disaffection from the halachic process that leads to chilul Hashem. The IBD follows in the footsteps of *poskim* who have offered solutions to free those who suffer unjustly from modern igun, from spouses who deny them a get.

For further information about the International Beit Din and its dayanim, please visit our website: www.internationalbeitdin.org

COMMUNITY NEWS

Local Rabbis Join DC Mission

CONTINUED FROM P. I

deal, the vigil is intended to send a powerful message of unity.

"We are expecting hundreds of rabbanim and various community leaders," said Allen Fagin, Executive Vice President of the OU. "It's enormously important to demonstrate the solidarity of the Orthodox community in a very concrete way in opposition to this

bill, and to project to Congress a clear understanding about the depth of communal feeling even beyond what this specific bill confers, in regards to vigilance about Iran. Even if the bill passes, the highest level of scrutiny of all Iran's activities must be maintained, everything must be carefully monitored because of all the ways in which Iran has demonstrated its predilections and carried out terrorist activities. This bad deal is one piece of the picture...we must remain enormously vigilant as we confront the future."

mounting this rally to oppose the Iran deal... hundreds of rabbis are coming to Washington just days before Rosh Hashanah to send a moral message about how unified we are in our opposition to this bill. It is critical that as many rabbis as possible attend," said Nathan Diament, Executive Director of the Orthodox Union Advocacy Center.

Several New Jersey rabbis are registered to participate in the mission including Rabbi Shalom Baum of Congregation Keter To-

"The OU, together with the RCA, are rah in Teaneck (who is also the president of the RCA); Rabbi Binyamin Krohn of the Young Israel of Teaneck; and Rabbi Menachem Genack of Shomrei Emunah of Englewood (and CEO of OU Kosher), who told the Jewish Link: "It's imperative to come and make your voice heard. This is such a bad deal, such a dangerous proposition. We must grab this opportunity to oppose this historically bad decision. Like those

CONTINUED ON P. 20



Cheney: Iran Deal Likely to Lead to First Use of Nuclear **Weapon Since WWII**

By Jpost.com staff

In an op-ed written for The Wall Street Journal entitled, "Restoring American Exceptionalism," former Vice President Dick Cheney, together with his daughter Liz, accused President Barack Obama of agreeing to a deal with Iran that will likely lead to "the first use of a nuclear weapon since Hiroshima and Nagasaki."

Stating that America has "guaranteed freedom, security and peace for a larger share of humanity than any other nation in all of history," they accused Obama of weakening the fundamental pillars that make the United States great.

They claim President Obama has departed from the "75-year, largely bipartisan tradition of ensuring America's pre-eminence and strength," they wrote.

"He has advocated cutting our nuclear force in the naive hope that this will persuade rogue regimes to do the same. He has imposed limits on our ability to modernize and maintain nuclear weapons. He has reduced the nation's missile-defense capabilities," they continued.

They accused Obama of gutting the Nuclear Non-Proliferation Treaty, "arguably the single most effective multilateral arms-control agreement in history," with the Iran deal.

Obama's claims that the agreement will prevent Iran from obtaining nuclear weapons is entirely false, as is everything else he has said about the deal, they claimed.

"President Obama told us he would never accept a deal based on trust... Instead, the Obama deal provides the Iranians with months to delay inspections and fails to address past clandestine work at military sites," they wrote.

They rebuffed Obama's claim that the Iranian deal is the only way to prevent war. They said that this deal will accelerate the production of nuclear weapons across the Middle East as well as give Iranians billions of dollars, thanks to the sanctions relief which will likely be funneled to fund terror.

The Cheneys implored Congress to reject the deal and to re-impose the sanctions that have been lifted from Iran.

"It is possible to prevent Iran from attaining a nuclear weapon, but only if the U.S. negotiates from a position of strength, refuses to concede fundamental points and recognizes that the use of military force will be required if diplomacy fails to convince Iran to abandon its quest for nuclear weapons," they wrote.

They called on the American people to consider carefully the next person who will enter the White House to take the place of Obama.

"The right person in the Oval Office can restore America's strength and alliances, defeat our enemies and keep us safe...The peace and security of the world and the survival of our freedom depend on it. We must choose wisely."

Liz and Dick Cheney co-authored "Exceptional: Why the World Needs a Powerful America," to be published on September 1.

Obama Tells U.S. **Jews That Opponents** of Iran Deal Are Not 'Warmongers'

dress to the American Jewish community, President Barack Obama sought to distance himself from accusations that those opposing the Iranian nuclear deal, including several prominent Jewish organizations such as the American Israel Public Affairs Committee (AIPAC), are warmongers.

"At no time have I suggested that somebody is a warmonger, meaning they want war," Obama said in the webcast hosted by the Jewish Federations of North America (JFNA) and the Conference of Presidents of Major American Jewish Organizations. Obama added that if the Iran nuclear deal is rejected by Congress then he won't have many options left except the military option.

"At that point we really don't have options," the president said. "We're kind of flying blind. The logical conclusion is that for any president, me or my successor, to make sure that Iran's not getting a nuclear weapon, I'm going to have to resort to some sort of military action

(JNS.org) In a live webcast adbecause there aren't going to be many other options left to us."

However, Obama added that it is "not to suggest that opponents of this deal want war. It is a sober analvsis of what options we have available to us."

The address by Obama comes as the White House is sending a top Treasury Department official to Israel for meetings with Israeli leaders regarding the Iranian nuclear deal.

Adam Szubin, the acting undersecretary of treasury for terrorism and financial intelligence, will meet with Israeli officials over the weekend, including Foreign Ministry director-general Dore Gold, National Security Adviser Yossi Cohen and Energy Minister Yuval Steinitz, the Jerusalem Post reported.

Szubin, who is one of the most well-versed officials on the sanctions regime imposed on Iran, will stress to Israel the Obama administration's commitment to bolstering defense cooperation with Israel, particularly as it relates to Iran's sponsorship of terrorism.



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'Supergiant' Natural Gas Field Discovered Off Egypt's Shores

Italian energy group Eni says Zohr field may hold as much as 30 trillion cubic feet of gas, making it the largest known gas discovery in the Mediterranean Sea • Energy Minister Yuval Steinitz: We have to approve the gas framework without delay.

By Hezi Sternlicht, Zeev Klein, News Agencies and Israel Hayom Staff

Italian energy group Eni SpA announced Sunday it had discovered a "supergiant" natural gas field, potentially the largest known gas field in the Mediterranean Sea, off the Egyptian coast, predicting the find could help meet Egypt's gas needs for decades to come.

Eni struck natural gas 190 kilometers (120 miles) from the Egyptian coast, at a depth of 1,450 meters (4,760 feet) in the Shorouk Block, the company said. The block is about 107 kilometers (66 miles) from Port Said. Named Zohr, the field could hold as much as 30 trillion cubic feet of gas.

"Zohr is the largest gas discovery ever made in Egypt and in the Mediterranean Sea and could become one of the world's largest natural gas finds," the company said in a statement, adding that it had full concession rights to the area.

Israeli experts said the Egyptian gas field may eventually prove bigger than the Leviathan and Tamar fields combined.

Leviathan, discovered in 2010, roughly 130 kilometers (81 miles) west of Haifa, holds an estimated 22 trillion cubic feet of natural gas. Tamar, discovered some 80 kilometers (50 miles) west of Haifa in 2009, is believed to have reserves of up to 8.4 trillion cubic feet.



Claudio Descalzi, Eni CEO

For Israel, the discovery means dramatic competition in the natural gas industry.

"The discovery of the huge natural gas field off Egypt's shores is a painful reminder that while Israel 'fell asleep at the wheel' and has taken far too long to approve the natural gas framework, the world is moving forward in a way that can affect our exports," National Infrastructure, Energy and Water Resources Minister Yuval Steinitz said Sunday.

"We have to approve the gas framework without delay and advance Israel's natural gas industry," he said.

Industry analysts hedged Sunday that while Leviathan's financial worth may slightly decline over the Egyptian discovery, Delek Group and Texas-based Noble Energy, its developers, have nothing to fear. "Developing the Egyptian field will take at least five or six years. If anything, it will be an incentive for them to expedite Leviathan's development," one expert said.

Zohr represents other significant gas discoveries in the Mediterranean in recent years, and is expected to have a major impact on the region's economy and potentially offer Europe new supply options,

allowing it to lessen its dependence on Russian gas imports.

It also represents a major boost for Egypt, where power cuts caused by gas and oil shortages have often fueled unrest.

Eni said it planned to fast-track development of the site, using existing infrastructure.

The Italian government owns 30 percent of Eni, which is the biggest foreign oil and gas producer in Africa, where it has significant operations in Libya. The company has operated in Egypt for over 60 years and is one of the main energy producers in the country, with a daily output of 200,000 barrels of oil equivalent.

Egypt signed a \$2 billion exploration deal with the Italian company in June, allowing Eni to explore in Sinai, the Gulf of Suez, the Mediterranean and areas in the Nile Delta.

"This historic discovery will be able to transform Egypt's energy scenario," Eni CEO Claudio Descalzi, who met Egyptian President Abdel-Fattah el-Sissi on Saturday to discuss the find, said.

Egypt, which once exported gas to Israel and elsewhere, has become a net energy importer over the last few years.

Under el-Sissi, Egypt's state-owned gas company EGAS has increasingly rationed gas supplies to much of the domestic industry, which has at times crippled production and hampered the economic recovery.

The government has also attempted to improve the energy situation by slashing state energy subsidies, paying down its debt to foreign energy firms, and negotiating import agreements.



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WORLD NEWS

Capture of Joseph's Tomb Terrorists Exposes Truth About Palestinian Authority

By Stephen M. Flatow/JNS.org

You won't read about it in the *New York Times* or the *Washington Post*. But this week's arrest of four Palestinian terrorists who were plotting to attack a Jewish holy site tells you everything you need to know about the Israeli-Palestinian conflict today.

The reason you won't hear about it in the American news media is because the terrorists were caught before they struck. Apparently intentions don't count. No casualties, no news coverage—and even when there are casualties, there isn't always news coverage. Did your daily newspaper report about the two-year-old Israeli child who was recently hit by Arab rocks?

The four arrested terrorists—who planned to attack Jews at Joseph's Tomb—are residents of Tulkarm, Nablus (Shechem in Hebrew), and Qabatiya. Those three cities are all governed by the Palestinian Authority (PA). Yet it was the Israeli security forces, not the PA police, who captured them. That's because the PA doesn't arrest terrorists; it shelters them.



Palestinian rioters set fire and break facilities in Joseph's Tomb in the West Bank city of Nablus April 24, 2011. (REUTERS)

Of course, the 1993 Oslo Accords require the PA to apprehend and imprison terrorists. Of course, the PA is obligated to disarm and outlaw terrorist groups. Of course, the accords state that the PA must extradite terrorists to Israel. But the PA does none of those things, and the international community is silent.

The entire "peace process" is based on the notion that if Israel surrenders land to the PA, the PA can be trusted to prevent terrorism from that area. The entire argument in favor of a Palestinian state is that such a state would be peaceful and that its rulers would combat terrorism. Twenty years of PA self-rule has proven otherwise.

The plan of the four arrested terrorists was to set off explosives at Joseph's Tomb

and machine-gun the Jewish worshippers there. Anybody who thinks that Palestinian terrorism is directed merely at "the occupation," and not at Jews, think again. Joseph's Tomb is not in some Jewish settlement in "occupied territory." It is one small building in a huge Palestinian Arab city. It is an isolated Jewish religious site to which Jewish worshippers come to study and pray; no "settlers" reside there.

In other words, the purpose of an attack on Joseph's Tomb is to murder Jews at prayer and destroy a Jewish holy site. Nobody can pretend that such an attack would be related to settlements or refugees or borders or any other political and diplomatic controversies. Thus, the choice of the target reveals volumes about the Palestinians' true sentiment.

Were the terrorists outcasts, rogues or isolated extremists? Hardly. One, Muhamad Damiri, is a Palestinian policeman. Another, Nisim Damiri, is a veteran member of the Tanzim. That's the armed wing of Fatah, which is chaired by PA President Mahmoud Abbas. Yes, the "moderate" Fatah, which the Obama administration refuses to label as a terrorist group.

One additional fascinating revelation from this week's arrests. In addition to the Palestinian policeman and the Tanzim member, the Israelis captured two other terrorists: Yasir Zaruri, a member of Hamas, and Aduen Nazel, a member of Islamic Jihad. We hear a lot about how the "moderate" PA and Fatah supposedly are at odds with the "extremist" Hamas and Islamic Jihad. Yet these four "enemies" were working together towards the common goal of murdering Jews.

Zaruri, of Hamas, taught Damiri, of the Tanzim, how to make explosive devices. Nazel, of Islamic Jihad, was assigned to acquire the weapons for the attack. The other Damiri, the PA policeman, was in charge of determining which days and times the most Jews would be in the tomb. Terrorists from four different Palestinian bodies, supposedly rivals and enemies, were united in their goal of shedding Jewish blood.

One successful raid by the Israelis. Four terrorists behind bars. And many important lessons for the rest of us. Is anyone paying attention?

Stephen M. Flatow, an attorney in New Jersey, is the father of Alisa Flatow, who was murdered in a Palestinian terrorist attack in 1995.









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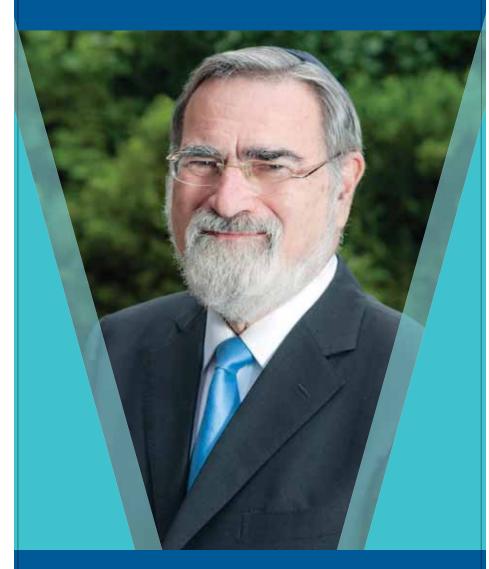
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NATIONAL/WORLD NEWS

Inspiration in Poland—Two Trips Led by Project Mesorah

As the industry leader in inspiring trips to Poland, Project Mesorah recently completed two individual groups within a twoweek period. The first trip consisted of over 120 people from across the U.S., and a sec-

ond private trip was with 20 members. The general trip was led by the noted Maggid Rav Paysach Krohn and Rav Shlomo Cynamon, Rav of Khal Bnei Torah Flatbush. The trips, inspiring beyond words, have become a trademark event of the noted organization Project Mesorah. Here is a letter shared by Reb Dovid Greenhouse who went along on the first trip. He described his feelings and summary.

"As we waited for our luggage at the baggage claim knowing that we had just landed in Poland, a chill went down my spine. Despite the fact that I was completely overtired I realized that we were actually standing in Poland only 70 years from the liberation. Our heritage and the heritage of Torah Jewry came from Poland and here I am standing in Poland once again. It became quite apparent that we would be starting a full day of visiting holy and memorable places and that the little sleep I caught on the plane would have to do for the time being. The buses were now packed and we started heading towards the last remaining shul in Warsaw, the Noizik shul. As I walked I was flabbergasted by the beauty of the shul and how it is literally the same shul that is in the picture that Project Mesorah's Director R' Ari Scharf passed around for all of us to see. The picture showed Jews standing in front of the shul before the war; my mind was blown. We then took a 15-minute drive to the remains of the Warsaw ghetto and cemetery where there are tens of thousands of kevarim. We davened by

Brisker, the Netziv, the Chemdas Shlomo and many more.

the Kevarim of Reb Chaim

R' Ari called us over to one kever in particular and said, "Does anyone notice what is different about this Kever?" He continued, "This is not a real kever; it is a bunker made to look like a kever and children hid here at night to stay safe from the Nazis ym"s. Any child who fled through the sewers into the cemetery had a chance of survival because the Nazis refused to go in as they were afraid of diseases, so the children would hide in this bunker disguised as a grave at night because the Nazis ym"s would shoot randomly at anything who moved at night. We then got back on the buses and traveled to Ger to see the ohel of the Sefas Emes, Chidushei Harim, and visit the Ger Beis Medrash. Finally we arrived at our hotel in Lublin for the night, although we were too charged to sleep.









Bright and early the following morning we woke up for shacharis and breakfast before setting off on our second day of our "mission" to Poland. You can't really understand unless you have been to Poland, but there are really a lot of mixed emotions being there. On the one hand there was the unspeakable horror which haunts us with every step. We also felt a feeling of gratitude to the Ribono Shel Olam for allowing us to be able to live as Jews and return to Poland. We returned to say Kaddish and sing our hearts out to Hakadosh Boruch Hu and thank him for the brachos He has given us.

CONTINUED ON NEXT PAGE

NATIONAL/WORLD NEWS

Inspiration in Poland—Two Trips **Led by Project Mesorah**

CONTINUED FROM PREVIOUS PAGE

We arrived at the Yeshivas Chachmei Lublin and did Krias haTorah; shortly thereafter Rav Shlomo Cynamon started singing and before we knew it we were dancing around the bima with the Torah. After a truly inspirational and moving speech from Rav Paysach Krohn, Mr. Michael Landau gave a shiur on Daf Hayomi, lighting up the beis hamedrash once again. From the yeshiva we davened at the kevarim of the Maharshal, the Chozeh of Lublin. There is an eerie feeling in the air as we entered the Majdanek Camp. Seeing the gas chambers where so many lost their lives, brought streams of tears down our fac-



es as we sang Ani Maamin. Our day ended in Lizensk where davened at the kever of the Noam Elimelech; we sang and danced and our voices were heard through the streets. Later that night we arrived in Krakow for the night.

That was only one-and-a-half days of the trip. Shabbos in Krakow, visiting the shul and Kever of the Rema, the kevarim of Sarah Schenirer, the Tosfos Yom Tov, the Megaleh Amukos, the Bach, and more—it was truly inspiring.

We left Poland as one unit, as one family. We felt proud that we were part of Project Mesorah, helping the future of klal Yisrael remain bright. Next trip, am bringing many of my friends as well. Thank you, Project Mesorah.

WORLD NEWS BRIEFS



CONTINUED FROM P. 7

Hamas Chief Khaled Mashaal Leads Terror Group's Delegation to Turkey

(JNS.org) Hamas's political chief, Khaled Mashaal, led a visiting delegation from the Palestinian terror group to Turkey.

According to Yedioth Ahronoth, Mashaal met with Turkish Prime Minister Ahmet Davutoglu on Aug. 13, and they discussed "political developments, the future of the Palestinian question, the situation in Gaza and in Jerusalem, and the Hamas-PLO (Palestine Liberation Organization) reconciliation process." A Hamas statement said the meeting was "positive and useful."

The Turkey visit follows Mashaal's recent meetings in Qatar with Russian Foreign Minister Sergei Lavrov and in Saudi Arabia with that country's leader, King Salman.

In recent years, Turkey has been an outspoken critic of Israeli policy towards Gaza and has provided refuge to some of Hamas's top leaders, including Salah Al-Arouri—one of the founders of Hamas's armed wing, the Al Qassam Brigades.

'Jewish Schindler' Saves More Than 120 Christian and Yazidi Girls

(JNS.org) A Canadian-Jewish businessman inspired by the Holocaust-era work of Oskar Schindler has rescued more than 120 Iraqi Christian and Yazidi girls from the Islamic State terror group.

Steve Maman, 42, founded a group called Liberation of Christian and Yazidi Children of Iraq after the Islamic State conquered northern Iraq last year, displacing more than 120,000 people and forcing many of them to convert or die. Women and children were also taken as sex slaves.

"We liberate children from their captors through the use of on-the-ground brokers," Maman told the U.K. Catholic newspaper The Tablet.

Maman said the money he has raised for the rescue initiative has come from many of his Iewish business associates.

"We need Christians to open up at the same rate as my Jewish friends have," he said.

Maman has launched a GoFundMe crowdfunding webpage that has raised more than \$330,000 so far, with an ultimate goal of \$2 million.

Anti-Israel Petition Calls for Arrest of Netanyahu During U.K. Visit

(JNS.org) More than 53,000 people have signed an anti-Israel petition calling for the arrest of Prime Minister Benjamin Netanya-

CONTINUED ON P. 20

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Israel's Economic Growth Slows Dramatically in 2015

Stunted growth and declining exports are driving Israel's dramatic economic slowdown, with the second quarter of 2015 mirroring Operation Protective Edge growth figures.

By Telem Yahav and Navit Zomer/Ynet News

The first two quarters of 2015 have been marred by worrying figures regarding Israel's economic growth, according to a report released Sunday by Israel's Central Bureau of Statistics.

According to the CBS, Israel's gross domestic product rose by a mere 0.3 percent in the second quarter of 2015, compared to the first quarter rise of 2 percent—a stark decline from the 6.2 percent rise in the last quarter of 2014.

The CBS report attributed the stunted growth in GDP to a 0.9 percent rise in private consumption expenditure, alongside a 3.8 percent drop in investments in fixed assets, and a 12.5 percent decline in exports of goods and services. Imports of goods and

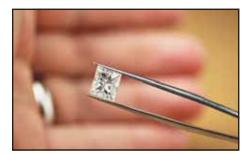
services also dropped off in the first half of 2015, declining by 1.4 percent, after a 4.5 percent rise in the first half of 2014.

Private consumption expenditure per person rose by 2.8 percent in the first half of 2015, according to the annual calculation, after a 4.2 percent rise from the first half of 2014.

The annual calculation of exports of goods and services also marked a sharp decline of about 8.6 percent in the first half of 2015, compared to a 2.7 percent drop in the last two quarters of 2014.

The report also showed a 10.9 percent drop in agricultural exports and a stark 26.7 percent drop in annual diamond industry

Ofer Klein, head of the economics and research branch at the Harel Group, said in



A major drop in diamond exports (PHOTO: SHUTTERSTOCK)

reaction to the report: "The GDP in the second quarter reached the minimum rate of 0.3 percent as part of the annual rate (a 1.6 percent drop in the business product). The weak growth figures are similar to those experienced during Operation Protective Edge in 2014."

According to Harel Group, "We forecast weak growth, due to the early indicators that were at hand. But some of the figures look unusually weak and do not match taxation data and the Bank of Israel's Composite State-of-the-Economy Index, and as such are likely to be updated and raised."

"When examining the figures from the first two quarters of 2015 compared to the first two quarters of 2014, we receive a more accurate picture of the current state of the Israeli economy: A 4.8 percent growth in private expenditure, a 3.8 percent growth in fixed asset investment, and a drop in most of the other figures, primarily a 8.6 percent drop in exports. Assuming the figures are correct, we will update our growth forecast for 2015 from 3.1 percent to 2.5 percent," Harel's statement concluded.

Local Rabbis Join DC Mission to Protest Iran Deal

CONTINUED FROM P. 12

400 rabbis who marched on Washington in 1943, those who didn't come felt regret."

It's crucial that even more make it a priority to attend this important mission. There is no charge for the mission. All meals and transportation costs within DC will be covered. Mission participants must only pay for their own travel to Washington and hotel costs.

"We are confident that hundreds of rabbis traveling to Washington on the eve of this vote and just days before Rosh Hashanah will have a highly visible and real impact upon this fateful vote in Congress," advised a save-the-date notice sent this week by the OU's Washington office to rabbis affiliated with the umbrella group and with the Rabbinical Council of America. "We will only have this impact with your participation."

Congress has until mid-to-late September to review the deal, but may vote as soon as September 10.

To register, go to http://advocacy.ou.org/emergency-iranmission/.

WORLD NEWS BRIEFS

CONTINUED FROM P. 19

hu during his visit to the United Kingdom in September.

The petition, created on the British Parliament's E-petitions website, states, "Under international law [Netanyahu] should be arrested for war crimes upon arrival in the U.K. for the massacre of over 2,000 civilians in 2014 [during Operation Protective Edge]." Israel, however, has compiled data showing that about half of the "civilians" cited in the British petition were armed terrorists.

According to British law, the government must respond to all such citizen-submitted petitions that get more than 10,000 signatures, while a petition garnering 100,000 will be considered for debate in the parliament.

The Israeli Foreign Ministry called the petition "a public relations stunt."

"The bilateral relations between Britain and Israel are closer than ever," the ministry said, noting the doubling of trade between the countries in recent years.



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Emunah of America Turns Back-to-School Shopping into a Chesed Opportunity



Nathaniel, Charlie, and Gabe Tare are excited and ready to go back to school. They are thrilled to help needy kids in Israel get ready too. (CREDIT: FACEBOOK.COM)



Getting ready to go back to school means haircuts, new shoes, and, of course, school supplies. Many of us remember making trips to the store with our parents, where aisles of Trapper Keepers and Lisa Frank folders held the promise of a perfectly organized school year. Today's parents often make multiple shopping trips, armed with lists that were posted online in July, and include items ranging from notebooks to headphones. Many students are privileged to get everything they need, and then some, to guarantee that they are amply prepared for the school year ahead,

and poised for academic success. Emunah of America, an organization that provides social services and educational programs to families and children in Israel, wants to ensure that the children they support have everything they need to thrive in school, as well.

Some of the most remarkable programs under Emunah's auspices are the five residential homes that they run for children who are unable to live with their families. According to Susan Nadritch, national board member of Emunah, these kids "go to the local religious public schools in the area that they are in. If they have a particular disability or area of weakness then they



A photo posted on Facebook of a family's school supplies, supporting Emunah's campaign.

will go to a special school." Emunah has the responsibility of equipping them with everything that they need.

To buy the supplies the kids need, Emunah recently started a back-to-school fundraising campaign. Inspired by last summer's wildly successful Ice Bucket Challenge for ALS, the Emunah campaign asks participants to take a photo of their back-to-school shopping and then share it on Facebook or Instagram. Nadritch notes that "a compelling part of the campaign is that you get your kids involved so they understand the importance of helping others who are less fortunate." People are then directed to Emunah's giving web-

page, www.emunah.org/schoolsupplies. php, where donations of any amount are welcome, and options range from \$10 for basic school supplies for one child to \$50 for a backpack full of supplies for a high schooler.

Emunah hopes to raise awareness of the needs of the children in their care through this fun, media-driven campaign. They also expect that this campaign will bring visibility of their organization to a younger audience. Nadritch points out that "Emunah's school-supplies campaign both raises much-needed funds and reminds people that Emunah's kids are all of our kids."



COMMUNITY NEWS

Liz Abzug to Speak on Women, Power and Politics in Today's Complex World

By Elizabeth Halverstam

Teaneck—Liz Abzug, daughter of the late Bella Abzug, U.S. Congresswoman and women's rights advocate, will address the National Council of Jewish Women Bergen County Section (NCJW BCS) at its first General Meeting of the season. Ms. Abzug will speak about the life, times and challenges that faced her famous mother and about the ways in which she is continuing her legacy by inspiring and training the young women of today to become the leaders of tomorrow.

The meeting will take place on Thursday, September 24, at 12:30 p.m., at Temple Emeth, 1666 Windsor Road, Teaneck and light refreshments will be served. Admission to this program, payable at the door, is \$10 for members, and \$20 for non-members, \$10 of which is applicable toward new membership if dues are paid that day.

Ms. Abzug is known as a women's leadership expert in politics, academia, business and the not-for-profit sector. As a national consultant, professor, lawyer/lobbyist and candidate for New York City elective office, Ms. Abzug has been a professional involved in many fields including politics, urban economic development and human rights. She is an adjunct professor in Urban Studies at Barnard College/Columbia University, and runs her own national public affairs and management consulting company, Liz Abzug Consultant Services. In 2004, following the death of her mother, Ms. Abzug co-founded the Bella Abzug



Liz Abzug, daughter of Bella Abzug and leadership expert in women's rights, will address National Council of Jewish Women on September 24. (CREDIT: LIZ ABZUG)

and downtown college presidents. The coalition's members included over 60 groups, who steadfastly worked for over a year and a half to develop a collective vision and comprehensive plan to help rebuild and reshape Lower Manhattan.

Ms. Abzug has worked in several sen-

ior positions in federal, state and local government, including serving under Governor Mario Cuomo as New York State's chief lobbyist in Washington, D.C., for all the state's economic development agencies. She has served on several not-for-profit boards including the New York State Commission on Domestic Violence, the Governor's Gay Rights Task Force, the Lower Manhattan Cultural Council, and the Manhattan Borough Development Corporation. In her spare time, Ms. Abzug is passionate about traveling all over the world, collecting art, and has coowned a contemporary art gallery called Gallery Blue, located in Santa Fe, New Mexico.



Bella Abzug addressing an NCJW meeting. (CREDIT: BELLA ABZUG)

Leadership Institute (BALI), a not-for-profit leadership training organization that trains young women in high school and college and whose mandate is to "inspire women and girls to lead the future."

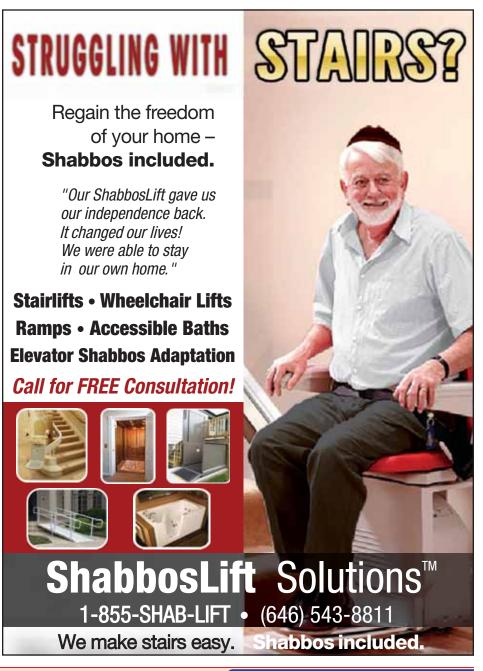
One month after the September 11, 2001, attack and devastation of the World Trade Center in Lower Manhattan, and because Liz has her office/studio located three blocks from the World Trade Center and lost friends and colleagues when the buildings collapsed, she co-founded and was one of three leaders of "Rebuild Downtown Our Town" (R-DOT). This was the only major civic coalition comprised of Lower Manhattan residents, businesses, trade and business associations, survivors' families, environmentalists, planners, architects, designers

"We are honored that Liz Abzug will be the speaker at our September General Meeting," said Marilyn Sirulnick, NCJW's General Meeting Program Coordinator. "We look forward to learning how she motivates young women to become leaders of the 21st century."

For more information on NCJW BCS and the September 24 General Meeting, please visit http://www.ncjwbcs.org.

The National Council of Jewish Women (NCJW) is a grassroots organization of volunteers and advocates who turn progressive ideals into action. Inspired by Jewish values, NCJW strives for social justice by improving the quality of life for women, children and families and by safeguarding individual rights and freedoms.





NORPAC Hosts Congressman Ted Deutch (D-FL) in Teaneck

NORPAC welcomed Congressman Ted Deutch (D-FL) back to Teaneck at a pro-Israel event hosted by Yisroel & Shira Hochberg. Deutch represents Florida's 21st District in South Florida, home to communities throughout western Palm Beach County and Broward County. His district contains among the highest population of Jewish constituents in the State.

Since coming to Congress, Deutch has been vocal in his support of U.S.-Israel relations, and has served as a leading legislative contributor to some of the toughest Iran sanctions bills. Ted works closely with the pro-Israel community to advocate amongst his colleagues for bipartisan support on policies that enhance Israel's security.

Members of the local Bergen Jewish



From Left: Shira & Yisroel Hochberg, Representative Ted Deutch

didate for New Jersey's 5th District, Josh Gottheimer, attended the event with Congressman Deutch. Most of the discussion focused around the Joint Comprehensive Plan of Action (JCPOA) with Iran. Representative Deutch was among

ty to take a public stance in opposition to the agreement, which he has argued will enrich Iran while failing to ultimately prevent them from obtaining a nuclear weapon down the line.

"There are different predictions about what will happen if Congress rejects this deal. But the consequences of approving it aren't up for debate. Opening Iran up to foreign investment, increasing its oil exports, and unfreezing over \$100 billion in assets means more money for Ha-

mas for building terror tunnels in Gaza, more weapons for Hezbollah in Lebanon, more slaughter in Syria, and more violence worldwide," stated Deutch.

Ted Deutch is currently serving his fourth term in Congress and is running for Project Yechi, in Honor of Chaim Feigenbaum z"l, to Hold First Event CONTINUED FROM P. I

Remarkably, through all his pain and struggles, Chaim retained the ability to count his blessings. Among them was the fact that he was able to keep his job even though he could not work. He was sensitive to the fact that other cancer patients were not as lucky, and he wanted to create something to help those who were not as fortunate as he. He came up with the name Project Yechi, from the Hebrew letters, yud, chet, yud, his initials, after the name Yosef was added to his name, Chaim Yissachar. Chaim loved that his new initials spelled yechi, which means "will live," and he was eager to start work on his new project. With the help of his family, Project Yechi began to take shape, but unfortunately, Chaim did not live to see his dream realized. In the past three years, Project Yechi had grown from an idea in Chaim's mind to a fully operational, national organization that has helped people in our own towns, as well as across the country. Major organizations dealing with cancer patients, such as Chai Lifeline, Chai4Ever, RCCS, and Sharsheret, funnel applicants to Project Yechi. Project Yechi includes numerous dedicated volunteers, many of whom are Chaim's family and friends. Project Yechi is a 501c3 tax-exempt corporation that operates on zero overhead, with all proceeds going directly to the mortgage and rental companies. To date, this year it has helped over 50 families by paying over 110 rent or mortgage payments.

The impact is both profoundly deep and far reaching. One recipient wrote, "I am in awe and at a loss for words for the chesed that your organization shows and does in a moment's notice." Another wrote. "We are so grateful for all the help. It has quite literally saved us from what would have been a financial nightmare through this whole ordeal."

In 2013, Chaim's family came up with the idea of opening a tablecloth gemach for people looking for specialty linens to enhance their events and smachot. Whoever borrows cloths is asked to give a donation to benefit the patients of Project Yechi. Gemach volunteer Hedy Richman explained, "Everything Chaim did in his life he did with simcha. What better way to carry on his legacy than to help bring people added simcha? And at the same time, we raise money for Project Yechi."

Chaim also believed that everything that happened in one's life, even his illness, was part of God's divine plan. He wanted to spread the message of emunah—the idea that everything is from Hashem and is ultimately for the best. He had thousands of "emunah" car magnets printed as a way to share that message, in the hope that it would translate to a way of life. It gave him immense joy to see those magnets on cars everywhere he went. Project Yechi continues to carry on that message and to distribute the emunah magnets across the country and the world.

On Saturday night, October 10, at 9:00 pm, the entire community is invited to a barbecue event at Congregation Keter Torah to learn more about Project Yechi's vital work. More information, including details about the Project Yechi tablecloth gemach, the emunah magnet campaign, fundraising initiatives, donation opportunities and the upcoming event, is available at www.projectvechi.com.





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An Exclusive Interview With Ramaz's Rabbi Haskel Lookstein: Changing Roles, Yet Keeping the Community Constant

Rabbi Haskel Lookstein

(CREDIT: RAMAZ.ORG)

By Oren Oppenheim

Change is in the air for the intertwined Jewish institutions of Congregation Kehilath Jeshurun (KJ) and the Ramaz School, storied establishments based in the Upper East Side of Manhattan.

In July, KJ voted to have Rabbi Chaim Steinmetz, currently the leader of Tifereth Beth David Jerusalem in Montreal, take the position of senior rabbi, while current KI leader Rabbi Haskel Lookstein will be taking the title of Rabbi Emeritus this coming January. In addition, the Ramaz Upper School will be under new leadership in September as Rabbi Eric Grossman steps into the position of head of school. Rabbi Grossman was formerly the head of school at the Frankel Jewish Academy, a school in West Bloomfield, Michigan. And to top it all off, KJ's new building is opening this autumn after having been rebuilt after a fire that burned the original down in 2011.

The Jewish Link spoke with Rabbi Haskel Lookstein about his new position within KJ and Ramaz, those taking on the leadership, and the present and future of the community.

JLNJ: What are you going to be doing in this new position [as the Rabbi Emeritus]? How is it different from what you've done before? Is it more about watching over things?

RL: Well, I'm moving into that position as of January 1st, when Rabbi Steinmetz comes. I'm not exactly sure what I

will be doing as Rabbi Emeritus; the one thing I am certain about is that I will get off "center stage" in KJ... [Rabbi Steinmetz] will probably do most of the preaching and teaching... And he will be running the shul and the congregation. I'm not going anywhere, and I will be very happy to help him in any way in which he feels I can be helpful... This is uncharted territory for me, but I am very determined to give Rabbi Stein-

metz the best possible opportunity for success in succeeding me. I am also very happy that our associate rabbi, Rabbi Eli Weinstock, will be elevated to the position of Rabbi and will be working with Rabbi Steinmetz.

JLNJ: Why is this transitioning happening now? Is there a reason for the timing or did it just seem like the right time?

RL: As a rabbi gets into his early 80s, I think it's important for there to be a thoughtful process for succession. We are all in God's hands, and I would not want the congregation to be in the position where suddenly it would have to start looking for a successor. I was the one who initiated the process; not because I wanted to retire or because I don't like being the rabbi anymore, but because I wanted to make the congregation secure. And thankfully, we found somebody who is, in my opinion.

an ideal successor. He is on the same page with me and with KJ and Ramaz; he is fervently Modern Orthodox, open to all kinds of people and ideas, while at the same time absolutely grounded in Halacha and Jewish tradition. He is also a very beloved rabbi in Montreal, where he is the go-to Modern Orthodox rabbi.

JLNJ: With Rabbi Steinmetz taking the head and with you taking on a different role,

and just in general with the new KJ building—where do you see the KJ community going in the near and unforeseeable future?

RL: Wherever Rabbi Steinmetz and Rabbi Weinstock take it. I don't see any fundamental change at all; I would just hope that [Rabbi Steinmetz] gives the inspiring, energetic, and thoughtful leadership that I fully expect

him to give. The greatest part of all of this: I think KJ will continue on the path that my father of blessed memory, Rabbi Joseph H. Lookstein, originally blazed for it in 1936 and which I have tried to follow in my 57 years here.

JLNJ: Are you changing around your role in Ramaz as well?

RL: I'm not quite sure what my role in Ramaz will be, but I'm very excited about the leadership that Rabbi Eric Grossman is going to give to Ramaz. I am so impressed with his scholarship, educational vision, and most of all, his extraordinary people skills. He loves children, and therefore he loves their parents and their teachers. I think the school has felt that since he arrived a couple of months ago, and it will only continue to thrive under his leadership. [Rabbi Grossman begins his tenure officially in September but has visited the school a couple of times to meet the faculty and students.] He is also on the same wavelength that Ramaz has been on since its founding seventy-seven years ago. And so I think the two leaders of KI and Ramaz will provide not just inspirational leadership but also continuity to both institutions.

JLNJ: Are there any memories you have from your tenure at KJ and Ramaz that you'd like to share? Any special memories, things that stand out to you?

RL: I think that both KJ and Ramaz have remained steady in representing Modern, Centrist Orthodox Judaism... Another thing of which I am really proud is the communal role that both institutions have played in Zionism and the support of Israel, in twenty years of the Soviet Jewry ["refusenik"] movement in the 1970s and 1980s, and in any cause that is important to the Jewish people. We haven't sat back and just watched Jewish history unfold; we have played an important role in contemporary Jewish life—where there has been a call for Jews to act, we have stepped forward.





COMMUNITY NEWS

Valley Chabad Hosts Screening of 'Nicky's Family'

On August 12, over 300 people attended the screening of the powerful documentary "Nicky's Family." The film chronicles the life of Sir Nicholas Winton and

his heroic efforts to save over 600 Jewish children from the Nazis in Prague during World War II. Winton has been described as the "British Schindler" and demon-

strates how an ordinary man went to extraordinary lengths to save these children. Winton never mentioned his courageous efforts until decades later when his wife found documents hidden in their attic detailing his rescue efforts and placement of the Prague children who were transported to England. Winton passed away on June 1 at the age of 106.

At the conclusion of the film, a 90-yearold woman, who was one of the children rescued by Winton, told a captivated audience about her memorable experiences.

This event was proudly sponsored by the Valley Chabad, the Bergen County YJCC, and the George and Martha Rich Foundation.



Michael Leob (left) and Diane Herzog (second from right), children of George and Martha from the George and Martha Rich Foundation, sponsors of the event. Rabbi Yosef Orenstein, Eternal Flame Director; Hanna Slone, child survivor of the Kindertransport; Jeff Tucker, president of the board of the YJCC and, far right, Barry Kissler.



The Sperber and Kerin families pose for a photo before the event.



Rabbi Yosef with teen volunteers who helped with the event: Matt Feiler, Max Uribe, Rabbi Yosef Orenstein, Blade Kalb and Will Munoz.



Event volunteers Alan and Lyn Gold.

THE DATE

Bergen Great Big Challah Bake October 22, 2015



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Momentum Builds for Worldwide 'Day of Jewish Unity' Before Congressional Vote on Iran Nuclear Deal

With the consequential Congressional vote on the Iran nuclear deal merely a week or two away, an estimated 500,000 Jews from throughout the world are preparing to participate in an extraordinary "Day of Jewish Unity" on Tuesday, September 8. Participants in this historic event will unite to pray for the safety and well-being of the Jewish nation.

If the Iran deal is approved in its present form, there is a prevailing sense that it would place the Jewish people in harm's way and pose a grave threat to democracies worldwide. As a result, Jews across the religious spectrum will take part in this special global event by reciting Chapters 20 and 130 of Psalms, anytime between the hours of 7 a.m. and noon EDT on September 8.

The momentum is growing and the excitement is building as the "Day of Jewish Unity" has embarked on a major campaign to alert people about this unique opportunity to engage in a remarkable display of unity and prayer. In addition to an expansive social media campaign that is gaining a huge amount of traction for the event on September 8, there is a major national ad buy totaling approximately \$150,000 in Jewish newspapers and radio stations across the United States to further publicize the event.

In addition, a specially produced video about the "Day of Jewish Unity" has been viewed more than 38,000 times by people around the world over the past several days



since it was released online (the video can be seen here: http://tinyurl.com/ob657n5. The video has elicited anti-Semitic and virulent comments from hate-mongers, such as "Death to Israel," which, according to organizers of the event, further highlights the need for Jews to come together and pray for divine intervention to combat the dangers that they presently face.

Several dozen businesses from throughout North America and Israel have already committed to participate in the "Day of Jewish Unity." Employees at these companies will be encouraged by their employers to set aside time during their work day on September 8 to recite two chapters of Psalms and join with an expected half-million people worldwide who will be praying for the welfare of the Jewish nation in light of the proposed Iran nuclear deal.

In conjunction with this extraordinary "Day of Jewish Unity," a delegation of rabbis and community leaders will travel to Radin in Belarus on September 8 in order to pray at the grave of the Chofetz Chaim, who was the beloved and revered leader of world Jewry in pre-war Europe. At the same time as the delegation will be praying at the gravesite of this renowned rabbi and respected scholar, Jews throughout the world—men, women and children of all

ages, and of all backgrounds—will join together to recite the two chapters of Psalms in an attempt to deflect the acute danger that would result from allowing Iran a path to obtain nuclear warheads.

"As we face the threat of a nuclear-armed Iran, we are seeing an incredible display of Jewish pride and unity as people from around the world are coming together to rely on our faith and engage in prayer in order to avert disaster and persevere," said Rabbi Motty Kroizer, international director of Acheinu, the organization coordinating this initiative. "As people understand the

gravity of the situation and comprehend the serious danger that exists if Iran is permitted to continue its pursuit of a nuclear weapon, they recognize that this is a time of crisis and we need to act together now."

It is also noteworthy that the Congressional vote is scheduled to take place in proximity to the High Holidays, which are an appropriate time for repentance, reflection and prayer.

To learn more about the "Day of Jewish Unity" and to pledge to participate in this special global event, go to www.DayOfJewishUnity.com.

Congregation Shaya Ahavat Torah Holds Annual Barbecue



Congregation Shaya Ahavat Torah holds its Annual BBQ at Lenni Lenape Park in Parsippany on August 30. The congregation is an Orthodox synagogue located in Parsippany.

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Oct. 13, 20, 27, Nov. 3, 10

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Oct. 13, 20, 27, Nov. 3, 10, 17, 24, Dec. 1, 8, 15, 22

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Oct. 13, 20, 27, Nov. 3, 10, 17, Dec. 1, 8, 15, 22

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WEDNESDAY 10:15 - 11:45 AM

Oct. 14, 21, 28, Nov. 4, 11, 18, 25, Dec. 2, 9, 16, 23

Sefer Shofetim: Creating a Moral Society

Explore this formative biblical era using classical and literary tools and consider its messages for us today. *Rachel Friedman, For men and women, Tuition* \$220

THURSDAY 10:15 - 11:30 AM

Oct. 8, 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17

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THURSDAY 12:30 - 1:30 PM

Oct. 8, 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17

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EXCELLENCE

Bikur Cholim at Valley Hospital: Why It's Important



By Dr. Wallace Greene

The tradition of bikur cholim, Hebrew for "visiting the sick," is an imperative to visit and support the needs of those who are ill or isolated. Visiting those in need brings comfort and

reinforces connections to life.

Bikur cholim is a term encompassing a wide range of activities performed by an individual or a group to provide comfort and support to people who are ill, homebound, isolated and/or otherwise in distress. Bikur cholim can include such activities as: visiting patients in a hospital, rehabilitation center, or nursing home; visiting people who are re-

stricted to their home because of physical or psychological impairment or social isolation; providing telephone contact and reassurance to those who are ill or homebound.

The act of bikur cholim is a mitzvah, a moral and spiritual obligation incumbent upon all Jews to perform. The Bible tells us that human beings are created in the image of God, and instructs us to aspire to be like God by emulating God's ways. God visits Abraham while he was recuperating after being circumcised (Genesis 17:26-18:1). The Talmud teaches us that "As He visited the sick, so shall you visit the sick..."

Bikur cholim is an essential quality of good interpersonal relationships. It reflects the primary Biblical value, "And you shall love your neighbor as yourself" (Leviticus 19:18). By fulfilling this role, we deeply en-

rich both our lives and the lives of those we visit. When we visit, we attain a spiritual dimension that goes well beyond a simple personal expression of caring, and links us with generations past, present and future. Indeed, we are linked not only to the entire Jewish people, but to all humanity, as well, emulating the Godly attributes of compassion and lovingkindness.

The Talmud makes references to scholars and disciples making visits to the sick. The local Bikur Cholim Society was one of the principal institutions established by Jewish communities. Bikur cholim groups exist in all parts of the world, with people making the commitment to care for one another, and bring the strength of community and connection of Jewish heritage to the bedside.

Valley Hospital in Ridgewood, one of the largest hospitals in the area, recognizes the importance of support for Jewish patients and is providing opportunities for additional volunteers. The RCBC and the North Jersey Board of Rabbis can assist in recruiting volunteers from their congregations, especially now when their pews are full for Rosh Hashanah and Yom Kippur. Volunteers can brighten the day for many patients who don't get visitors.

It is hoped that people will come forward to volunteer. For more information or to volunteer at Valley Hospital, call the Valley Hospital Pastoral Care Department 201. 447.8150.

Dr. Wallace Greene lives in Fair Lawn.

BERGEN NEWS BRIEFS

BMOB to Host Leil Selichos With Rabbi Meir Goldwicht

The Beis Midrash of Bergenfield will host a Leil Selichos program this Motzaei Shabbos. Rav Meir Goldwicht, Rosh Yeshiva at YU, will deliver a shiur at 10:30 p.m. on the topic of "The Power of Prayer: In Times of Crisis and in Times of Happiness." The shiur is being presented l'zecher nishmas Sander Bak z"l. The shiur will be followed by a kumzits with live music by Binyamin Ginzberg and refreshments, which will continue until the beginning of selichos at 12:55 a.m. Men and women are encouraged to attend.

UW Customers Asked to Conserve Water During Dry Spell

United Water New Jersey customers are urged to conserve water during the current wave of very dry weather and refrain from outdoor water usage for the next several days. "This extended dry weather pattern is testing the limits of our supply," said senior operations director, Tom Neilan. "With barely over 1 1/2 inches of rain in August, this is one of the driest summer months in northern New Jersey in over 90 years." He noted that forecasts call for continued hot weather

with very little rain, while the demand for water remains very high. "The New Jersey reservoirs that serve approximately 800,000 people in Bergen and Hudson counties are now at less than 50 percent capacity. We continue, however, to distribute water at a very high rate with over 3.9 billion gallons delivered this month. That is nearly 400 million gallons more than in August last year."

Customers should restrict their water usage outdoors and conserve where possible indoors, while the unusually dry weather pattern passes. Voluntary conservation

now should help reduce the potential for greater, mandatory restrictions.

Kapparos Hosted by Tomchei Shabbos

Tomchei Shabbos of Bergen County will be holding its annual Kapparos event on Sunday, September 20, 2015. Kapparos will be held in two convenient locations: 13 Foster Street in Bergenfield, from 10 a.m. to 1 p.m., and Ahavath Torah in Englewood, 240 Broad Ave (back of parking lot near ballroom entrance), 9:45 a.m. to 12 noon. All proceeds benefit Tomchei Shabbos of Bergen County.



Looking Back on a Summer Internship at the Jewish Link



By Shana Adler

There is no question that this is the most difficult piece I have been assigned to write for the Jewish Link all summer. It is more challenging than writing about college applications or bat

mitzvahs, for summing up my summer internship in just a few paragraphs seems to be a nearly impossible feat.

I began to write for the Jewish Link in the middle of my sophomore year, when my neighbor, Steve Gutlove, approached me while I was playing basketball in my backyard and asked me to write about some of the Ma'ayanot sports teams that I am a part of. I wrote for the paper occasionally over the past year and a half, whenever there was a basketball game or some other sports-related event that I was involved in, but when

the summer came around, I decided that I wanted to write more articles and maybe even have the chance to edit a few. And so, I became an intern at the Jewish Link.

With help from my editor, Elizabeth Kratz, I gained a myriad of writing and editing experience over the last four weeks. Though she always had her own work to do, Elizabeth would take the time to give me constructive criticism and praise for a job well done. She taught me how to not "bury the lead," to watch

my tenses, and most importantly, how to churn out a solid article in just an hour or two. She'd often say something along the lines of "Shana, we need another article for the Simcha section and it needs to be in

HELLO my name is

ntern

by 2 p.m!" So back I would go to my handy dandy Google Docs account to compose a 600-word article in just an hour and a half.

With help from both Elizabeth and my fellow interns, I gained many useful skills

over the last few weeks in addition to much writing and editing experience. I learned how to use the Associated Press style of writing, Google Drive and the incredibly confusing Adobe Acrobat. As a technologically challenged teen who can barely figure out how to download music onto her phone, I had much difficulty figuring out how to cross out or comment on documents that were sent to me on Adobe. But after many lessons and copious amounts of practice, I can

finally say that I know how to use the system with ease.

As an intern at the Jewish Link, I did not do coffee runs or file papers on a regular basis. However, there was one instance when Moshe Kinderlehrer, one of the publishers, and Elizabeth decided to utilize my organizational skills and had me straighten out all of the archived papers that were in the office closet or on the desks. I spent the entire morning putting three boxes worth of old newspapers in date order. I did not mind, though, because, as I told Elizabeth, I like to organize.

Additionally, the office environment at the Jewish Link was always warm and welcoming. From day one, it felt like a place where I belonged and wanted to be. Nina Glick's constant chatter in the office about everything from weddings to cooking kept me laughing for four weeks straight. Elizabeth was always typing away on her computer in the next cubicle, turning to me every so often to ask what I was working on, tell me to look something up or to find a picture for an upcoming article. That's another thing about this internship. While the job does consist of a lot of writing and editing, there is also a lot of Googling involved. Elizabeth was constantly telling me to Google events, photos and much more. The search for interesting Bergen and World News briefs to put in each issue always began on Google as well. The Internet was my go-to for everything from new story ideas to checking the minyan times at all of the local shuls for the Annual Guide to Bergen County.

When I first began my journey at the Jewish Link, I did not know what to expect, but my experience as an intern here was better than anything that I could have expected or hoped for. I had real writing and editing assignments, my ideas were heard, and the work environment was cordial and cheerful. Although my summer internship is over, I will take with me the skills and experiences that I have gained at the Jewish Link and use them not only in my final year of high school, but for the rest of my writing career.

Before I officially sign off as a Jewish Link intern, I would like to express my sincerest gratitude to Elizabeth Kratz, the incredible editor at the Jewish Link, who oversaw all of my work and supported me at every turn. Thank you also to Moshe Kinderlehrer and the rest of the team at the Jewish Link for this rewarding and memorable opportunity.

Shana Adler, from Teaneck, is a senior at Ma'ayanot Yeshiva High School for Girls.

Sababa Grill and Catering

Rosh Hashanah Menu And Sukkot Menu

RCRC

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Soups	
Chicken	\$6.00/Quart
Matzo Balls	\$1.25/each
Yemenite Chicken	\$8.00/Quart
Vegetable	\$6.00/Quart

Salads

Potato Salad	\$5.99/lb.
Cole Slaw	\$4.99/lb.
Cucumber	\$5.99/lb.
Israeli Salad	\$6.99/lb.
Eggplant in Tomato Sauce	\$7.99/lb.
Roasted Eggplant and Garlic	
Chummus	\$8.99/lb.
Matboucha	
Baba Ganoush	
	,

Kugels

Sweet Apple Noodle	
Kugel 7" Thin	\$8.99/each
Potato Kugel 7" Thin	\$8.99/each
Carrot Kugel 7" Thin	\$8.99/each
Cauliflower Kugel 7" Thin	\$8.99/each
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Fish

Gefilte Fish	\$10.99/lb.
Moroccan Salmon	\$17.99/lb.
Moroccan Tilapia	\$17.99/lb.

Chicken Dishes

Roasted Whole Chicken	\$5.99/lb.
Shnitzel	\$13.99/lb.
Grilled Cornish Hen with	
Mushrooms and Onions	\$13.99/lb.
Stuffed Chicken Meat Rice	\$13.99/lb.
Stuffed Chicken Breast	
with Spinach	\$13.99/lb.
Chicken Meatballs	\$13.99/lb.

Meat Dishes

Brisket	\$24.00/1b.
Safardic Meatballs	\$9.99/lb.
Sweet and Sour Meatballs	\$9.99/lb.
Stuffed Cabbage	\$4.99 Pc.
Lamb Tajine	
with Dried Fruits	\$24.00/lb.

Sides

Sides	
Basmati Rice	
with Vegetables	\$6.99/lb.
Moroccan Rice	
with Fried Fruit	\$7.99/lb.
Roasted Potatoes	\$6.99/lb.
Orzo with Onion	\$6.99/lb.
Grilled Vegetables	\$8.99/lb.
Root Vegetable	\$9.99/lb.
Roasted Cauliflower	\$8.99/lb.

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Visit Florida

The magic never felt so real in Orlando. The highly visited city gets an average of 57 million visitors every year, but this summer there was a group of over 400 people that truly stood out from the rest.

The swarm of brightly colored t-shirts and caps that is trademark to Kids of Courage brought life, once again, to the various theme parks and attractions in Orlando for their annual nine-day Summer Adventure Camp in mid-August. The trip lifted off with hugs galore as veteran Couragers reunited and new Couragers were welcomed at Newark Airport for the United-turned-Courage Airlines flight down south. The camp had over 130 chronically ill children and young adults from more than a dozen U.S. states, Canada, Israel and South America.

The crew that never stops smiling explored Universal Studios, braved the intensely feared drop that only the SheiKra roller coaster in Busch Gardens Tampa can provide, and took selfies with Will Smith and Jimmy Fallon at Madam Tussaud's Wax Museum, among other thrilling escapades, which included Legoland, SeaWorld and ATVing. One evening, the DoubleTree Hotel was introduced to a new generation of up-and-coming pop stars as an explosive lip sync battle was waged; wheelchairs and oxygen tanks became bling, medications and hospital visits are what all the cool kids do.



Kids of Courage is a reality where the word handicap is not a limitation but an incentive to go the distance. To these magnificent campers, illness is not a barrier or a wall. It is not something that holds them back from pursuing goals and following their dreams. K.O.C. is made up of the most resilient children and young adults who, instead of saying "I can't go jet skiing because of my ventilator," say, "Who's got the plastic wrap!?" and jump on.

All year long these brave souls hear from doctors and other health care providers that they cannot do this or they should really stay away from that. With the guidance of an amazing medical staff, the assistance of hard-working logistics staff, the encouragement of wonderful counselors, and the talented media staff to get it all on camera, these Couragers muster up the courage to do the seemingly impossible when with Kids of Courage.

It is truly a sight to see.

Kids of Courage is a volunteer-based 501(C)(3) charitable organization whose mission is to improve the lives of medically fragile children and young adults, as well as give a respite to families, through year-round programming and annual adventures. For more information about the group's upcoming Miami Marathon adventure, e-mail race@kidsoc.org. To make a donation, please visit kidsoc.org.

Kids of Courage | New Members Sought for Weekly Women's Choir

Monday nights from 8:30-9:30 p.m. is the Jewish woman's chance to express her musicality and soul. Led by veteran choir director Batya Harris, the P'niNote (meaning "pearls," with a feminized and musicalized ending, poetic license taken) Women's



P'niNote Choir Director Batya Harris

Choir is a weekly women's night out where locals are reinvigorated with vocal warmups, beautiful songs and harmonies, socializing and inspiration.

Begun a decade ago, the weekly practices of the P'niNote Choir are "cheap therapy," in the words of Risa Prince, music teacher and choir member. Diane Fogel, long-time Teaneck resident adds, "We love music, and choir gives us the opportunity to sing our hearts out." It "leads us down paths of harmony that make our souls sing," says veteran member Rita Riv-

The choir periodically sings for select audiences. "It gives us the opportunity to reach out to others through our songs," said Fogel. "Some of our favorite times have been performing at three different nursing homes, at Sisterhood events and at bridal Shabbatot Kallah." Indeed, a number of the current members joined after hearing the P'niNote choir on such occasions. And the results? Fogel continues, "For us, music is magic. No matter how tired we are on a Monday evening, when we start to sing we come to life and leave the choir feeling energized and happy."



While enrollment is on a continual basis, women are encouraged to start the year off right-in song! All are invited to join the weekly musical rendezvous that, says Rita Rivka, "is a true highlight in our lives." To find out more, come hear the P'ni-Note choir this Shabbat, Sept. 5, 5:30 pm at a Women's Shalosh Seudot held at the Rothwachs residence, 288 Schley Place, in Teaneck. Please contact Batya at 201-694-1654 or batyah613@gmail.com for more information regarding the choir.



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Erev Shira v'Hitorerut

Motzai Shabbat, September 5th - First night of Selichot

with Guest Speaker

Mrs. Shayna Goldberg

Teacher at Migdal Oz, Former Yoetzet Halacha in Teaneck, Englewood & Tenafly and Former Teacher at Ma'ayanot Yeshiva H. S. for Girls

10:15pm—Women Only

Join bogrot, moms and women in the community for the Erev Shira (bring a musical instrument!)

11:30pm – Men & Women Shayna Goldberg Recognition, Responsibility, Rectification A Journey Through the Yamim Noraim

12:30am- Men and Women

Minyan for Selichot



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Israel Bonds: Showing One's Commitment to Israel

By Jill Kirsch

An investment in Israel bonds is an investment in the State of Israel. That is a phrase potential investors might hear from professionals and committed Israel bonds supporters when discussing investing in Israel bonds. What is not often said is that purchasing Israel bonds is so much more than a mere addition to one's portfolio. While purchasing Israel bonds is seen by many as a perfect lifecycle gift, it is not always considered for personal investing. Whether through lack of knowledge or improperly gathered information, the purchase of Israel bonds if considered at all—is sometimes viewed as merely another investment option, rather than the vital contribution to the State of Israel that it is.



2015 record-breaking Signature Society event at the home of Sharon and David Halpern with Ambassador Ron Dermer.

(CREDIT: METRO, NORTHERN AND CENTRAL NUISRAEL BONDS OFFICE)

Why invest in Israel bonds? Financially speaking, the State of Israel has never defaulted on payments of principal or interest on its bonds, according to the State of Israel's prospectus. Even in times of market volatility, Israel bonds have been recognized as reliable investments. The State of Israel itself has a dynamic economy, currently well-positioned to outpace most other developed nations. Investing in Israel bonds is a means of becoming a stakeholder in one of the world's most resilient economies.

Proceeds from the sale of Israel bonds have significantly contributed to Israel's evolution into a recognized world leader in various technological fields. Bond capital has helped strengthen every aspect of Israel's economy, enabling, among other things, national infrastructure development and enhancing national export growth. This counters one of the major misconceptions regarding Israel bonds—that they are only necessary when the State of Israel faces a crisis.

In 2013, a year without major national conflict, sales of Israel bonds in the U.S. surpassed \$1.1 billion for the first time. This can be attributed to growing recognition of the value

of investing in Israel bonds as well as confidence in the Israeli economy. The investment in Israel bonds has become an important financial tool, as well as a means of maintaining a connection with the State of Israel.

That connection is what drives the professionals and lay leaders of the Metropolitan, Northern and Central New Jersey Development Corporation for Israel/Israel Bonds office. Executive Director Lee Schwartz and Assistant Executive Director Celine Leeds have brought together a unique and diverse group of individuals to sit on the Regional Council as chairs of various divisions, who tirelessly work—separately and together—to ensure the State of Israel is never without financial support from bondholders.

Dr. Andrew Hutter, the General Chairman and also Secretary of the Israel Bonds Na-



Prime Minister Benjamin Netanyahu addresses an Israel Bonds Leadership Delegation in Israel. (CREDIT: METRO, NORTHERN AND CENTRAL NJ ISRAEI RONDS OFFICE)

tional Board of Directors, and his wife Barbara, Co-Chair of the Women's Division and a member of the National Women's Division Council, have been strong supporters of Israel bonds for many years. Dr. Hutter stresses the importance of getting as many people as possible connected to Israel through Israel bonds.

"While the Israel Bonds organization has been successful we want to get more people involved. We want to increase the number of people because it is important to, and good for, Israel," Hutter explained.

"It's important for people to know that Israel Bonds is not a political organization. No matter who's in power, in the U.S. or Israel, Israel bonds remain the same," he continued.

Howard Cohen, Campaign Co-Chair, commented that "investing in Israel bonds is owning a piece of Israel for those of us not lucky enough to live there. It keeps us connected. The challenge is moving that connection from generation to generation. We must continue that connectivity to Israel. As a Jew, Israel is important."

Hutter added, "Israel is important to everyone. There are many non-Jewish sup-

porters of Israel bonds," dispelling the notion that Israel bond investing is for Jews only.

Schwartz added, "Approximately 30 percent of our sales come from corporations and institutions, including banks, insurance companies, State and Union pension funds and foundations."

Regarding the importance of a connection with Israel, David Halpern, member of the National Campaign Advisory Council and the International Board of Directors, and National Campaign Chair for many years, spoke of his personal connection.

"My parents survived the Holocaust. Israel has always been important to them, it is important to me and must be equally important to all of us. The State of Israel gave life to the Jewish people after its creation in 1948. Jewish life would have been very different



Israel Bonds leadership and their families showing support at the Israel Day Parade in New York City. (CREDIT: METRO, NORTHERN AND CENTRAL NJ ISRAEL BONDS OFFICE)

if Israel had existed during the Holocaust," he stated. "After Israel's creation, Ben Gurion sent Golda Meir to New York to raise \$25 million for Israel. She did it. The interesting thing was that the 'investors' thought it was charity. They thought they were simply helping Israel get her start. They were surprised when they got the principal and interest back on time. That has never changed," he added.

"Israel bonds are not a charity, they are an investment, and a strong one," added Dr. Hutter.

"Assistance to the State of Israel is vital," Halpern continued. "It continues the living connection between the Jewish people and Israel. It is very different from other groups' connections with their homelands, and must be treated as such."

Roy Tanzman, Middlesex County Chair, Commerce & Industry Chair, and Government Relations Chair, also emphasized the importance of maintaining a strong connection with Israel through involvement with Israel Bonds.

"I have been associated with Israel Bonds virtually all of my adult life. My father showed me the way. He was on the National Board for decades. My parents traveled to Israel over 40 times, mostly with the Bonds organization and I have been there nearly 20 times," he said.

Cohen added, "When I graduated college I went to Israel for the first time and got a 'twitch.' That is what started my Israel Bonds involvement. We want to involve kids who have been to Israel and also felt that same twitch—that joy and connection with Israel. We are hoping to work in conjunction with Birthright to capitalize on these kids who have gone to Israel for the first time, often with no background or connection to Judaism whatsoever, and gotten 'turned on."

Tanzman continued, "Bonds can be purchased at any level from bar and bat mitzvah gifts to million dollar bonds." In comparing the involvement with Israel Bonds between Middlesex and Essex counties, he stated, "I don't think there is any basic difference. The amount of purchases may differ, but the feeling and effort is the same." It is precisely this feeling and effort that are paramount in the success of the sale of Israel bonds.

The financial impact of Israel bond sales to the State of Israel is significant, and it is vital that Israel Bonds continues to meet its annual goals. Equally vital, but lesser known, is the importance of continually growing the number of investors. Many people are unaware that Israel bonds can be purchased as part of a pension plan or retirement account, or held in a trust account for the future. Israel bonds are investments, just as other bonds and stocks are investments, and they can become part of a diverse financial portfolio. Development Corporation for Israel/Israel Bonds is a broker-dealer and is regulated by the SEC and FINRA, and its salespeople are all registered representatives. Lay leaders are not allowed to sell Israel bonds in any fashion. They try to demonstrate the importance of Israel bonds in an effort to entice people to whom the registered representatives can sell these bonds.

"Israel bonds are securities just like other investments," said Dr. Hutter. "We are lucky to have Lee and Celine and their entire staff. People can call the office and they will assist them."

Checks to purchase bonds are written to 'State of Israel,' clearly showing investors where their money is going. Israel bonds can be purchased in large dollar amounts, but also in lesser amounts—as gifts or for personal investment purposes. There exist 2, 3, 5, and 10-year-bonds in varying amounts and with different interest rates, depending on

CONTINUED ON NEXT PAGE





ESSEX AND UNION COMMUNITY NEWS

Israel Bonds: Showing One's Commitment to Israel

CONTINUED FROM PREVIOUS PAGE

the investor's needs and financial situation. The professionals are committed to working with their clients to determine the best possible investment options. For investors looking to streamline the purchasing process, accounts with Israel Bonds can be opened online and, in fact, purchases of bonds under \$100 (called e-mitzvah bonds) can only be handled this way. The hope is that the ease of investing will encourage and enable many people to become new investors, thereby increasing the number of people with a demonstrated commitment to the State of Israel upon whom Israel can rely.

"We welcome purchasers at all levels, even lower levels, because it shows they are committed to Israel," said Leeds.

Last summer, during Operation Protective Edge, Israel was able to count on its bondholders for additional purchases which totaled \$250 million. Schwartz credits a strong marketing campaign and people's love for Israel as contributing to the campaign's success.

Cohen commented, "When SCUD missiles were landing in Tel Aviv, people rushed to buy bonds. TV did a lot of the marketing for us. People love Israel, care about Israel and want to help."

Online investing has only been made available in recent years. The young lay leadership wanted a simpler way to purchase bonds and Israel Bonds recognized the importance of meeting that need. Alan Schall, New Leadership Chair, is responsible for reaching out to the community's younger members. It is important to reach these younger investors at their level which, in this case, meant opening bond sales online.

"One of our challenges is keeping young people involved. They do not have the history that their predecessors did, and we need



UN Ambassador Ron Prosor welcomes a Signature Society group at the UN in New York City for an exclusive event.

(CREDIT: METRO. NORTHERN AND CENTRAL NJ ISRAEL BONDS OFFICE)

to help sustain their commitment," said Schwartz. "The lower financial threshold and ease of online purchasing will appeal to more people. It is a broader-based approach which will ultimately allow more investors to continue to support Israel."

In the interest of increased involvement, Israel Bonds works closely with its lay leadership to plan events and programs which appeal to the community at large. In addition to Commerce and Industry, Government Relations, Women's Division and New Leadership, there is the Health Professionals Division, the Labor Division, the Signature Society, and the Synagogue Division, each of which comes with its own challenges and agendas, but also works closely with the professional team in enabling successful annual Israel Bonds campaigns.

"The partnership between the professional staff and lay leadership in this region is based on mutual respect and working together towards common goals. The success of Israel Bonds means the success of the State of Israel," said Dr. Hutter.

Campaigns are built from each division, through annual events, programs, parlor meetings and more. The Commerce and Industry Division is currently planning a tribute dinner, honoring individuals from the business, labor and Jewish communities. The dinner will promote solidarity for Israel local-



Former Prime Minister Shimon Peres speaks with an Israel Bond delegation.

(CREDIT: METRO NORTHERN AND CENTRAL NILSBARL RONDS OFFICE)

ly and within the broader community.

In addition to National Leadership Delegations, the Health Professionals' and Women's Divisions send delegations to Israel, with each trip appealing to the particular interests of the people involved. The Signature Society is an important part of the annual campaign because its events cater to those purchasing a minimum of \$250,000. Coupled with Commerce and Industry, the total sales represent almost 50 percent of the total campaign. The synagogue campaign is successful in large part due to the many High Holiday appeals and B'nai Mitzvah programs, which together are responsible for 50 percent of the region's bond purchases. As part of this division, there is the newly created Regional Rabbinic Council, chaired by Rabbi Jay Kornsgold of Beth El Synagogue in East Windsor. Rabbi Kornsgold is a longtime friend and supporter of Israel Bonds, and added his own words about the

"Growing up, I remember the Israel Bonds appeals that took place each Yom Kippur at my synagogue. When I became a rabbi I wanted to continue the tradition of giving people the opportunity to invest in the State of Israel by purchasing Israel bonds. Bonds gives us an opportunity to invest in Israel by planting our roots in Israel and at the same time helping our investment portfolio. As Jews we have an obligation to ensure that

importance of supporting Israel.

Israel remains strong and vibrant. Bonds is a vehicle to achieve this," Kornsgold said.

"When I meet with each bar/bat mitzvah family I also remind the bar/bat mitzvah that he or she may invest in a Mazel Tov Bond so that their connection to Israel can begin at a young age," he continued.

Joseph Kushner Hebrew Academy and Golda Och Academy have B'nai Mitzvah programs designed just for this purpose. The b'nai mitzvah child receives an Israel bond as a gift from his or her classmates, starting them off in their "adult" lives as owners of a little piece of the State of Israel. The Friendship Circle shows its commitment to Israel by awarding its stellar annual volunteers with an Israel bond.

"Often, those who receive bonds as gifts are later inspired to give a bond as a gift," said Leeds



Women's Division 60th anniversary event honoring all past chairwomen of Metro New Jersey region (CREDIT: METRO, NORTHERN AND CENTRAL NJ ISRAEL BONDS OFFICE)

The ultimate goal, as Hutter said, is to "create an awareness where people think of Israel bonds for investments and gifts."

Added Kornsgold, "When we buy bonds we truly make a difference. We send a message to the world that Israel is important in our lives and because of that we will invest in Israel today and build for tomorrow."

Schwartz continued, "Whatever has happened throughout the history of Israel, we have always been able to provide whatever Israel has needed, regardless of the situation. Our goal is for that to continue. That is what Israel Bonds stands for."

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ESSEX AND UNION COMMUNITY NEWSBRIEFS

Rabbi Lord Jonathan Sacks to Speak at Kushner

Rabbi Lord Jonathan Sacks, Kressel and Ephrat Family University Professor of Jewish Thought at Yeshiva Universi-

ty and the Ingeborg and Ira Rennert Global Distinguished Professor of Judaic Thought at New York University, will deliver a special High Holidays lecture during an evening with Yeshiva University held at the Rae Kushner Yeshiva High School/Joseph Kushner Hebrew Academy,



Rabbi Lord Jonathan Sacks (CREDIT: YESHIVA UNIVERSITY)

110 South Orange Avenue, Livingston, NJ. The event will take place on Thursday, September 10, at 8 p.m.

Rabbi Sack's talk is titled, "Accepting Responsibility: The Power of the Yamim Nora'im."

"The Yeshiva University community is not bounded by walls, it is bounded by shared commitment," said President Richard M. Joel. "It's an exciting time to share Professor Lord Jonathan Sacks with this wonderful community."

For more information and sponsorship opportunities, please visit www.yu.edu/sackskushner or contact Daniel Gordon at dgordon@yu.edu or 646.592.4303.

Spend the High Holidays with Chabad of Montclair

Join Chabad of Montclair for meaningful and easy-to-follow High Holiday services. All Rosh Hashanah and Yom Kippur services will be held at the Suite Spot (next door to Whole Foods), 695 Bloomfield Ave, Montclair, NJ 07042 (parking in rear).

- No background or affiliation necessary
- Traditional and contemporary services
- No membership fees or tickets
- Hebrew/English prayer books available
 Inviting and insightful services led by Rabbi Yaacov Leaf
- Everyone welcome—special program for children

The holiday schedule of services is the following: Rosh Hashanah services will begin at 10 a.m. on both Monday, September 14, and Tuesday, September 15, with shofar blowing at approximately 11:30 a.m. on both days. On Tuesday, a holiday lunch will follow services. The Kol Nidre service which begins Yom Kippur will begin at 7 p.m. on Tuesday, September 22. The Yom Kippur morning service will begin at 10 a.m. on Wednesday, September 23, with the Yizkor memorial service beginning at approximately 11:30 a.m. Neilah, the closing Yom Kippur service, will begin at 6 p.m. and will be followed by a break-the-fast meal.

Please rsvp so everyone can be assured seating. Contact Rabbi Yaacov Leaf at rabbi@chabadmontclair.org or call 862-252-5666.

Parshat Ki Tavo: The Walls Have Ears



By Rabbi Tzvi Hersch Weinreb

We all have our secret lives.

I don't mean to say that each of us has a sinister side, which we

wickedly act out in some deep, dark, private world. What I do mean is that we all act differently when we are alone, or with a few close intimates, than we act when we are out in public, among others.

There is no one who is so behaviorally consistent that he is the same person in the privacy of his own home as he is in the workplace or marketplace.

Nor do I suggest that there is anything wrong with the fact that we each are two persons, and perhaps even multiple persons, depending upon the social context in which we find ourselves.

It is problematic, however, when we act hypocritically, presenting a pious and altruistic face to the world, while acting cruelly and crudely in our own homes and with our families.

In this week's Torah portion, *Parshat Ki Tavo*, there appears a particularly piercing and perceptive verse: "Cursed be he who strikes his fellow in secret—and all the people shall say, Amen."

In no way does the Torah imply that he who strikes his fellow in public is to be blessed. Rather, the Torah recognizes the tendency humans have to reserve the worst side of themselves for their secret social settings, even when they behave meritoriously in their public social worlds. It is the façade, the contrast, between public demonstrations of righteousness and private acts of fiendishness that is cursed.

Sinning in secret is particularly offensive in the religious personality. He or she who believes in a God who is omniscient, and who yet sins in private, is guilty, not merely of hypocrisy, but of heresy. If God knows all, how can you delude yourself into thinking that your secret misdeeds can go undetected?

The Shulchan Aruch, the Jewish code of law, opens with a statement recognizing that a person's behavior, when he is alone at home, is very different from his behavior when he appears before a great king. And it urges the religious person to be aware that he is always in the presence of the great King of Kings, the all-knowing God.

But it is not only from a spiritual perspective that it is wrong to act demeaningly in private. There is a practical aspect as well to the importance of behaving properly even in secret. There always is the very real possibility that our secrets will be "leaked" and that things we were sure would never be known will become embarrassingly exposed.

I know of no place where this is conveyed more cogently than in these words of caution, to be found in *Ecclesiastes* (10:20):

Don't revile a king, even in your intimate thoughts.

Don't revile a rich man, even in your bedchamber;

For a bird of the air may carry the utterance,

And a winged creature may report the word.

Indeed, as our Sages say (see Rashi on *Berachot* 8b), the walls have ears.

The passage in this week's Torah portion that condemns secret violence also gives quite a comprehensive catalog of other sins which tend to be performed behind closed doors. They include elder abuse, criminal business practices, deceiving blind persons, subverting the rights of the helpless, incest and bestiality, and the acceptance of bribery. Quite a list, and one that has certainly not lost its relevance over the centuries.

I am not so naïve as to think that we are required to act in an absolutely iden-

tical fashion in our "secret chambers" as we do out in the "real world." To a certain extent, it is necessary and right that we maintain a façade of sorts when we interact in public. We all have, and need, our masks and personas.

But many times we go too far and indeed split our personalities between the Dr. Jekylls of our external visible behavior and the Mr. Hydes of our inner sancta. How well-advised we would be to set as an objective for ourselves the words of the daily prayer book:



"A person should always be God-fearing, privately and publicly, acknowledging the truth and speaking it in his heart."

Rabbi Tzvi Hersh Weinreb is the Executive Vice President, Emeritus of the Orthodox Union.

MAGGID OF BERGENFIELD

Ki Tavo: First-World Tochachos



By Larry Stiefel Devarim 28:1-69

Hello, and thank you for joining me for the Maggid of Bergenfield this week. In honor of the *bracha* and *klala*, the bless-

ing and curse, that this week's parsha contains, I have decided to bless my readers with abundance, and perhaps to chastise my non-readers, just a bit. Here goes.

Behold, if you read the Maggid this week, and harken to his words, these are the blessings he shall offer you:

Your children will get the class assignments they want, sitting at desks next to their friends in class with the kindly teacher who gives out sugar-free lollipops on Fridays.

Your town will continue to offer free busing to private schools. And guess what? The new stop is in front of your house!

There will be no traffic on the George Washington Bridge as you commute to work. In fact, the traffic reporter said there's no traffic anywhere in the tri-state area. You may shut off Waze and crank open the sunroof.

Your shoelaces shall stay tied all day.

The new kosher restaurant that is opening in Teaneck is offering Thai and Albanian cuisines, your favorites! Better get in while you can.

The Mets will finish in first place. Don't ask for the Jets. That's asking too much—even from a fiction writer.

You will find the parking space you need, one block from the Museum of Natural History, or 90 feet from the theater

where you have orchestra seats to see The Book of Mormon.

You will be victorious over your wife in Words with Friends. Once.

The Amtrak Acela to Washington will

arrive early, and you will have time for a Snapple before you catch your cab.

You will find time every day to go to the gym. And you shall find a lane in the pool.

Your daughter will be Shabbat Ima in her class, and all will go well as you beam with pride and watch her say the bracha over the challah. You are the only one who cries.

The weather on your beach vacation will be perfect. Warm and sunny in the daytime. Cool and breezy at night. You shall play mini golf without rain.

Your printer cartridge shall run forever, both color and black and white.

The beefsteak tomatoes you planted in your backyard in June shall be large and delicious. And you shall be the envy of the old lady neighbor who gardens next door.

Many shall compliment you on your new skirt. And you shall appear thin in the eyes of everyone.

But lo, if you do not read the Maggid this week. If you fall asleep Friday night after dinner and don't read this 1063-word monstrosity, or if you just read the first part and don't turn to the page where it is continued, these "First World Problems" may befall you:

When you wake up in the morning, all the clocks in your house will be flashing the wrong time, though you can recall no power outage.

Your EZPass will fail. The toll booth monitor will read, "Please contact custom-

er service center," and you will be billed for multiple toll violations.

Your daughter's soccer team will not win a game, though you coach and toil in vain. Her best friend will win the championship as you watch in despair from the sidelines.

You will forget your personal siddur in the synagogue and be unable to find it anywhere. It will wander the shul for years, homeless and forlorn. It will only turn up three years later because you had the foresight to pen your name in the front, with a little BS"D in the right upper corner.

The milk will go bad before the expiration date, and you will have to trek to 7-11 at midnight so that the children shall not moan with their morning Fruit Loops.

Your skinny jeans will be so tight that you will be unable to get your cellphone into your pocket.

Your Wi-Fi connection shall be weak. You shall suffer two bars, no matter where in the house you stand. And you shall wait for your information. Minutes will seem like hours.

Your son will forget his homework at school, and the teacher neglected to post it on the class website. None of his friends will be available to lend him the sheet he needs, and you will be forced to drive to the school on Sunday, facing the vicissitudes of not knowing if the building will be locked.

You shall feel the urge to sneeze during a meeting, but you shall not sneeze. And all your associates will stare at you as you have that awkward pre-sneeze face.

You shall forget your password to Am-

azon, and you will struggle to order that book you wanted. And then it shall not arrive on the day you were guaranteed.

You will take your child to the doctor's office for a routine visit, and she will have a major tantrum in the waiting room, exam room and parking lot. You will struggle to control her as you run into a man you used to date in college, while trying to give the secretary your insurance information.

Starbucks will get your order wrong and misspell your name horribly on your cup.

You shall suffer flight delays of immeasurable proportions. Chicago will seem as far as Seattle, and to get there for your meeting you will have to visit Dallas/Fort Worth International Airport.

The button shall fall from your shirt, and though you search and search there will be none to replace it.

Garbage pick-up shall be canceled for some obscure national holiday on the day after Passover, and your cans shall overflow onto the sidewalk. Squirrels will abound.

Mosquitos will love you.

You shall be stuck on the A Train between 168th and 175th Streets, even though you will be able to see the next station from your subway car.

Your pencil tip shall break, and there will be no sharpener.

These are the blessings and curses that the Maggid of Bergenfield revealed to his readers as he sat at his computer in the town of Teaneck. Don't say I didn't warn

Larry Stiefel is a pediatrician at Tenafly Pediatrics.

Making Sense of Shemitat Kesafim and Prozbol



By Rabbi Haim Jachter

It seems to make no sense. Why does Hashem want loans to be canceled at the end of the Shemitah year? There are no free lunches in life—

why does the borrower receive a free pass and not have to repay his loan? Moreover, why does the Torah condemn one who refuses to extend a loan towards the end of the seventh year in anticipation of loans being canceled? One who refuses to extend loans at that time seems not to be evil but rather acting in a financially prudent manner. Finally, what is the justice of Hillel's Prozbol document that cleverly skirts the laws of Shemitat Kesafim? How is Hillel's enactment in line with not merely the letter of the law but the spirit of the law?

Important insights of the Hizkuni and Yereim help solve these mysteries and make sense of the Shemitat Kesafim process we engage in these weeks as we head towards the end of the Shemitah year 5775. Hizkuni explains that the lender is forbidden to demand payment of the loan after the Shemitah year "ki kara Shemitah la-Hashem" (Devarim 15:2), the farmer has observed Shemitah year and does not have funds to repay the loan.

If so, then why is the loan permanently canceled? The Yeriem explains that it is not canceled. The borrower is expected to pay even after the Shemitah year has passed, when he recovers financially from Shemitat Karka (not working the land during Shemitah) and has the ability to repay the loan. Shemitat Kesafim merely forbids the lender from demanding payment of the loan, as stated in the Torah, "lo yigos et rei'eihu" (ibid.).



A Prozbol avoids this restriction by converting a private loan into a communal loan when the lender submits his loans to the beit din. The lender, when pressing a claim for payment of the loan, acts as a representative of the beit din. However, the beit din can cancel such authorization if the lender does not respect the borrower's financial challenges in the wake of the Shemitah year. Thus, the Prozbol is in line with both the let-

ter and the spirit of the Shemitah rules.

Next week, iy"H, we shall present the Ben Ish Hai and Hacham Ovadia Yosef's beautiful and practical suggestion as to how everyone can fulfill the mitzvah of Shemitat Kesafim in the full sense, even in the post-Prozbol year.

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

BETH DIN INSIGHTS

Who Is a Jew and How Do We Know?



By Rabbi Michoel Zylberman

Rabbi Dr. Bernard Illowy (1812-1875), a student of the illustrious Rabbi Moshe Sofer (the Chasam Sofer) of Pressburg and recipient of a doctorate of

philosophy from the University of Budapest, served as one of the few learned members of the American Orthodox rabbinate in the United States in the mid-18th century. Forced to flee Europe during the revolutions of 1848, he occupied numerous pulpits in America, most notably in St. Louis, New Orleans (where he served during the Civil War), and Cincinnati. A collection of his essays and responsa published posthumously by his son includes an 1856 response to the Jewish community in Nashville, TN, in which Rabbi Illowy addressed the following complex situation

An intermarried couple began to embrace an observant Jewish lifestyle, and the non-Jewish American wife sought to convert to Judaism. As they had moved to Europe, where conversion to Judaism was largely illegal, they found an Orthodox rabbinic court that was willing to perform a clandestine conversion but refused to issue any paperwork so as not to document the illegal activity. After the conversion the cou-

ple moved back to America and conducted themselves as religious Jews for 15 years. Upon the convert's passing, the local *chevra kadisha* (burial society) was reluctant to provide her with a Jewish burial due to the lack of documentation of her Jewishness.

While the precise reasoning of Rabbi Illowy's permissive ruling in this case may be debatable, the story highlights the challenges of establishing Jewishness in a mobile society, an issue that perennially receives media attention. According to Jewish law, an individual is considered Jewish either if he or she is born to a Jewish mother or converts to Judaism. [There is a minority opinion that the child of a non-Jewish father and Jewish mother would need to undergo a conversion, but this is not the generally accepted approach.] When is evidence necessary to prove one's Jewishness and what should be considered sufficient evidence?

There is a debate among the rishonim (medieval authorities) as to whether an individual who presents him or herself to be Jewish may marry freely without any further investigation, absent any indication of an impediment to marriage (see Shulchan Aruch Even Haezer 2:1). Similarly, the Talmud (Yevamot 47a) indicates that a convert must present proof of his conversion, although this may not apply, strictly speaking, if the person was already known to be

Jewish (Tosafot ibid. and Shulchan Aruch Yoreh Deah 168:10). In a location where the majority of the residents are Jewish, there may be a more reasonable presumption of Jewishness. [See Tosafot Pesachim 3b in the context of a non-Jew who had the practice of appearing annually in the Beit Hamikdash to partake of the korban Pesach, presenting himself as Jewish, and was apparently never asked for proof of Jewishness.]

As a practical matter, there was a centuries-old edict in the communities of Lithuania that no rabbi could officiate at a wedding without positively establishing the couple's Jewishness and eligibility for marriage (Baeir Heitev Even Haezer 2:4). In contemporary times, establishing the Jewishness of a couple remains the responsibility of the rabbi who officiates at a wedding. In the modern State of Israel, where marriages are performed by the Rabbinate with a centralized system, a couple wishing to marry must have their Jewishness certified by the marriage registrar, or, if coming from outside of Israel, provide a certificate of Jewishness from a beit din or an Orthodox rabbi.

Batei din routinely assist individuals in establishing Jewishness. While often straightforward, this process may sometimes be complicated, particularly when the applicant comes from an unaffiliated family with little or no connection to any Jewish community or infrastructure. In a contemporary volume about certifying Jewishness published by the Jerusalem rabbinate, the editor records the directive of the former late Chief Rabbi of Jerusalem, Rabbi Yitzchak Kolitz, that for immigrants from the former Soviet Union, possession of a Russian birth certificate listing Jewish as the religion, coupled with recollections of Jewish practices from a maternal grandmother, should constitute sufficient proof of Iewishness. While there is no precise formula for making such determinations, a beit din will look for a number of corroborating pieces of evidence up the maternal line including, but not limited to, marriage documents (i.e. ketubot), birth records, synagogue membership records, burial records, immigration records, census data (that includes language spoken at home), Yiddish speaking in the family, and Jewish ritual practices in the family.

While it is not one of the more well-known functions of a beit din, resolution of personal-status questions provides an important resource to the community.

Rabbi Michoel Zylberman serves as S'gan Menahel (Associate Director) of the Beth Din of America. Information about the Beth Din may be accessed at www. bethdin.org.





A TEEN'S PERSPECTIVE

My Two Cents to the Feminism and Women's Talmud Discussion



By Oren Oppenheim

It's amazing how much one can miss while being away in camp. Nestled away in the mountains (either the Catskills or some-

where in the Middle of Nowhere, Pennsylvania), those of us attending our valued Jewish sleepaway camps gain a wealth of memories and experience... but miss out on a lot of the latest news and happenings while we're away. We come back to the real world, and BAM! Look at all the stuff we missed... (Like the 56 new Republican candidates who joined the race!)

I'm saying all of this to explain why my article right now will seem a bit "behind the times." I'm going to be talking about something that happened a few weeks ago; here's why. I was away doing photography work for Camp Yagilu,

a wilderness program run at Morasha, for around two weeks. I had very limited Internet access (translation: restrictive Verizon data plan) and thus

couldn't stay up to date on a lot of what occurred outside of the "bubble." When I returned, I saw that there were two happenings in the Jewish world that I missed while I was gone.

The first was the fiasco surrounding Jewish singer Matisyahu's abrupt disinvite, because

of BDS, and then re-invite to a Spanish music festival. There's not much I can say about that except to laud Matisyahu for how he handled it and to slam BDS for, well, being BDS and being the obstructive, unproductive, completely false sham of a movement it always has been.

I can write a bit more about the second happening. Because of writing that was published

> while I was away, there has been a lot of dialogue surrounding the egalitarian and feminist movements and their place in the Jewish world, as well as new conversation on women learning Gemara. I'd like to re

spectfully add in my own two cents to all of what's being discussed.

Some of the dialogue has put feminism and egalitarianism together in the same boat. But feminism and egalitarianism are not necessarily linked movements, especially in the Jewish world. To the best of my knowledge, feminism is a larger movement meant to bring equal rights for both genders—i.e. equal pay, equal education, equal say in things, and so on. In the Modern Orthodox context, it is about giving women more opportunities that are halachically allowed and giving them more leadership roles and opportunities within the larger Jewish community. Egalitarianism—in a Jewish context—is more about integrating the genders together in ritual and prayer (such as egalitarian minyanim where men and women sit together). There are many Modern Orthodox feminists who don't identify with egalitarianism, myself included; I pray only with mechitza minyanim, yet believe that everyone deserves equal opportunity outside religious matters and inside religious matters to the extent that they work within Halacha.

Conflating feminism and egalitarianism—two separate ideas—thus muddles the conversation and makes this whole debate much trickier.

There's also been discussion of rethinking Talmud teaching for women. What happens when women's learning of Talmud is re-evaluated? Will they learn it differently from their male peers? Will they learn less or at a different level? Personally, I attend a coeducational Modern Orthodox school. Boys and girls learn Talmud in the exact same classes; no one gets better or worse learning. (I'm not saying this to promote coed schools over single-gender schools; in our communities, schools for boys and schools for girls fortunately do teach Talmud at equivalent levels. I'm just bringing in my own personal experience here.) Everyone should deserve to learn on the same level and to be able to use their abilities to the fullest, and there's no compelling reason to stop or re-evaluate that. It simply wouldn't be fair.

Is there any halachic basis or real anecdotal evidence that seemingly threatening movements have sprung from women learning Talmud? In this day and age, when everyone is an equal member of society in their own way, everyone is responsible for their own beliefs; they'll believe what they want, I bet, no matter what Talmud they learn. In fact, changing how one gender learns Talmud would insult and push back that gender, and would exacerbate the whole situation. If you feel like your gender is being pushed out of the circle, then why wouldn't you want to break away?

There is much discussion on feminism and rights that needs to be had in Orthodox Jewry. But re-evaluating and possibly changing Talmud studies for women wouldn't help anything.

Oren Oppenheim, 17, is a rising senior at Ramaz Upper School in Manhattan and lives in Fair Lawn, NJ. He spends his free time writing and reading, and hopes to become a published novelist and a journalist. He attended the BIMA Arts program at Brandeis University this past summer, majoring in creative writing and minoring in animation. You can email him at orenoppenheim@gmail.com and see his photography at facebook.com/orenphotography.



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The Theory of Everything From Nothing

By Andre Danesh/JNS.org

"In the beginning, God created the heavens and the earth." (Genesis 1:1)

"And God said, 'Let there be light,' and there was light." (Genesis 1:3)

These well-known verses mark the beginning of the Old Testament and the story of Creation. God, the scripture says, literally spoke the world into existence. But in our contemporary society, we are also inundated with scientific theories about the world's origin such as the "Big Bang" which was elucidated in 1979 by physicist Alan Guth of the Massachusetts Institute of Technology, through his theory of cosmic inflation.

Ever since the first time I read about Guth, I've been interested in knowing what exactly came before the Big Bang. Which Creation story should we believe? Can we believe in both the Judeo-Christian scriptural narrative and the Big Bang at the same time?

According to Jewish Kabbalistic teachings, before the universe was created there was ayin—nothingness. Once the universe was created, there was yesh—something. That leads us to the Creation theory of yesh me'ayin, something from nothing, also known in Latin as "ex nihilo." The Kabbalistic interpretation of the Creation story is echoed by traditional Christian teachings. From my decades of work as a chemist, along with my Jewish faith, I have come to believe in my own version of this Creation narrative: the theory of "everything from nothing."

At the origin of the universe (or universes), there was only air without dark energy, dark matter, and any protons, neutrons or electrons. Let's call it "pure air." The radius of each universe was expanding to many millions of miles. The universes were moving up and down, and in multiple directions. Some of these directional patterns could have been ellipses and spirals. Based on the different directional patterns, varying temperatures were created. When these universes of varying temperatures and directions collided, the result was the Big Bang. This collision produced temperatures of a few trillion degrees and then began to cool. The cooling process created dark energy, dark matter, protons, neutrons, electrons, stars and planets.

Before the Big Bang, I believe that many universes coexisted and were moving and expanding at different speeds, at rates of 25-300 kilometers/second. I believe that there were three possible scenarios. In the first scenario, let's say that "Universe A" was originally moving and expanding at a rate of 10(x)-15(x) km/second. It then began to slow down and move at a rate of (x) km/ second. Now let's say that "Universe B" was moving and expanding at a rate of 10(x)-15(x) km/second. Universe B, traveling at a higher rate of speed than Universe A, eventually caught up with Universe A, and the two collided. This collision was the Big Bang.

In the second scenario, there was only one universe—Universe A. It was moving and expanding at the rate of 25-300 km/second. At some point, it grew too large and divided into two universes, "Universe AI" and "Universe A2." After a certain amount of time, Universe A1 began to slow down. Meanwhile, Universe A2 continued moving and expanding at a much higher speed. At a certain point, the two universes collided and caused the Big Bang.

In the third scenario, let's say that Universe A was moving north and expanding at a high rate of speed. It then collided with Universe B, which was also moving and expanding at a high rate of speed, and was coming from the south, east or west. This collision caused the Big Bang.

This phenomenon is similar to the weather patterns we have on Earth, but on a much larger scale. Take, for example, when cold air comes down from Canada (north of the U.S.), travels south, and collides with hot air from the Caribbean. This collision, from air patterns with a radius of only a few hundred miles, can generate powerful storms. Understandably, when the radius of pure air is many millions times larger than the collision of Canadian and Caribbean air, we can see how the Big Bang occurred.

I believe that the universes were created with a mini bang, then a small bang, then a big bang, and then a super bang. As Albert Einstein believed, the universe is ageless and eternal. As such, I believe universes will continue to be created, with many more bangs to come. New galaxies will be born.

The underlying question here is: Who created the universe/s? The only explanation I have is that

God created the universe/s. This explanation has led me to my theory of "everything from nothing."

The Judeo-Christian concept of "something from nothing" is limited to only "something," which might be just a few things. But "everything" covers just that—everything, this universe and all other possible universes. I believe that God created everything, not just something, from nothing.

Why God? That question can be answered with more questions. What happened before the Big Bang? If Creation wasn't God's doing, then how else did it occur? Until you prove to me how the universe was created, you



have no choice but to accept that God was the Creator and to affirm the Judeo-Christian narrative on Creation.

Dr. Andre Danesh, a chemistry professor turned real estate investor, was born in Iran and grew up in an Orthodox Jewish community there. He majored in chemistry for a year at the University of Tehran; received a PhD in organometallic chemistry from the University of Montpellier, France, in 1962; and completed his postdoctoral studies at the University of Colorado. He has worked as a research associate at the University of Paris and a professor of chemistry at the University of Massachusetts. He lives in Boston.



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The Littlest Bully



By Sarah Abenaim

Shaul, a gorgeous child of around four years old, was always impeccably dressed. He was tall and golden, with a warrior pose

much like that of his namesake. It was his endless energy and creativity that inspired other children to follow him around. He was magnetic.

But the thing is, he sometimes acted in ways that were not so magnetic. "You wear diapers! You are a baby...!" I once heard him say derisively to my youngest child, a slight two-and-a-half-year old, with a very social personality. We were at a camp-related gathering, after hours, and my son was trying to run around with the bigger boys. Then, Shaul and a friend pulled down the waistbands of their shorts to demonstrate to my clueless child how macho they were because they had underwear. And yes, my son was in a diaper. The thing is, he was so very happy to be in diapers. We spent much of the summer reading "Once Upon a Potty" and talking about how Joshua, the book's main character (if you have the male version) used a potty instead of a diaper, but to him, this was a fictional idea. Diapers were great, and potties were not,

except if you were Joshua. The comments and the underwear-show left him unfazed, but it struck me as painful, that at such a young age, a kid could find a harmless (and normal) difference and turn it into something malicious.

Another day, we passed Shaul in the park, and he screamed out from the swings,

"You go in a stroller!" His face, oscillating back and forth, was in harmony with his nagging tune. At that moment, my son was walking. In fact, he spent much of his summer lunging from his stroller, and following along at his own leisurely pace, keeping up with his older siblings. This teasing did not seem to bother him, either. But it hurt me. It was like

Shaul was trying to show his supremacy, to belittle an innocent child who wanted to do nothing more than run around with him and his followers. But Shaul made it his business to outline the vast differences in their two-year age gap. Shaul was a big boy! Liad was not, and therefore, he didn't belong.

But the worst comment came when we were sitting by the shallow end of the communal pool. I was alone with my son and

my nephew, as several other kids clustered in the deeper pools. While the two boys were enjoying dipping into the chilly few inches of water, a face loomed behind the wire fence that surrounded our area, and pressed itself between the gaps in the links. "You're in the baby pool!" we heard, in that taunting, whiney voice.

"You're in the baby pool!"
This time, louder. "Why are you in the baby pool?" My son and nephew turned and just stared, unable to answer, frozen in their moment of fun, and not really sure what to respond.

"Because they want to be here," I tried. "Because it's fun." But this didn't satisfy him. Really, there was no acceptable answer in his book.

There wasn't meant to be an answer.

"You're in the baby pool...!" And then, all those years of my mother telling me that if someone hits you, you hit them back, settled on me like a storm cloud.

Shaul was wearing a hooded towel. It was designed to look like an animal, a dragon I think, with blue googly eyes on the crown, and sharp, fierce teeth trimming the edges of the hood, around his forehead. They hung like daggers between

his eyes. One could argue that an adult would not wear such a towel. Probably neither would an older child, as it might be deemed "babyish," and so I took whatever ammunition I could, and threw it back at him.

"You're wearing a baby towel. Why are you wearing a baby towel?" I asked, matter-of-factly. It crept up on me. The words just burst from my throat. And then I paused and waited for an answer, and Shaul just blinked, finally silent, fresh out of his remarks. I was playing his game, and it surprised him. He stood there, staring at us through the fence, his hooded dragon slowly sagging over his face, obscuring his menacing eyes, and then he turned and walked away.

There are times when it is my own children who can be the pursuers; my toddler is quite adept at spontaneous hair-pulling and bathroom-related name calling, but sometimes all it takes is a little water to douse the flames of the fire-breathing dragon. The next time Shaul saw us, he didn't make his usual beeline for my son, but instead, walked right past us. Two strangers, a dragon and a boy.

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

Parent Spice



By Reuven Hoff

- **S** Sharing ideas that are
- **P** Precious
- I Inspiring
- **C** Catalyst for growth

E - and Energizing

Shabbos, Chol Hamoed, Sunday afternoon, days off from school are all days that we either love or ...

My goal in writing these articles is to allow the readers of this monthly column to learn different techniques that will make your life more invigorating, engaging and inspiring.

Let's focus on Shabbos. It's Thursday afternoon. You are at work, fully consumed with all the catch-up work that you pushed off on Monday. You suddenly realize Shabbos is coming! Is that an exciting thought or a stressful thought? Does this thought occur regularly or even occasionally? Even if this never happens, maybe you would like to add a little magic to your Shabbos preparations and attitude.

I would like to start off with **the Shabbos table**. I chose this topic because of its popularity and opportunities! There are many aspects to the Shabbos table. We will break it up in different segments and try to discover some opportunities that lay within each of these wonderful parts of the Shabbos meal. We will discuss kiddush, food, zemiros, bentching and other important segments.

Before we get started, a basic understanding is required. Let's start off with the assumption that anyone sitting around the table wants to be an active participant in the meal...it could be a toddler, a grandparent or a Shabbos guest. Everyone wants to be part of the action. No one wants to be an outsider. If we are going to spice up our meal we must be mindful of all the people in attendance. Everyone has talent and everyone should participate. Often there are fears associated with children who do not want to help. It is crucial to give them an opportunity where they can succeed. One of our primary roles as parents is to boost our children's self-esteem. We do that by giving them responsibilities that guarantee success. Our four-year-old son has just started reading. We informed him that he will be reading a few letters of the Aleph Beis. The smile on his face and the attention he received for those ten seconds gave him the boost to remain at the table in a pleasant way. When we don't give our children the attention they are craving, we know the consequences.

Let's also realize that some preparation is needed. When we are prepared for an important event, we feel the confidence in our bones. You may need to research, ask or discuss. Dale Carnegie said: "When you are delivering an important speech, you should spend the prior days ... thinking how all of life can connect to the content of your speech." We should become consumed with this goal. Our Shabbos table is the way to keep our children happy and love who we are and what we represent. One may think that he is incapable of such a job. You may think that you don't have a great voice or are capable of delivering an enjoyable and receptive dvar Torah. What are your options? We will discuss some of them.

We all need to know our limitations. Perhaps our spouse or even our own children can enlighten us better than the "regular leader." I have learned over the years from reading different books and noting many experiences that we don't have all the answers. Children can be better at singing, speaking and helping than an adult. Of course, after spending so much time preparing, we may get nervous and the desired effect may not result. I suggest you improve in just one of the areas that you wish to improve. The Gemara always warns us, "Too much will not hold." Let's tackle one thing at a time. Talk to your spouse about your plan. Planning together will ensure that your goal will be met. You will be very proud of your efforts. I am sure that after the first feeling of success, you will be inspired to try again and add more SPICE to your Shabbos table. I look forward to sharing more experiences and thoughts with you in the coming weeks.

Rabbi Reuven Hoff is a rebbe at the Rosenbaum Yeshiva of North Jersey.

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FEATURES

The Fun Side

SIDE-SPLITTING STAND-UP

A New Jersey restaurant
is offering a special menu this month
that doesn't list prices, but instead asks customers
to pay what they think is fair. According to the sign
in the window, the restaurant is called
"This Space for Rent."
- Seth Meyers

A man set a new world record after kicking himself in the head 134 times in one minute. He broke the previous record of zero.

- Conan O'Brien

Google has announced that the next version of its Android phone software will be called Marshmallow. It'll be similar to the last version but with s'more features.

- Seth Meyers

The Cadillac Escalade EXT is the most popular car driven in New York. Partly because they're stylish, but mostly because New Yorkers like to have a place to stretch out when they leave their apartments.

- Jimmy Fallon

This weekend, many of the Republican candidates said they used a Fitbit. In fact, Jeb Bush uses

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his to see how much distance he can put between himself and his last name.

- Conan O'Brien

Today, Hillary Clinton released an ad that emphasized her humble economic background. In the ad she says, "Just 15 years ago, my family and I were evicted from our house."

- Conan O'Brien

A company is developing an elevator that can take you into space. Don't you hate it when you're going to Jupiter and someone gets on the elevator and presses "Mars"?

- Conan O'Brien

Starbucks just announced that its Pumpkin Spice Latte will now include real pumpkin. You'll know the drink has real pumpkin when it tastes disgusting.

Jimmy Fallon

At Ohio State University, it was just announced a tiny human brain has been grown in a lab. Isn't that crazy? And it's already announced its support for Trump for president.

– Conan O'Brien

A study found that many types of head lice have mutated and

now have become resistant to over-the-counter treatments. The problem has scientists scratching their heads.

- Conan O'Brien

CNN's newest polls show that Donald Trump is leading Hillary Clinton in Florida. It's scary, because if that could happen in Florida, it could also happen in the United States.

- Seth Meyers

According to a new list, Nashville is the friendliest city in America. While Philadelphia beat up the person who was putting together the list.

- Seth Meyers

New Jersey Governor Chris Christie said today that Hillary Clinton's arrogance is "breathtaking." Of course, he also said the same thing about a flight of stairs.

- Seth Meyers

Donald Trump landed his helicopter at the state fair and offered to take some kids on a ride in the helicopter. Twenty kids took the helicopter ride with Trump. He dropped them off in Texas. They're now building a wall on the border.

- Jimmy Kimmel



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Happy Anniversary



By Banji Latkin Ganchrow

August 20 started out as any other day. Husband #1 and I reached the "20 years of staying mar-

ried and not killing each" other milestone. We had planned on celebrating by continuing not to kill each other, and going out to dinner with our three sons. The boys were getting reacquainted with air conditioning and being able to walk around barefoot as they had returned home from camp; the weather was nice and all was fine. My washing machine kept asking me why, after seven weeks of rest and relaxation, was it getting such a workout (yes, my washing machine speaks to me. His

My parents had come over to visit the boys and while they were there, the boys said they had a present for me. One of my boys said he wanted to video my reaction. This was quite suspicious. In walks son #1 and he hands me a white box. Inside the white box was, wait, I need a moment... OK, inside the white box was an iPhone. "Mom," son #1 said proudly, "I went to the Apple store and they activated it for you. All you have to do now is go back so they can transfer your contacts." The boys were all standing around me waiting for my reaction. They all looked so excited. What's a mother to do? I started to cry. I wish I was kidding. I also wish I could say I was crying because I was so touched by their thoughtfulness, but I was crying because there is



name is Victor and we have a lovely relationship as long as he continues to work). I was enjoying the fact that I did not have to drive anyone anywhere because my inlaws, while in Florida, had left their car here. It was all good.

As I have mentioned in previous columns, my phone, Grandma Flippy, has been having a bit of a hard time lately. She and I have been together for six years, that is three upgrades in phone years, and I love her. Sure, she doesn't take pictures or videos. Sure, she doesn't have a keyboard, but she fits in the palm of my hand and I only need one hand to send messages or make phone calls. I can no longer text unless it is shady and her colors are all bleeding into a weird shade of purple. But we have been through a lot. I have stopped speaking to many people on that phone, she knows all of my secrets and she had become a fixture in many of my "routines." You can throw her on the floor and nothing happens to her. You can flush her down the toilet and she will just pop up again, smiling. She is practically indestructible.

Well, on August 20th, the "emergency calls only" message was on Flippy's screen. I didn't really think anything of it because of her health problems. Whenever I would receive a group text, she would have a seizure, turn off and then turn back on with the "emergency calls only" message brightly displayed. That is because Flippy looks out for me and if there was ever any emergency, God forbid, I have access to 911. I am assuming that is what the "emergency calls only" sign means, unless it is a direct dial to Chickies for a beat box sandwich, but that is another story.

something seriously wrong with me and I was not ready to let Flippy go. Flippy is a part of me and this large iPhone thing was beyond my realm of comprehension. I do not like change.

"Mom, you have got to calm down and I can't take it back because Grandma Flippy is now dead. She cannot be resuscitated and you cannot return the iPhone." My boys and their father know me. They knew I was going to bring it back and they did everything they could to make sure that wouldn't happen. Include hide Grandma Flippy from me.

So it is now official. Grandma Flippy is dead and she will soon be in the hands of a class of 2 year olds at the JCC preschool thanks to my friend who asked me to donate her. She will have a good life there and won't have to worry about being charged or, well, working at all. And I have entered the 21st century. I am no longer the only person without a smartphone. But I am the crazy person who keeps yelling at her phone in public because I have no idea what all the buzzing and dinging means, and I have to text with two hands, and I really should just stop complaining and appreciate the nice thing that husband #1 did

Yup, that was just his present. A public thank you for the phone. Now, all you husbands who give me a hard time for pointing out all of his foibles can go give him a hearty handshake and a pat on the back. Blah blah blah! Happy freakin' anniversary...

Banji Ganchrow is a self-proclaimed writer who does not have unlimited data. She is not sure what that means, but doesn't think it is a good thing.

No One Told You There'd Be a Quiz



By Mordechai Schmutter

As a high-school English teacher, I noticed that there's something that happens to my students over the summer: Somehow, they forget

everything they ever knew about school. Mostly they forget the rules. I know this, because I sometimes have the same students two years in a row. This isn't because they're left back. It's because I teach several grades. And believe me, it's a real treat to have the kids come in the first day and go, "You again? Oh."

So I guess they do remember some things.

Every year I give my repeating class a quiz about the rules—on the very first day. This totally blows them out of the water, because another thing they forget over the summer is that there are going to be quizzes.

- 1. What time do you have to be in class every day?
 - a. There's class every day?
- b. At least 15 minutes after it starts. It's not like I have to make Barchu.
- c. About 10 seconds before the principal checks in.
- 2. Yeshiva policy is not to eat in class. Why?
- a. Who knows why the yeshiva says anything, really?
- b. Because even though we're in 11th grade, we can't eat a thing without spilling it all over ourselves. And our neighbors.
- c. Because instead of thinking about the lesson, everyone around us is thinking either, "I hope he gives me some," or, "I'm gonna make myself some of that too. But with more butter. Obviously."
- 3. Are you allowed to copy off other people's worksheets?
 - a. The guy next to me chose "a."
- b. Worksheets aren't tests. I can copy whatever I want, and then when it's time for the test, I'm going to somehow know all the material despite never having practiced it
- c. It's okay; we're all copying off each other. No one's sure who's actually doing the work.
- 4. What are you expected to bring to class every day?
- a. Something to write with, something to write on, and something to keep it in.
 - b. Enough food for everybody.
 - c. Pants.
- d. How on earth am I supposed to come to class on time if I have to go on a whole scavenger hunt first?
 - 5. On what do I base your grades?
- a. On how much you spend whining at me the week before report cards.
- b. 1/3 tests, 2/5 worksheets, 1/6 class participation, 1/4 homework, and 17/64 final exam.
 - c. I put a bunch of numbers in a hat.
- 6. If you're ever absent, you can assume
- a. The rest of us did absolutely nothing important in class while you were gone. We just sat around in sackcloth and stared out the window.
- b. We managed to pull ourselves together and move on without you.
- c. Someone else stepped up and took your place, and hassled me while you were gone.

- 7. If someone asks me a question about a lesson or a worksheet or anything else that applies equally to everyone, you should assume that...
- a. If you ask the same exact question 30 seconds later, the answer will be different.
- b. You will definitely not have the same or a similar question when you get up to that part of the worksheet.
- c. When you ask the same question later, I'm going to give the same answer, but in a more annoyed voice.
- 8. If Mr. Schmutter had important things to do at home but nevertheless dragged himself in to yeshiva, what are the chances that he's going to waste his own time by giving you a free period so you can go play basketball?
 - a. Pretty high.
 - b. Not very high.
 - c. I don't know. I might as well ask him.
 - 9. Which of the following interruptions

7. If someone asks me a question are not allowed in class? Check all that apply:

- $\hbox{-}Drumming$
- -Singing
 -Dancing
- Acrobics
- -Aerobics
- -Water Aerobics

-Standing between the board and my desk, so that you, and only you, can see the board.

-Bothering me about taking off your "warning," when all your warning does is warn you that the next time you do something, you'll actually be in trouble. You don't want to be warned? Fine.

-Throwing things toward the approximate side of the room that the garbage is on.

-Turning the lights off and going, "WHOOOOOOOOOOO!"

-Telling me that I should stop teaching something because everyone already knows it, and then asking me how to do every single question on the worksheet.

- 10. The point of this test was:
- a. So you could bother me about every question.
- b. To realize that the individual questions don't matter, and that the point of this was to get you to read the rules, because me saying the rules usually takes the better part of a week.
- c. To read it in the newspaper before school even starts, so we can start actually learning on the first day, for a change. Because the first day of school is the one day where everyone's minds are supposed to be freshest, and what do we do with it? We talk about the rules.

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

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	Meat Balls with Sweet and Sour\$12.99/lb.	
	Buffalo Chicken Wings\$8.99/lb.	_
	Chicken Nuggets\$15.99/lb.	_
	Tuna Salad\$15.99/lb.	
	Egg Salad\$10.50/lb.	

	Whole Boiled Chicken	¢16.00 anal
	Whole BBQ Rotisserie Chicken	
	Herb Oven Roast Whole Chicken	\$7.99/lb
	Stuffed Cornish Hen	\$21.00 eac
	Baked Cutlet	\$15.99/lb
	Stuffed Boneless Capon	\$15.00 each
	Chicken Marsala	\$14.99/lb
	Whole Roasted Turkey	\$8.99/lb
	Brisket of Beef	\$28.99/lb
	Pepper Steak	\$13.99/lb
	Ducks	\$65.00 eacl
	Grilled Chicken	\$16.99/lb
	Schnitzel Fried	\$15.99/lb
	Whole Honey Glazed Chicken	\$9.49/lb
:	Stuffed Chicken Breast/Vegetable	\$11.99/lb
	Stuffed Chicken Breast/Spinach	\$12.99/lb
	Fried Chicken	\$9.49/lb
	Vleat Lasagna	\$11.99/lb
	Meat Loaf Stuffed with Spinach	

FRESH FISH ENTREES

Grilled Salmon \$23.99/lb.

PLEASE SPECIFY LB, OR PIECE

Poached Salmon

Baked Flounder Fillet

	SALADS	
LB.		
	Cole Slaw	\$6.99/lb.
	Israeli Salad	\$7.99/lb.
	Health Salad	\$6.99/lb.
	Cucumber Salad	\$6.99/lb.
	Potato Salad	\$6.99/lb.
	Red Russet Potato Salad	\$7.50/lb.
	Penne Pasta	\$6.99/lb.
	Orzo Pilaf	\$6.99/lb.
	Pasta Primavera	\$6.99/lb.
	Beet Salad	\$6.99/lb.

	Matzo Balls (pans contain 6 balls)	\$10.50 a pan
	Kreplach (pans contain 6)	\$11.00 a pan
	Chicken Soup	\$9.50/quart
	Vegetable Soup	\$9.50/quart
	Mushroom Barley Soup	\$9.50/quart
	Pea Soup	\$9.50/quart
	Squash Soup	\$9.50/quart
	Squash Soup	\$9.00/quart
	KUGEL	
LB.		SM. LG.

____ Apple Raisin Noodle\$7.50 \$9.50

Cranberry Apple\$7.50 \$9.50

	Zucchini	\$750	\$9.50
	SIDE DISHES		
LB.			
	Pareve Tzimmes	\$7	.99/lb.
	Roasted Red Russett Potatoes	\$7	.99/lb.
	Egg Barley and Mushrooms	\$6	3.99/lb.
	Kasha Varnishka	\$6	3.99/lb.
	Grilled Vegetables	\$11	.99/lb.
	String Beans and Portobello Mushrooms .	\$10).99/lb.
	Rice Pilaf	\$6	3.99/lb.
	DELI		
LB.			

	Salami	\$13.99/lb.
	Bologna	\$13.99/lb.
	Turkey Breast	\$16.99/lb.
	Smoked Turkey Breast	\$16.99/lb.
	Pastrami	\$23.99/lb.
	Corned Beef	\$23.99/lb.
	Roast Beef	\$23.99/lb.
	SMOKED FISH	
LB.		
	Nova Lox	\$8.99 1/4 lb.

	SMOKED FISH	1
LB.		
	Nova Lox	\$8.99 1/4 lb.
	White Fish	\$16.00/lb.
	White Fish Salad	\$14.99/lb.
	Herring in Wine	\$9.99/lb.
	Matjas Herring	\$4.99/piece
	Schmaltz Herring	\$4.99/piece
_	Herring in Cream Sauce	\$10.99/lb.
	VEGETARIAN ME	ALS
	Spinach Pinwheels	\$7.99 each
	Stuffed Eggplant	\$7.99 each

Prices subject to change

High Holy Day Traditional Feast

Rosh Hashanah and Yom Kippur

	ENTREES APPETIZER
	(check one please) Homemade Gefilte Fish Chopped Liver
	Chicken Dinner
	Brisket Dinner\$340.00 Mushroom Barley Vegetable Soup
ı	With Mushrooms and Wine Sauce SIDE ORDERS
ı	Whole Oven Roasted Turkey\$300.00 Potato Kugel Kasha Varnishkas
	Stuffed Boneless Chicken Capon\$325,00 Traditional Tzimmes Egg Barley Spinach Kugel Spinach Kugel
	Grilled Chicken Breast\$325.00 Rice w/Vegetable
	Salmon Dinners\$300.00 SALAD
	Minimum 10 People Cole Slaw Health Salad

CHALLAHS/ROLLS ____ Plain Round Challahs LB.

	Honey Cake Plain	 Challah R
_	Marble Mandelbread	
	Chocolate Iced Mandelbread	
_	Apple Crumb Pie	
	Seven Layer Cake	
	Shadow Layer Cake	
	Assorted Cookies	
	Brownies	
	Moltoway	

CAKES

Taiglach

____ Blueberry Pie

SLICED CHEESES

ah	_ _ _	Yellow Muenster	\$17.99/lb. \$18.99/lb. \$13.00/lb.
	A	DDITIONAL FOR BREAK Lasagna	\$9.50/lb.

YOM KIPPUR BREAK FAST PLATTER

Nova

Large White Fish Filleted or
Stuffed White Fish Salad
Creamed or Regular Herring
Bagels • Assorted Rolls • Cream Cheese
Platter of Lettuce, Tomato, Cucumber and Onion
All For \$18.99 Per Person
Minimum 10 People

YOM KIPPUR BREAK FAST PLATTER

Tuna - Egg - White Fish Salad

Herring
In Section Platter

Bagels

All For \$13.99 Per Person

Minimum 10 People

SPECIAL REQUESTS:

Name:			Pickup Date:
Address:			
Phone:		_ Day Phone:	
Special Instructions:			
Deposit:	_Credit Card #:		

Ezer K'Negdo—'A Helper Against Him'



By Laura Turk, MS

In Parshat Bereishit (2:15-18), the Torah states, "Hashem said, 'It is not good for man to be alone. I will make a helper against him."

Rashi is bothered by the phrase *ezer k'neg-do*—a helper against him, as these terms appear to be contradictory. How can woman, the mate that God is about to make for man, be both a "helper" and "against him"? Rashi answers that if man is worthy, she will be a helpmate, but if he is not worthy, then she will be opposite him, to fight him.

I would like to look at Rashi's explanation from my lens as a marital therapist.

I believe that in this verse, the Torah is giving us the recipe for healthy, connected, marital relationships. Hashem is stating the formula in one simple word—ezer—a helper. To grow a strong, intimate relationship with our spouse, all we need to do is be an ezer, a helper. That's it. So simple. Or is it?

We must first define the term "ezer." What does it mean to be a "helper"?

A helper is one who assists another, be it physically or emotionally. However, in order to assist someone, one has to understand the person in need of help, to know what it is they want and need. The person in need will feel that they are being helped only if the person lending them a hand is helping them with what they need. If, on the other hand, the person assisting is helping in a way that they believe to be helpful,

rather than in a way that is meaningful to the person they are assisting, the act will not be perceived as helpful by the receiving person.

Since spouses are of different sexes, come from different families of origin, have different personalities and life experiences, it is common that they show love and caregiving in different ways. And their definitions of "help" and caregiving can differ greatly from one another.

For example, men often show love and caregiving to their wives through physical acts. Providing financial stability, taking care of things around the house and, in general, "fixing" problems often has great meaning for

men vis-a-vis their feelings of taking care of their wives and families. Women, on the other hand, often define "helping" or "taking care of" as being emotionally nurturing or talking about feelings. Additionally, one spouse might hail from a family that showed love and caregiving by exhibiting a great deal of physical warmth, while their partner might come from a family whose love was implicit, but rarely shown overtly by hugs and kisses. As a result of the differences in the way "help" or caregiving was experienced, it is not uncommon in marriages for partners' actions not to be perceived as helpful or supportive by the other. When this happens, messages get lost in translation, and may result in hurt and disappointment.

My experience with the many couples with whom I work has shown me that all couples are looking for the same thing. We are all looking toward our spouse to be the "ezer" that Rashi speaks of. We all crave understanding, compassion and acceptance from our spouses. And when they fail to

meet our expectations, we become disappointed and hurt. Sometimes

we show our disappointment by hurtling anger toward our spouse. We become the *k'negdo*, the "opponent" that Rashi speaks about.

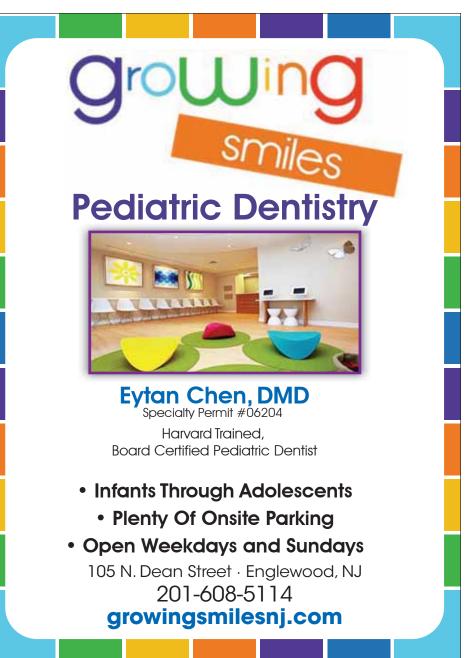
In a few short weeks, it will be Rosh Hashanah. We have been blowing the shofar since Rosh Chodesh Elul and will blow it 100 times on Rosh Hashanah. According to the Rambam, the shofar's blasts are meant to wake us from our slumber. To waken us from our frenetic lives, in which we often function on autopilot, again and again repeating our errant behaviors without giving them the necessary thought or attention.

The shofar comes to help us pause and look inward, with honesty and clarity. Something that is incredibly hard to do.

How helpful it would be to us in our marriages if we were to look at ourselves—only ourselves! Instead of focusing on what our spouses are not doing or should be doing, what would happen if we would look at ourselves and consider, "How can I be an ezer, a helper, to my spouse? What does my husband or wife need of me? What is he or she asking from me? Physically and emotionally? What would happen if I would put aside my defenses; stop defending my behaviors so I can empathize with my spouse's needs. With what he needs from me. So she can feel that I am hearing her, understanding him, being there for her?"

So, when we hear the blasts of the shofar this Rosh Hashanah, may we all rouse ourselves from our slumber to become a true *ezer*, a helper, to our spouses, which the Torah speaks about when it first introduces the concept of marriage. If we can do that, to be the *ezer* our partner needs, our spouse will certainly respond to us with love and compassion. He or she will be our *ezer*. We will receive the very love and understanding and acceptance from them that we are seeking.

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 Laura at lturktherapy@gmail.com or by calling her at 201-823-7933. You can also visit her website at www. marriagecounselingbergencounty.com.





How a Powerful Handshake Will Open Doors



By Anthony (Pesach) Awerbach

Do you have stories about someone else's lousy handshake and how it made you feel when someone gave you the "wet fish" or its opposite, the "knucklebuster"?

Even a technically great handshake can leave you with a feeling that it really wasn't a "pleasure to meet you." If you can relate, then consider this: first impressions are formed in less than 20 seconds (Frank Bernieri—University of Toledo) and your handshake will set the tone more than anything else you do in these precious seconds.

Politicians are trained in body language and are keenly aware of the power in their hands, so let's explore their secrets.

For an example, watch the first 20 seconds of this news clip: https://www.youtube.com/watch?v=jx_kpuHUJAY&feature=youtu.be

A few days after the Iran deal was finalized, Ash Carter arrived in Israel on his first stop of a Middle East tour to reassure nations who would actually have to live with the consequences of the deal. He descends from his plane and walks onto the tarmac to meet his hosts. Observe how he quickly asserts his authority by closing in on his first two victims' wrists with his left hand and then shakes longer than is comfortable. On the third intro, the military man moves

his left hand in a preemptive elbow embrace which is even more dominating than the classic politician's handshake where the left hand closes on the other person's right hand. The higher up we go from hand to shoulder the more condescending the message, with the exception of close friends.

If you follow these seven tips you will connect like you never thought possible:

- 1. A firm grip, palm to palm will create an instant connection and non-verbally says, "I have confidence and strength."
- 2. Warm and dry beats cold and wet, which screams of nervousness or feeling low.
- 3. Vertical and straight demonstrates equality and respect. If your hand is angled inwards that shows that you wish to dominate, and its opposite is where you have your hand angled outwards so that your palm is slightly pointing upwards; this is being submissive.
- 4. Shaking three times up and down demonstrates enthusiasm. Now you can say, "It's a pleasure to meet you," and mean it.
- 5. Make eye contact for the duration to convey interest and your desire to engage.
 6. Smile for warmth.
- 7. Lean forward slightly from the hip; this, again, demonstrates your desire to engage.

Anthony (Pesach) Awerbuch is a certified body language trainer and can be reached at Anthony@bodylanguageonpurpose.com or at 201 618 5170 for corporate training workshops or private group coaching.

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Advice From a 'Biblical-Era Sagette'



By Nina Glick

We are all familiar with Dear Abby and Ann Landers. I would venture to guess that each and every one of us at some time in our lives

has glanced over the questions asked of them and the replies offered.

Recently I had the opportunity to meet with Shashi Ishai, whose new book "Ask Avigail" offers "Advice from a Biblical-Era Sagette." Ishai is a former Teaneck resident who moved to Eretz Yisrael with her husband and two children and resides in Netanya. Excuse me for almost forgetting their dog, Stanley Fisher (a renowned economist). Apparently he plays an integral part in the life of the family when making any type of financial decisions.

"Ask Avigail" offers advice for those living in the days of the Tanach. According to Avigail, our forefathers had many similar issues to what we have today and she

is ready and willing to answer their concerns. Be it their wilderness needs, fashion tips or the concerns that the Iews had when Moshe disappeared for 40 days and nights. Avigail has all of the right humoristic answers for everyone. There is nothing that she doesn't know. Shashi is a blogger for the Times of Israel and her style of humor, she said, originated from her childhood. Her late father's hobby was collecting un-sliceable cheese ends at the local ShopRite. Her mother munched on gum drops all day long. Her brother read to her from George Orwell's "Animal Farm" each night before she went to bed. With such a childhood one would think you would have to grow into a comedienne. Shashi was in fact standup/cartoonist while living in Teaneck.

The book can be purchased on Amazon.





Shashi Ishai- author of Ask Avigail



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Customized Online Learning Initiative Is 'Building Together' With Jewish Schools

By Maayan Jaffe/JNS.org

As technology continues to permeate traditional classroom environments, more than 25 Jewish day schools are taking part in a new era of learning fostered by Bonim

B'Yachad (translated from Hebrew as "building together"), an Israel-based online learning initiative founded three years ago.

Led by CEO Aryeh Eisenberg and headquartered in Modi'in, Bonim B'Yachad offers Jewish schools an à la carte menu of academic courses that enable them to fill the specific needs of their students.

"Every student has a different way of learning, every school has a different grading system, protocols," Eisenberg tells *JNS.org.* "We create courses in all academic sub-

jects a Jewish day school could need—Judaic, secular, foreign languages, Advanced Placement—and then we fit into the existing program or culture of the school."

The participating students take the online courses with real teachers in real time, often in the same format in which they would have taken a class in their actual brick-and-mortar school. The Bonim B'Yachad teachers, though situated 6,000 miles away in the Holy Land, can take part in back-to-school nights and are available to meet with the Jewish schools' teachers and parents.

Ofra Hiltzik, upper school principal of the Schechter School of Long Island in Williston Park, N.Y., tells *JNS.org* that she believes online or blended learning is the future for small Jewish day schools like her own. With a high school of around 130 students, Hiltzik says she used Bonim B'Yachad to offer a much-coveted computer science course for which she had previously failed to find a teacher due to the lack of a budget and difficult scheduling.

"We were happy throughout the entire [Bonim B'Yachad] process," says Hiltzik. "It was absolutely glorious."

Now, Hiltzik says, Schechter's school leader feels strongly that all students should get engaged in at least one online course before they finish high school.

"We think it will help in college," she says.

Eisenberg says that most schools use Bonim B'Yachad for one of three things: creating additional sections of exciting classes, increasing their academic catalog, or addressing scheduling challenges.

"Sometimes it is impossible to hire parttime teachers for a class that meets 1-4 p.m. one day of the week, and at 10 a.m. another day. This [online learning track] could be the only alternative," he says.

Schools pay for Bonim B'Yachad courses by the month and only pay for what they use, up to \$5,000 per course per year. Since there are periods, such as the High Holidays, when schools meet less often, they pay less for the program during those times. All of the teachers are certified instructors with teaching degrees or experts in their fields. With the exception of the Hebrew-language teachers, staffers are generally American immigrants to Israel.

"One of the biggest challenges is to take Jewish day school teachers and allow them to continue the connection to the world they are familiar with when they come to Israel," says Eisenberg. "Usually they have to switch careers. Now, even if they have a different day job, they still have a connection to what they love to do."



Students learn online at Ma'ayanot Yeshiva High School for Girls

Leslie Smith-Rosen, upper school principal of The Adelson School in Las Vegas, used Bonim B'Yachad to offer an accelerated calculus course to one student who was outpacing the others in the class. She says, "It went really, really well and I am impressed by the service. If I were to need it again, I would definitely do it again."

While Smith-Rosen prefers the traditional classroom to the Web, the Internet option "is better than nothing," she tells *JNS.org*.

"An actual teacher in a classroom cannot be replaced, but sometimes we cannot do that, so this is a good alternative and definitely worth it," she says. "I think I would recommend [an online learning] service in general and I would recommend Bonim B'Yachad in particular."

Eisenberg wants parents and educators "to see that the possibilities really are there."



Bonim B'Yachad CEO Aryeh Eisenberg. CREDIT: BONIM B'YACHAD.

"The tools to make every student successful do exist," he says. "By combining amazing educational practices and educators, we have been able to help countless students. No school out there is perfect. A program like Bonim B'Yachad can help make sure every student's needs are met and [their] abilities are realized."

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	V
■ APPETIZERS & SALADS	
Chopped Liver	
Stuffed Cabbage	
Heart of Palm Salad	
Carrot Raisin Salad	6.99 lt
Pasta Salad	6.99 lb
Israeli Salad	
Three-Bean Salad	6.99 lb
Quinoa Salad	
Dilled Pea & Corn Salad	6.99 lb
— Health Salad	
Beet Salad	6.99 lb
Cucumber Salad	5 00 lb
	
Russian Coleslaw	
Cole Slaw	
White Potato Salad	
Macaroni Salad	
Mushroom Salad	
Potato Knish	
Spinach Knish	
Kasha Knish	
Mushroom Knish	
Sweet Potato Knish	
Egg Roll ■ SOUPS	
Matzoh Balls	1.75 ea
Kreplach	18.00/oz
Chicken Soup	7.95 qt
Vegetable Soup	8.95 qt
Mushroom Barley Soup	
Potato Soup	
Split Pea Soup	
Tomato Rice Soup	
Fruit Soup ■ MEATS BY THE POUND	7.95 qt
Tongue	
Corned Beef	
Brisket	25.00 lb
Roast Veal	25.00 lb
Pastrami	25.00 lb
Roast Beef	25.00 lb
Turkey Breast	
Smoked Turkey Breast	
Turkey Pastrami	
Salami	
Bologna	
■ MAIN DISHES	
BBQ Duck	
Whole Turkey	
Sesame Chicken	
	12.00 10
Chicken & Peppers	12.99 lh

Chicken Marsala	14.99 lb.
BBQ Chicken	
Southern Fried Chicken	7 00 lb.
Chicken & Rice	6 00 lb
Cranberry Chicken	6 00 1/2 chic
Chicken A L'Orange	6 00 1/2 chic
Meat Ziti	
Sweet & Sour Chicken	12.00 lb
Chicken Lo Mein	7 00 lb
Honey Mustard Chicken	7.99 ID.
Meat Balls	12.99 ID.
Stuffed Boneless Capon	
Lemon Chicken Cutlets	
Veal Spare Ribs	18.00 lb.
Cholent	6.99 lb.
Deli Roll	
Chicken Nuggets	
Chicken Franchaise	
■ MEAT SIDE DISHES Potato Kugel	
Potato Kugel	5.99 lb.
Sweet Noodle Kugel	5.99 lb.
Salt & Pepper Kugel	
Yerushalmi Kugel	
Broccoli/Cauliflower Kugel	6.99 lb.
Spinach Kugel	6.99 lb.
Broccoli Kugel	
Zucchini Kugel	
Carrot Kugel	6.99 lb.
Sweet Potato Kugel	6.99 lb.
Tzimmes	
Basmati Rice w/Peas	
Egg Barley & Mushrooms	
Veggie Fried Rice	
Kasha Varnishkes	
Roasted Potatoes	
Stuffed Derma	6.99 lb.
Grilled Vegetables	8.99 lb.
■ DAIRY & PARVE APPETIZER	S & SALADS
Homemade Gefilte fish	12.99 lb.
Sliced Nova	9.49 1/4 lb.
Sliced Sable	
Pickled Lox	
Pickled Lox in Cream Sauce	
Kippered Salmon	
Poached / Grilled Salmon	
Fried Fish	14.99 lb.
White Fish	3.99 1/4 lb.
White Fish Salad	3.99 1/4 lb.
Tuna	
Vegetable Tuna	
Baked Salmon Salad	
Pickled Herring	
r lokied rienning	
for	10 peo

	_
Pickled Herring in Cream Sauce	3.49ea
Matjes Herring	3.49ea
Egg Salad	2.50 1/4 lb
Chopped Herring Salad	1.79 1/4 lb
Pickles from the Barrel	3.99 qt
Cheese & Potato Blintzes	
Broccoli Quiche	
Spinach Quiche	20.00 ea
Mushroom Quiche	
Eggplant 4x6	12.99 lb
Lasagna 4x6	12.99 lb
Baked Ziti 4x6	11.99 lb
DOMESTIC CHEESE	
American White/Yellow	9.95 lb
Muenster Yellow	
Edam	
Swiss	
Cheddar	
Mozzarella	
IMPORTED CHEESE	
Havarti	12.99 lb
■ HOMEMADE SOFT CHEESES	
Plain Farmer	
Plain Cream Cheese	6.99 lb
Vegetable Farmer	
Vegetable Cream Cheese	
Chive Cream Cheese	
BAKED FARMER CHEESE	
Pineapple	
Blueberry	
Strawberry	
Walnut Raisin	7.99 lb
BAKERY ITEMS	
Plain Challah Raisin Challah	
Bagels (plain, poppy, sesame, onio	n garlic
cinnamon-raisin)	ii, gaille,
Honey Cake	
Sponge Cage	
Marble Cake	
Chocolate Babka	
Cinnamon Babka	
Assorted Fruit Pies	
Chocolate Ruggelach	
Cinnamon Ruggelach	
Assorted Cookies	
Assorted Cookies Vanilla Ruggelach	
Vanilla Ruggelach	
Vanilla Ruggelach Taiglach	
Vanilla Ruggelach	

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Challah & Cokes
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Chicken Marsala
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9/25 - 8:00 - 3:00;
9/11 - 8:00 - 3:00;
9/27 - 8:00 - 3:00;
9/30 - 8:00 - 6:00;
9/21 - 8:00 - 8:00;
10/1 - 8:00 - 7:00;
9/24 - 8:00 - 7:00;
10/2 - 8:00 - 3:00;
9/24 - 8:00 - 7:00;
10/2 - 8:00 - 3:00;

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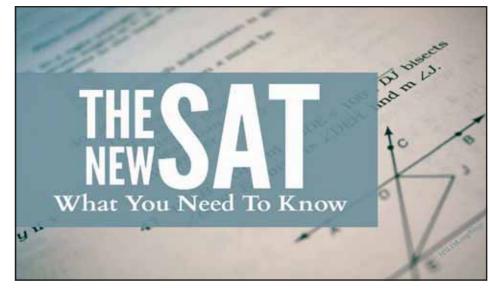
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The New SAT—What Students and Parents Need to Know

By Sarah Weltman

The SAT is changing in March, 2016. The new test has set off a firestorm of anxious parents, worried students, and confused school officials. Despite the frenzy, the new test offers a great opportunity for students to display a wider range of talents to prospective colleges and universities. The Redesigned SAT will generally test the same skills of reading, writing and mathematics, but will offer a wider variety of question types and give colleges a more detailed analysis of a student's strengths and weaknesses.

The Reading Test will no longer emphasize mindless memorization of vocabulary words but instead will test students on reading skills from a variety of sources. While the old test largely relied on summary passages, the new test will feature scholarly articles and primary sources from historical texts like presidential speeches. Additionally, the new test will include graphs and charts alongside reading passages. To prepare for this section, we encourage students as young as twelve



years old to start reading op-eds and major features from publications like the New York Times, the Wall Street Journal, and even The Economist.

The Writing and Language Test will continue the SAT's emphasis on a basic command of English grammar. Students will be required to correct sentences and make ed-

itorial decisions like keeping or removing sentences. Graphs and charts will also be featured in this section, encouraging students to make connections between the written word and ways to display scientific results. A student's scores from both the Writing and Language Test and the Reading Test will be combined into a single "Evidence-Based Reading and Writing" score with 800 as the maximum number of points. The SAT Essay will be separately scored and is optional.

The SAT Math test features some exciting changes. The test includes two math sections—one with a calculator and one without. Students will be evaluated on their mastery of algebra, geometry, trigonometry and arithmetic. While the older SAT mathematics tests focused largely on a student's reasoning and logic skills, the new test is aimed more towards math achievement rather than math aptitude. Nevertheless, strong analytical skills will still help students excel on both the calculator and non-calculator portions of the test.

Overall, the new Redesigned SAT is more closely aligned with common core standards that are being adopted across the U.S. While many high schools are more

closely aligning their curricula with the emphases of the new SAT, parents can also take steps to ensure their children are optimally prepared. We encourage students to read broadly starting in middle school, and complete math assignment sans-calculator. Finally, students can best prepare for the new test through excelling in their high school classes.

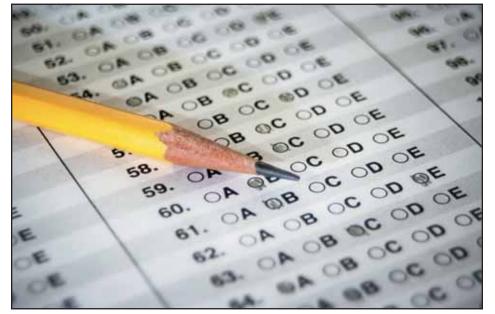
Tutoring Solutions Group(TSG) was founded by Sarah Weltman in 2011. TSG provides one-on-one tutoring and group classes for the SAT throughout Northern New Jersey.

Contact Information: Tutoring Solutions Group 661 East Palisade Avenue Englewood Cliffs, NJ 07632 www.tutoringsolutionsgroup.com 9201)816-0248

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Sarah Weltman is a leading test prep expert in the New York/New Jersey area. She enables students to achieve outstanding scores on many standardized tests, including the SAT, ACT, GRE, GMAT, LSAT, and MCAT. Sarah assists students of all ages. She uses a tailored approach, designing a specialized curriculum and syllabus for each student she works with. Her step-by-step approach ensures that those who work with her truly master the material.

Sarah completed her master's degree in Economics from NYU in May 2010. She graduated with her B.A. from NYU in 2009, summa cum laude and phi beta kappa. During her time at NYU, Sarah was a Presidential Honors Scholar and was a member of the Dean's List for Academic Achievement. Upon her graduation, she received the Founders Day Award as well as departmental recognition for having the best undergraduate thesis in the International Relations Program. As the founder of Tutoring Solutions Group, she has personal involvement with all students who receive assistance from us. Her commitment to student and parent satisfaction is unparalleled in the education and test prep field.



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The Camping Trip: A Jewish Woodstock

By JLNJ Staff

The month is August. A private field in Sullivan County. A music festival, throngs of young people camping out for the weekend, sharing their experience, combining nature with music.

No, it's not Woodstock and it's not 1969. Instead of The Who playing to the fans, it's Pigeons Playing Ping Pong getting the audience tuned in. Rather than CSNY, Zusha is inspiring the campers.

The weekend of August 7-9 saw hundreds of young music enthusiasts dancing and singing to the soulful melodies of Zusha, the funk rock sound of Pigeons Playing Ping Pong and a number of other bands playing an eclectic mix of both Jewish and secular music. Billed as the Jewish Woodstock, the music began on Friday afternoon, ended before Shabbat and restarted Saturday night after the conclusion of Shabbat. While there was no music schedloving environment where people can remove themselves for a moment from their everyday world," he said.

The music started on Friday afternoon and stopped as Shabbat was about to begin. As over 250 cars arrived prior to Shabbat, the hectic scene had people entering, setting up camp, listening to the music and preparing for Shabbat. Once Shabbat began, the camp became serene, the music stopped and people prepared for a spiritual Shabbat. While not all participants were observant, those wishing to observe Shabbat were accommodated and respected. Glatt kosher food was provided under rabbinical supervision for those who ordered it, an eruv was established and a Sefer Torah was provided for Shabbat davening.

"We expected up to 400 people and our unofficial count was over 600," said Leifer. "We fed 70 people and had to turn away an additional 50-60 who asked to order



The band Zusha sings Havdalah. CREDIT: JAKE SOJCHER PHOTOGRAPY

cation breakdown—the next Temple will be built with understanding and love. It definitely felt like a step in this direction. No, not everyone was perfect in their observance, but we were all looking out for each other."

After Shabbat, Zusha started with a beautiful Havdalah service, followed by a set of their popular music. The bands played on the stage which was set up amphitheater style at the low point in the field, with the field gradually rising away from the stage in a semi circle. Then came Pigeons Playing Ping Pong and followed by a DJ who kept the group going until about 4 a.m. Then, at 11:30 a.m., the wake-up con-

valid until 9.30.15

cert began, rousing the people as they started a new day of music.

This year was much larger than prior years and Leifer explained it required much more planning including security, medical, toilets and even a hot shower trailer for people who wanted to have some comforts. So it apparently wasn't exactly the same as Woodstock. And the weather was amazing.

Leifer plans to continue the Camping Trip but wants to expand the event while maintaining its intimate reputation. If you would like to be on the short list for next year's event, contact ianleifer@thecampingtrip.net.



CREDIT: JAKE SOJCHER PHOTOGRAPY

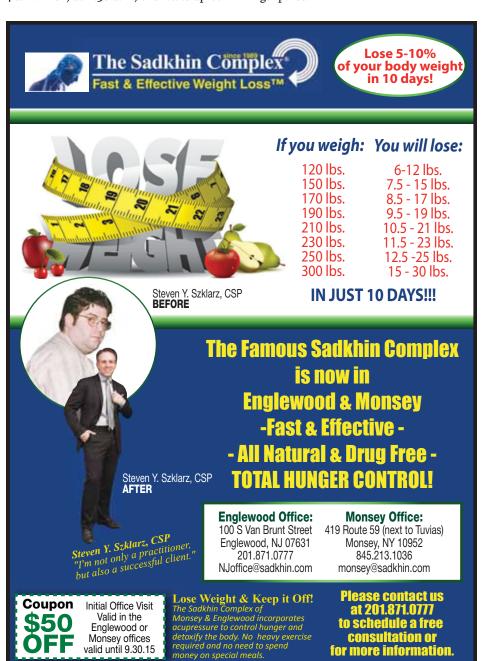
uled during Shabbat, one highlight of the weekend was the spiritual experience of sharing Shabbat outdoors with community zmirot and davening.

"The Camping Trip started five years ago as an opportunity for my friends to gather for Shabbat and then to go to a Phish concert playing nearby," said organizer and property owner Ian Leifer, "My family owned the land for many years and a friend suggested we camp out for the concert." With 20 friends, he started an annual event to camp out and enjoy music together with his friends." My father loved music and was inspired by Woodstock and the picturesque nature of upstate New York," said Leifer. "He chose to move here and make a life for his family on this land." Leifer dedicated The Camping Trip to both his father's memory along with a friend, one of the original 20 who had recently died in an accident. "My goal is to perpetuate goodness in the world, to spread positivity and create a

food after the final cut off." Shlomo Gaisin of Zusha led Friday night services which were something special, with over 150 people of different levels of observance dancing under the stars. "Religious and non participated as we poured out our souls onto the grass beneath our feet," said Zach Goldschmiedt of Zusha.

"In some tents you could hear Friday night niggunim and others you could hear trance. But the two didn't seem to mind as it was less about trying to make others like you, and more about doing what makes

Goldschmiedt explained that he "felt proud representing Zusha at such an event—a place where people didn't sacrifice themselves in order to impress others—they let their true colors fly, and in doing so we all walked away changed men and women." In referencing the recent commemoration of Tisha B'Av he noted that "the last Temple was destroyed because of brotherly hatred and communi-









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Lest we forget...

Organized and Clutter-Free: Frequently Asked Questions



By Eileen Bergman

When I meet people for the first time, there are some basic questions that I am asked once they hear that I am a professional organizer. I thought it

might be fun to share these questions and my answers with you.

Question #1: "What do I do with all the clothes in my closet that do not fit? After all, I am hoping to fit into them someday."

Sound familiar? It does to me too. I've asked myself this question many times over the years as I have been through my share of weight loss, gain and loss again. Many of us hold on to the fantasy of what we should look like in clothing, which may be in contrast to what the mirror reflects back to us.

Well-intentioned projects such as losing weight do not necessarily produce results, happiness or long-term success. We need to take a realistic look at our current lifestyles including eating habits, health and activity level. For example, fitting into that dress that you wore when you were 30 before the babies came and changed everything may be unrealistic for a post-menopausal body.

Why put that pressure on yourself? Donate the clothing to a wonderful charity and feel great about making someone smile who otherwise could not afford to purchase the garment. Dress for the here and now, not your fantasy of tomorrow or next year. And once dressed, be sure to stand up straight, smile, go forth and conquer.

Question #2: "How long will the organizing process take?"

This question is a tough one to answer for many different reasons. I advise my customers that it all depends on them. If the client is able to make decisions quickly and move on, then chances are I can give them an approximate length of time to complete the project. However, I will not know that until we have worked together for a few hours and I have the opportunity to observe and manage the "rhythm" of their decision-making process.

Also, some projects are more time and labor intensive than others. For example, a closet may have hidden clothing packed away in the back that has not seen the light of day for 10 years. These surprise finds add to the time it takes to complete a project. A file cabinet drawer has over 3,000 pieces of paper, which means that each one has a memory and a possible legal need attached to it. A garage filled with unmarked cartons

could take 10 minutes to address the contents of each carton, or three hours. It all depends, so set your expectations on "realistic" and get to work.



Question #3: "I've done this before and I fell back into the same patterns a few months after the organizing was done. How will this time be different?"

Backsliding is a common experience when working towards de-cluttering your home. The number-one goal of your professional organizer is to train you on how to not only get your current "stuff" in order, but to share techniques to help you maintain it.

Think about a weight loss program: you change your eating and have success by losing pounds and get the positive reinforcement from compliments and wearing clothing in a smaller size. But once you reach your goal, the real work is to maintain the healthy lifestyle in order to keep the weight off. Well, it's the same with organizing. Getting there is just half the battle, the other half is "keeping it off," just like the weight.

There are no easy answers to this question. The time has to be right for you to make this change, and once you decide to start I suggest that you check out some great books and websites on home organization. If you feel you need hands-on help, then make sure you choose an organizer who makes you feel comfortable and welcome in your own home. I recommend that you go to the National Association of Professional Organizers' website at http://www.napo.net and click on the "Consumers" tab for more information.

Happy Organizing!

Eileen Bergman is a professional organizer, a member of the National Association of Professional Organizers (NAPO) and the Institute for Challenging Disorganization (ICD). Eileen may be reached at (973) 303-3236 or eileen@eileenbergman.com.

NEW IN THE NEIGHBORHOOD

Memories That Count



By Rabbi Mordechai and Nina Glick

During the past week a very special man passed away in

Montreal. He was definitely an essential link in our past. Max Richler was the president of the Young Israel of Val Royal the year we arrived in Montreal and had it not been for him and his family's warm hospitality to us we probably would not have made the move. Max was a joker and often poked fun that he was one of 14 children. Perhaps some of you have heard of his famous author nephew, Mordechai Richler. Although Mordechai had little to do with many family members, he always spoke of his fondness for "Uncle Max."

Max passed away at the age of 94. Although for many years he was the scion of a large successful business, his humbleness

was worn on his shoulder. One of the important messages to relay about Max was that he never kept his business open on a Shabbos or Yom Tov. His many non-Jewish employees loved these "extra" paid days off. The reason we want to spotlight what Max has taught us is because the legacy which he left to his grandchildren and children is not one that many families are shouting about today. Max was an amazing baal tefillah. His davening was sweet, pure and sincere. One could sit in shul, close their eyes and honestly feel that the tefillos were going straight to the ears of Hashem on behalf of all of us. He continued davening for the amud until just a few years ago. When we visited his daughter's home in Monsey this week, she played for us a tape that she had which someone had recorded of her father's davening. That was the legacy that Max had left for his children and grandchildren to hold on to.

We are continually hearing of the acts of kindness that grandparents are doing for their children and grandchildren. Generally they are in the form of gifts, be it monetary or tangible. Does anyone really believe that taking grandchildren on a cruise will be remembered for as many years as holding in one's brain the melodic and beautiful chanting of a grandfather davening? Even more so of a grandchild wishing to carry on the tradition he was taught by learning to daven the same way.

Max had a special place in his heart for our daughter Naama. He wore the type of sunglasses that would fit over his glasses and he was able to move the tinted lenses up and down. When he wanted the tinted lens to go up while he was indoors he would just flip it up. This was Naama's favorite game with him. She loved to watch his glasses move up and down. Even when he was in a rush he would stop at

her wheelchair to bend down and let her move his glasses. He was a busy man who knew exactly what his priorities were. Max was the father of NCSY in Montreal. Many young people in the community continued on to Torah-committed lives as a result of his endeavors. Another legacy that is car-



ried on through his actions.

We are grateful to have had Max be our shaliach for so many years in davening. May his neshama have an aliyah and may his children and grandchildren have comfort in knowing how many people in his life he affected.





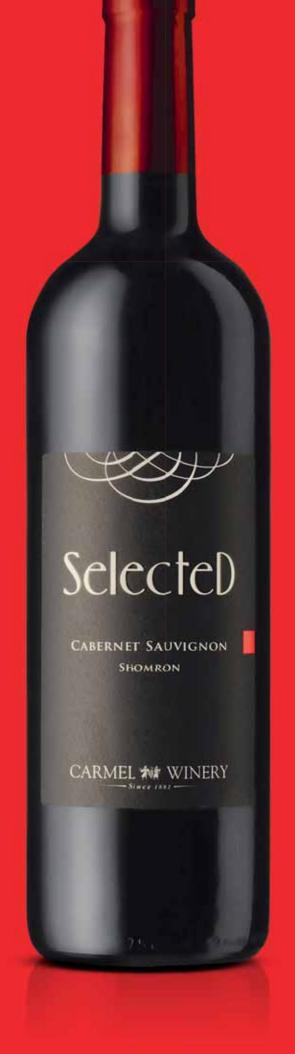
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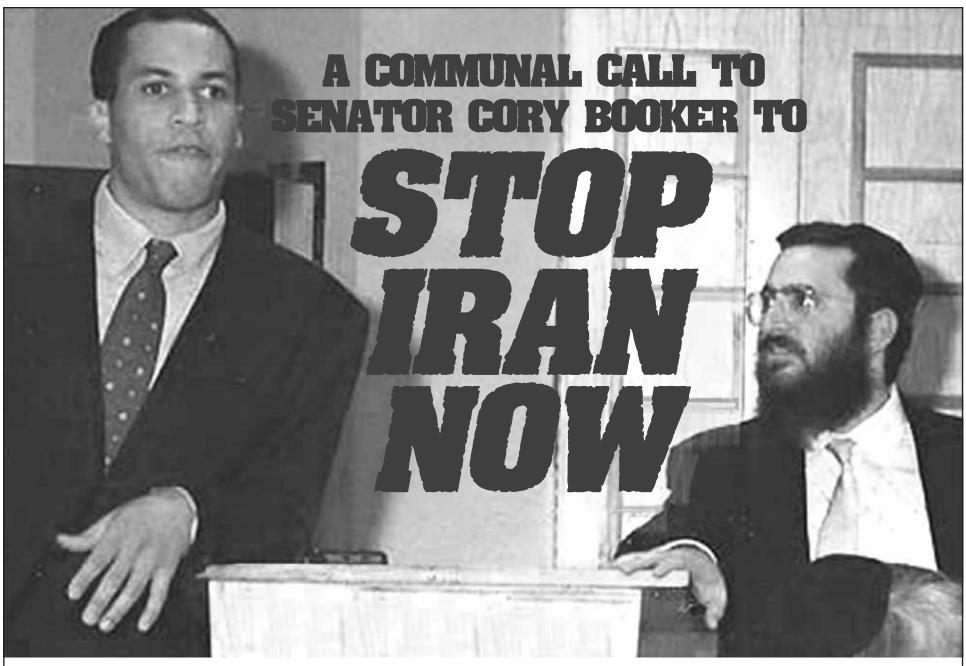


PHOTO: CORY BOOKER AS PRESIDENT OF THE OXFORD UNIVERSITY L'CHAIM SOCIETY, WITH ITS FOUNDER RABBI SHMULEY BOTEACH, 1993

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Summer Tax Tips



By Daniel Magence, CPA, Esq.

It's amazing how your outlook on life can change so much as you get older. For example, I was a huge fan of

the He-Man Masters of the Universe cartoon when I was a youngster. I mean HUGE fan. My life during preschool pretty much revolved around it. In my head, the show's concept made complete sense. He raises a sword, says a few magic words, and presto—he changes from a little weenie to the strongest man in the universe. But now as I watch the same cartoon with my children I find myself as confused as a chameleon in a bag of skittles. My head is racing..."How does no one realize that He-Man is Prince Adam, including his parents?? They must be the worst parents in the world! I mean, he's not even wearing a mask; he basically just changed clothes. And why is his skin so pale when he's Prince Adam and all of a sudden he has a tan when he becomes He-Man? Does he spray-tan when he changes and they just don't show it on camera? Something about this whole thing just doesn't seem right anymore."

My perspective has also dramatically changed when it comes to how I view the end of summer. When I was growing up this was the absolute worst time of the year. The summer is ending and all you can think about is how many days left of freedom you have until school starts... four days

left, three days left, and so on. Now that my kids have had a (what seems like) nice 27week break in between camp and school, I

find myself counting the days as well. But this time it's four more days until freedom starts, three more days, and so on. So to celebrate this joyous time of the year, what would be more appropriate than some money-saving tax tips related to the end of summer?

Day Camp Expenses: Camp expenses are an often-missed tax break and this can be a nice chunk of change you're leaving on the table. If you pay someone to care for your children while you go to work, then the expenses count towards the Dependent and Child Care Tax Credit. The reason it's missed so often is that for school purposes only expenses below kindergarten age count. However, for camp purposes you can count all day camp expenses for children under 13 years old. Expenses for overnight camps do not count towards this tax credit. Also, keep in mind that both

spouses must have earned income to qualify for this credit, so if one spouse is a stayat-home parent then you won't qualify.

Summer Rental Income: The late broadcaster, Arthur Godfrey, once famously said, "I am proud to be paying taxes in the United States. The only thing is I could be just as proud for half of the money." So while some may find it satisfying to pay taxes, I



Olaf in summer (CREDIT: GOOGLE)

think they will find it that much more satisfying when they don't have to pay taxes—provided it's legal. Rental income on your vacation home is one of those legal loopholes where you can get away with earning some cash tax-free. Ordinarily, any rental

income you receive is taxable. But there is one little-known exception that can be particularly useful this time of year. You can rent out your vacation home for up to 14 days per year and all the rental income you receive is tax -free, no matter how much you earn. You are not even required to report the income on your tax return. However, in order to qualify, the home must be used personally for 15 days or more during the year.

Garage Sale Season: Although the IRS usually likes to get their grubby little paws on every possible cent you earn, when it comes to the occasional garage sale, you generally do not have to report the income on your return. The reason? With these sales, you're usually selling these items for much less than you paid for them so there really isn't any gain to report. You may have just been thinking, "Who cares, I was never planning on reporting this income on my tax return anyway." So here's a different tip you may find helpful—consider donating the unsold items to Goodwill or a similar charity so you can deduct the fair market value of those items as charitable contributions.

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

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FACE the BOOK of Life



By Rabbi Jonathan Gewirtz

On Rosh Hashanah, we are told, Hashem has three books opened in front of Him. The books are simply lists of names. Each of us falls into one of the books' categories.

The first book is for people who are righteous. They are immediately sealed for life and a good year. The next book is those who are wicked. They are immediately condemned to death. The final book, which is likely the thickest book of all, is for those who are in-between, neither righteous nor evil. For them, the judgment is suspended for the duration of the Aseres Yemei Teshuva to see how they will behave.

Now, certainly, there are people who are righteous who pass away during the following year, and evildoers who seem to live forever. However, this judgment is based, Chazal tell us, on Olam Haba. Though the judgment for a person's life will come when they die, their lives are judged yearly based on the direction they're taking. Are they heading for Gan Eden, or are they on course for a different destination? Based on that, they may be judged for the coming year in a way that corresponds to that. A tzaddik may suffer more now, to eradicate minor sins, while a wicked person may prosper so that he is owed no good in the World to Come. If peace and tranquility will help a person grow closer to Hashem, then that's what they'll be given.

This also helps explain how there can be so many people who are left hanging in the balance. While the number of good deeds versus sins may be at 49 percent or 51 percent, it's not a clear indicator of where a person is headed. Therefore, we have more time to show which way we're moving.

What struck me about this judgment is that it's a snapshot of where the person is on Rosh Hashanah. We don't make it into those books necessarily by scrutiny of each of our actions the entire year, but rather by what those actions have transformed us into. We are, at that moment, a semi-static individual, being looked at as the cumulative effect of what we've done.

It brings to mind a quote from the Rambam that when we die, we remain for eternity whoever we became in life. Whatever growth we've done is the growth we've attained, and the midos development we've achieved defines who we are in the afterlife. It's when the points are tallied and we reveal the finished product.

I found an analogous circumstance in modern-day life. Many of you know that last Rosh Hashanah it was decreed that a close friend of mine, R' Dovid Winiarz z"l, known to thousands by his moniker, "The Facebuker Rebbe," would not live out the year. Perhaps because he'd fulfilled all he was intended to fulfill in life, or perhaps because he had no years left, but for whatever reason, Hashem called him back to head-quarters.

During the week of shiva, I scrambled feverishly, trying to find a way to capture all the Torah, humor, warmth and goodness he had shared with his flock on Facebook before his account was inactivated and was deleted. He had dedicated years of his life to kiruv and Jewish outreach on Facebook, under the guidance of his rebbi and with his rosh yeshiva's annual bracha for protection.

In case you're not familiar with Facebook, it's like a giant series of bulletin boards where people can share photos, thoughts, and ideas to be seen by others. When you connect with others, you make new "friends." People from around the world (over 350 million at this point) use it to connect with others and share their feelings.

What happened next was astounding. Facebook "memorialized" his page. That means it's locked. It can't be modified by anyone but stands as it did when he passed away. His last post showed exactly the direction he was heading. He died in a car crash on his way to a kiruv convention. His last post says, "Before I leave on my road trip I came to learn Torah with my son and his friend..." The very last thing he shared was a dvar Torah from his son. (Viewed by over 21,000 people!) This was what was important to him, and the snapshot of his life clearly shows the direction he had been heading.



Before he got in that car, he could have deleted, altered and changed any of those previous comments and messages. Afterwards, it was out of his hands. He was who he was and everyone can go through and see it.

That, to me, is what Rosh Hashanah is like. We have a whole year of activity which we've posted on our "page." When Hashem

reviews it on Rosh Hashanah, He will determine which book that page belongs in. Now is the time to make the changes we want, and correct any negative posts. It's the time to review the year for ourselves in advance of it being one for the books.

And on the outside chance that we're going to be in the third book and given a little extra time, let's make sure we're using the opportunity to rewrite our life's story, and cast ourselves in the role of the hero, the tzaddik and the person we'd be happy to be for all time.

Jonathan Gewirtz is an inspirational writer and speaker whose work has appeared in publications around the world. You can find him at www.facebook.com/RabbiGewirtz and follow him on Twitter @RabbiJGewirtz. He also operates JewishSpeechWriter.com, where you can order a custom-made speech for your next special occasion. Sign up for the Migdal Ohr, his weekly PDF Dvar Torah in English. E-mail info@JewishSpeechWriter.com and put Subscribe in the subject.

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Eternal Rest in an Eternal Land



Great Israeli Road Trips: Tel Aviv to Haifa

By Viva Sarah Press, Israel21c

The drive from Tel Aviv to Haifa is an easy one-and-a-half hour trip of 95 kilometers (58.79 miles), but for those with the time and inclination, this busy route which sometimes passes directly by the beautiful Mediterranean sea, can also make a fabulous road trip of a day or even more. All along the route there are lovely detours and stopping points where you can see treasures such as national parks, museums, visitors' centers and beaches.

Here is ISRAEL21c's recommended roadtrip itinerary.

TEL AVIV-<APOLLONIA NATIONAL PARK, 14.5 KM

Apollonia is one of Israel's smallest national parks but also one of its most popular. The park sits atop a cliff overlooking the picture-perfect Mediterranean Sea — a view you do not want to miss and cannot get from the comfort of your car.

Open all year, Apollonia surrounds a ruined Crusader city with a 13th century Crusader fortress as its centerpiece. There are two short touring paths - one is wheelchair- and stroller-accessible; the other is for more experienced hikers. Spring and fall visits reward visitors with gorgeous wildflower backdrops. There is a small entrance fee (\$2.60-\$6).

APOLLONIA NATIONAL PARK-<EIN VERED, 25 KM

Ein Vered was established in 1930 as a cooperative farming community dedicated to citrus groves, field crops, beehives and flowers. Today, agriculturists still abound in this village of just over 1,200 people, but there are other attractions for visitors to do and see as well.

At Sarina Chocolate Visitors' Center, you can buy scrumptious homemade chocolates or make them yourself (if you reserve ahead) and see the country's only hothouse cacao trees.

At the Ein Vered Tractor Museum, every piece of equipment on display comes with an amazing story of how it was used to build Israel into the country it is today.

If you'd really like to do something a little different, Extreme Israel, based in Ein Vered, offers a powered parachute ride (known as a "flying tractor" ride in Hebrew) for those who'd like an exceptional view of this tiny land from above. It's \$120 for a 20-minute flight.

EIN VERED-<BEIT YANAI, 24.3 KM

Beit Yanai is often considered the country's most beautiful beach. It is also one of the premiere kite-surfing locations in Israel. Take a break to watch the waves or enjoy a dip in the warm water. Adjacent to the beach is the Alexander Stream, home to soft-shell turtles. There's also a nearby eucalyptus grove and ancient ruins.



BEIT YANAI-<CAESAREA, 14.3 KM

Before you stop in Caesarea, come with a plan for how long you'd like to stay. There is so much to do here that you could easily spend the night and still run out of time before continuing on to Haifa. Caesarea is home to Israel's only 18-hole golf course, which was designed by Pete Dye. Green fees start at \$127.



The golf course in Caesarea. PHOTO BY MOSHE SHAI/FLASH90

Caesarea is known for its national park, harbor, museums and beach. Archaeology buffs, diving enthusiasts, art lovers and diners will love everything this historical port town has to offer.

CAESAREA-<ZICHRON YA'AKOV,



The Wine Way, Zichron Ya'akov. PHOTO BY NATI SHOHAT/FLASH90

Zichron Ya'akov is a favorite stopover for foreign and domestic tourists alike. This picturesque community built on the Carmel mountain range was founded in 1882. The pedestrian-only downtown center makes for a pleasant place to stretch your legs, grab a bite, sample local wine, visit small galleries and artist workshops, and pick up touristy trinkets. This town is packed with attention-grabbing history, agriculture and architecture.

ZICHRON YA'AKOV-< DALIAT EL-CARMEL, 23.9 KM

The Druze village of Daliat el-Carmel is a popular destination for Israelis seeking traditional ethnic food delicacies. Some people come to the Saturday market, a live-



A Druze woman making pita bread in Daliat el-Carmel. PHOTO BY JORGE NOVOMINSKY/FLASH 90



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Shoes Not Inlouded

Yachad Gifts Opens First Retail Store

By Bayla Sheva Brenner

Brandon Levine, a Yachad Gifts trainee, stands before a table lined with a dozen wicker baskets. Four floors below him, Coney Island Avenue's cacophony of honking horns provides an apt accompaniment to busy hands. Brandon sticks a glue dot on the back of a gold coffee packet, then attaches the packet to a cookie box, which sits among the other treats he already placed in the basket. The glue keeps the carefully arranged bouquet of items intact for their trip to an upcoming Shabbaton or family simcha.

"I enjoy this work," says Brandon, 24. "I'm gaining skills. I'm an adult and this gives me practice. Practice makes perfect!"

For Brandon, who has a developmental disability, jobs are hard to come by. Although he currently volunteers at Parkville Food Center in Brooklyn, he has never had a paid job.

According to the United States Department of Labor, people with disabilities are much less likely to be employed than those without a disability. Its statistics indicate that 20 percent of Americans have a disability and nearly 70 percent of them are unemployed.

"For all the gains Yachad has made in educating the community to the fact that everyone needs and deserves to feel they belong, when it comes to employment we, as a community and society, have made little progress," says Dr. Jeffrey Lichtman, international director of Yachad, the flagship

program of the Orthodox Union's National Jewish Council for Disabilities. "People would sooner write a check than give individuals a chance at a job in their stores or corporations."

Taking matters into their own hands, Yachad launched Yachad Gifts in 2013. The premise was simple: artisanal gift baskets put together by individuals with disabilities. Most of the workers are part of the Yachad vocational program. Yachad Gifts



(L-R) Brandon Levine and Moishe Hammer prepare Yachad gift baskets for Rosh Hashanah as Ava Lang Soffer, creative director and production manager, looks on.

currently boasts a staff of nine paid workers, four of whom are Yachad members, and 20 volunteers with disabilities.

To drum up interest in Yachad's unique service, Stuart Gourdji, manager of Yachad-Gifts.com, took advantage of the OU's worldwide synagogue partnerships and contacted every shul on the OU synagogue database, advertising the project. As sales

continued to increase, Yachad Gifts outgrew its cramped office on Coney Island Avenue in Brooklyn and moved to a more spacious one, affording them ample room to produce, store, and showcase, as well as sell, their wares.

"YachadGifts.com is the perfect way for us to accomplish multiple goals," explains Allen Fagin, the OU's executive vice president and chief professional officer. "First, it provides meaningful jobs and vocational training to a number of our Yachad participants. Second, it provides everyone with a wonderful opportunity to support Yachad's activities and its overarching goal of successful Inclusion. And finally, it is a wonderful way to celebrate a simcha."

To date Yachad Gifts has sold approximately 7,000 baskets. As the enterprise grows, so too does its hiring potential, allowing more individuals with disabilities the chance for employment.

Each workday, Suri Baum, the Yachad-Gifts.com job coach, demonstrates what needs to be done with a particular basket order and helps each worker get started. "It's a good feeling to teach them something new," she says. "I can see a change in their skill level. They get to a point where they can independently make the packages."

Yachad Gifts offers Yachad members the opportunity to develop skills that can be transitioned into other work environments. They participate in every step of production – taking phone orders, shopping for the baskets, filling them, taking inventory, restocking shelves and keeping the store clean. Talia Forman manages an internal photography booth: she places a gift basket in the proper area and takes photos to be displayed online and in promotional material. Moishe Hammer regularly delivers gift baskets to the homes of customers who live in the New York City area. Chaim Goldman, together with a Yachad Gifts staff member, travels to boutiques and kosher supermarkets, encouraging them to display the Yachad-manufactured products.

Dr. Lichtman explains that having a job is a psychological necessity. "If a person, no matter his or her disability, is not contributing, it creates a sense of frustration and undermines self-esteem," he says.

Chaim Goldman concurs. "If I didn't have a job, I'd be stressed out. I enjoy meeting new people, talking with the customers. I'm positive and polite; I say, 'excuse me; would you like to take a look at the gift baskets?" They hired me because I'm the best salesman."

"If we don't, it's a waste of a valuable resource. And people with disabilities are a resource. We have to open opportunities for them, even if that means creating opportunities"

To place an order, please visit Yachad-Gifts.com or call the toll-free number: 855-505-7500.You can also visit the Yachad Gifts retail store at 1090 Coney Island Avenue (fourth floor) Brooklyn, NY, 11230 (between Avenue H and Foster Avenue). The store hours are Monday-Thursday 9 a.m. to 5p.m. and Fridays 9 a.m. to 1:30 p.m.





When Bad Things Happen to Good Sheep

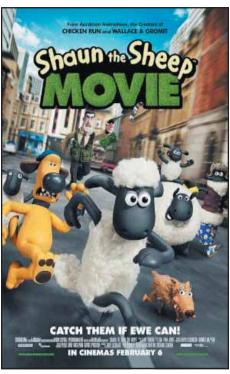
A new animated movie charmingly wrestles with one of Jewish theology's thorniest questions.

By Liel Leibovitz, Tabletmag.com

(printed with permission)

One of the most theologically profound films in recent memory is now playing in a theater near you. Torn from their verdant Eden and tossed into a dark dungeon, its characters must secure not only their freedom but their faith, as their lord and protector turns his back on their ordeal. The movie is a fine example of theodicy, or the effort to explain why an ever-loving, omnipotent Creator would ever allow harm to be visited on his flock. And I mean flock literally: The movie's protagonists are a bunch of sheep.

Created by Nick Park, the stop-motion visionary behind Aardman Animations. Shaun the Sheep made his debut in 1995, a guest star in the Academy Award-winning short featuring Park's best-known creations, Wallace and Gromit. Resourceful, responsible, and cheery, Shaun was a scene-stealer, and by 2007 he was reward-





lenge; to meet it, Shaun the Sheep Movie, released earlier this month, sent its protagonists on a long day's journey into night, starting out in their familiar farm and ending up in the big city. It's all madcap fun for a while, but when the farmer bonks his head and loses his memory, the animals lose their lord and shepherd. To make matters worse, Shaun and Bitzer, the farmer's dog, are captured and placed in a dark pound with some of the animal kingdom's worst, including a feline channeling his inner Hannibal Lecter and more than one homicidal-looking mutt.

They escape, of course, and find a way to jog their master's memory, which means that young viewers can cheer on the triumph of what the film's trailer cleverly calls wool power. But to the theologically minded among us, this tale of sentient beings eager to connect with a superior who had forsaken them might reso-

Why do terrible things happen to good sheep? The Bible offers divergent attempts at an answer, most of which revolve around the divine need to mold the moral material of his earthly creations. Granted free will, these sinful beings must err in the wilderness before they're permitted into the promised land. Like silly children, they often behave outrageously, and the Heavenly Father, merciful as he may be, has no choice but to punish them. A few smitings, a handful of war, a touch of pestilence—these are the things that

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Early Catholic theologians followed a similar line of argument, believing that the world existed, to borrow Keats' neat phrase, as "a vale of soul-making" and that suffering made it possible for mortals to grow more godlike. But Augustine, the most magnificent of all early theologians and the author of the doctrine of grace, had grimmer thoughts: God, he reasoned, was perfect; it was us, tainted by the original sin, who were born of corruptible seed.

This attitude remained dominant for centuries, trickling from Augustine to Aquinas and from Aquinas to John Calvin. But with a few notable exceptions here and there, the question did not prove in urgent need of revisiting until the chimney stacks of Auschwitz grew cold and theologians, many Jewish but some not, began to ask themselves how, in the aftermath of such colossal evil, might one still make an argument for God.

Some, like Emmanuel Levinas, himself a concentration camp survivor, argued that the very question was outrageous; genocide, Levinas thundered, wasn't God's making but man's, and if we cared for each other and stood vigilant we could, all by our own powers, prevent the next bloodshed. It's a potent answer, but it necessitates strong moral agency and presupposes men, not sheep. Sadly, too often, that's just not us. We're closer to Shaun than we are to Levinas' fierv soul. We may be good, and we may be kind, but too often we find ourselves lost in a big city, feeling like the big guy has temporarily forgotten that we exist.

That, more or less, was Martin Buber's argument. God, Buber suggested, was like the sun, always incandescent but occasionally eclipsed from human view. When darkness falls, we've no choice but to await the reappearance of the familiar warm rays; when they come, they carry with them an invitation to reconsider our relationship to the divine. Most of Buber's argument was constructed, both before and after the Holocaust, as a meditation on the Book of Job. The Bible's man of constant sorrows, Buber wrote, found himself in a stalemate with the Lord and instead emerged with something more tenable: religion.

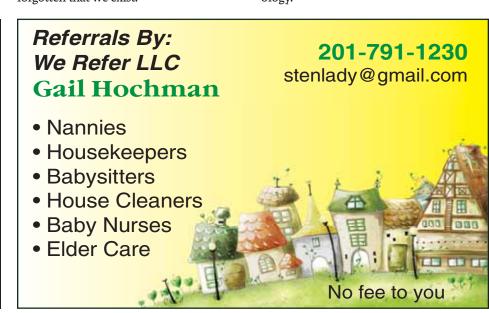
"Instead of his God, for whom he looks in vain, his God, who had not only put sufferings upon him but had also 'hedged him in' until 'His way was hid' from his eyes ... there now came and visited him on his ash heap religion, which uses every act of speech to take away from him the God of his soul," Buber wrote of Job. "Instead of the 'cruel' and living God, to whom he clings, religion offers him a reasonable and rational God, a deity whom he, Job, does not perceive either in his own existence or in the world, and who obviously is not to be found anywhere save only in the very domain of religion."

And religion, like the law, cannot be followed privately. It's a collective undertaking. Job, Buber writes, isn't one man; "Behind this [Job's] 'I,' there stands the 'I' of Israel." Disaster leads to revelation. Revelation leads to rebirth. Rebirth requires community.

Just ask Shaun the Sheep: The movie, like the series, is a testament to teamwork. In one particularly masterful scene, the sheep, hot on the farmer's trail, pile up two or three tall, put on human clothes, and waddle into a fancy restaurant, doing their best to mimic the manners of the other diners. They fail miserably, of course, but they fail together, and, eventually, they succeed.

Which, if you think about it, is a pretty good working definition of the Jewish notion of redemption. We've no savior, no grace, and no permission to assume that the Great Farmer in the Sky has abandoned us, even if he is temporarily indisposed to hear our cries of help. We have faith, and we have each other, and, blissfully, we have a small and sunny sheep to show us that we can ask for no better theology.





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Charity Redeems From Death

Excerpt from The Blind Angel: New Old Chassidic Tales, by Rabbi Tovia Halberstam, translated and retold by Joshua Halberstam

The two most illustrious students of the Ba'al Shem Tov attend the funeral of Mordecai the peddler, a sinner in the town of Ostrov, and teach us a powerful lesson on the reward for a simple mitzvah.

I.

There are specialists even in the realm of the sacred. To be sure, the saintly Chassidic rebbes were scrupulous about fulfilling all the mitzvot with fervor, yet some were known for the distinctive attention they paid to particular religious deeds. One was renowned for raising funds for the poor, another for redeeming captive Jews, still others for their devotion to song, or prayer, or storytelling.

At one time, the town of Ostrov had the honor of being home to two of the Ba'al Shem Tov's most illustrious students, Rabbi Yaakov Yosef of Polnoia and Reb Pinchas of Koretz. And each had his specialty. Rabbi Yaakov Yosef of Polnoia was famous across the Jewish world for his prodigious scholarship. After he joined the nascent Chassidic movement, he added a mastery of Kabbalah and the mystical tradition to his vast command of Talmud and Jewish law. Among the many virtues for which Reb Pinchas of Koretz was celebrated, particularly noteworthy was his devotion to halva'as ha'mes, the imperative to honor the dead by escorting them to their interment. The Koretzer Rebbe made sure to participate in the burial rites of all his townspeople, irrespective of whether the departed was pious or a sinner.

It was the custom in Ostrov, as elsewhere throughout Eastern Europe, that when a member of the community passed away, the synagogue assistant, the beadle, would make his way across town carrying a charity box as he called out, "Charity redeems us from death, charity redeems us from death." In this way, the townspeople were alerted a funeral would soon be taking place.

One late afternoon, Mordecai the tailor died. Not that any of the Jews of Ostrov cared. Mordecai had no relatives in the vicinity, nor any Jewish friends. His clientele were local gentiles and his social circle consisted entirely of non-Jewish acquaintances with whom he'd share inebriated evenings, replete with ham sandwiches and vodka. Not that Mordecai the tailor cared a fig that the Jews considered him an outcast. And why should he? As far as he was concerned, he wasn't one of them, anyway.

But Jewish law mandates *all* Jews receive proper burial rites, regardless of the deceased's personal habits. So when the Angel of Death came to retrieve the sinful soul of Mordecai the tailor, a Jewish funeral was dutifully prepared, and the beadle began his trek through the streets proclaiming in his practiced drone, "Charity redeems us from death, charity redeems us from death"

Who would bother to attend this funeral? Why make time for a reprobate who wanted nothing to do with his own people? At best, they'd manage to gather the bare minimum for a minyan, the quorum of ten men who'd recite the Kaddish prayer, hurry through the rites and be on their way.

Surely, the Rebbe of Koretz need not be among them. True, the rebbe regularly attended the funerals of simple Jews, but Mordecai the tailor was no simple Jew. He was a contemptible boor who disdained his own heritage and was surely undeserving of the rebbe's time. When the beadle arrived at the rebbe's street, he hastened his pace and lowered his voice; better the rebbe should remain unaware of this particular funeral.

The Rebbe of Koretz, however, happened to be standing at his window precisely at the moment the beadle passed his home. See-

ing the charity box in the man's hand, the rebbe inquired who had died.

"Trust me," the beadle answered. "This is one funeral the rebbe can skip."

"Who passed away?" the rebbe per-

"As I say, a coarse blasphemer." The beadle struck his lips with his hand—one should not speak ill of the dead.

"But who?"

"Mordecai the tailor."

"Mordecai the tailor," the rebbe repeated, his voice heavy. "Well, well."

The beadle turned to continue his rounds when the rebbe called to him.

"Please be certain to inform me when the funeral will take place. It's imperative I be there."

Soon, the stunned beadle was reporting to anyone who crossed his path how the Rebbe of Koretz was insisting on attending the funeral of Mordecai the tailor. But why? That was the question everyone asked and the beadle could not answer.

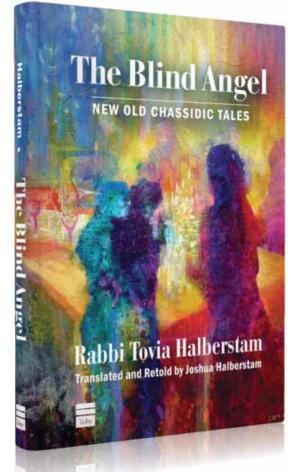
That, too, was the question Rabbi Yaakov Yosef of Polnoia asked himself when he was told of his illustrious colleague's interest in the deceased. Surely, something unusual was afoot. The Rebbe of Koretz must know more about this Mordecai the tailor than he was letting on.

"Well, then," Reb Yaakov Yosef decided, "if Reb Pinchas is so adamant about attending the funeral, so will I."

Curiosity spread across Ostrov like an untamed blaze. "Did you hear?" one townsperson asked breathlessly of the other. "Both our Chassidic giants plan to attend the funeral of that good-for-nothing. Perhaps we should attend as well."

Not since Ostrov had become a predominantly Jewish city many years earlier had the funeral hall been as packed as it was that morning. The elderly came. The women came. Even the children came, all with the same perplexed look on their faces.

At the conclusion of the funeral, the Koretzer Rebbe led the procession to the nearby cemetery. The rebbe stood next to the gravesite as the burial was performed, in perfect accordance with Jewish law and custom



"All right, my friend, I give up," said Reb Yaakov Yosef, placing his hand on the Koretzer's shoulder. "I've been alongside you throughout the funeral and here during the burial, and I still have no clue. So tell me. What is the story with this Mordecai the tailor?"

By then, a crowd had gathered around the two Chassidic masters, eager to learn the explanation for the rebbe's baffling attention to the deceased.

"Was he one of the *lamed vovniks*?" one of the assembled asked, referring to the thirty-six Jews of every generation who, according to tradition, live unnoticed lives of righteousness and whose secret merit upholds the world.

"Hardly," said the Koretzer Rebbe. "No, as far as I know, Mordecai the tailor was as much the sinner in private as he was in public."

"So why do you show him such respect?" asked Rabbi Yaakov Yosef, quieting the crowd.

The Rabbi of Koretz offered a half smile to accompany a long tug at his beard. "Well, you see, I promised him a place in heaven and I wanted to be at his burial to make sure my promise was fulfilled."

Rabbi Yaakov Yosef leaned in toward the Koretzer, not needing to state the obvious question: Why promise a place in heaven to an unrepentant sinner?

The Koretzer settled back on his heels, looked around at the crowd circled around him and then at Reb Yaakov Yosef. "Let me explain," he said.

A few months ago, on a cold, wintry evening, Beril Shuster, Beril the shoemaker, as he's known to some of you, knocked on my door. Beril apologized for his unscheduled visit, but said he had an important request. Would I officiate at his daughter's wedding? His daughter Chaya, admittedly advanced in years, had finally been presented with a decent match. More gratifying, still, was the attitude of the groom, who didn't demand a dowry. This was no small matter to Beril, a man of limited means, who could hardly afford to sustain





EXCERPT

Charity Redeems From Death

CONTINUED FROM PREVIOUS PAGE

the young couple for the first years of marriage, as many grooms expect of their fathers-in-law.

When Beril informed me of the date of the wedding, I had to inform him that, alas, I'd already committed to meetings that day involving important communal affairs. Seeing the disappointment on his face, I suggested that if he wanted me to perform the ceremony, the wedding could be held in my house late in the evening after my work was completed. And so it was arranged.

The Koretzer paused, tugged again on his beard and continued.

On the night of the wedding, everything was in place. The families of the bride and groom had all arrived in their festive best. But then, right before the groom was to walk to the wedding canopy, a disturbance was heard in the back of the room. It seemed Beril had promised his future sonin-law a Turkish wool prayer shawl and had failed to deliver. The son-in-law insisted Beril procure the tallis then and there. Beril pleaded with the young man, explaining that he hadn't had the money before the wedding to make this significant purchase, but would get it for him the following day.

But the groom was obstinate. He would not stand under the canopy and allow the wedding to proceed unless he was presented with a Turkish tallis as promised.

"Please," begged Beril. "Please don't shame your bride. Tomorrow, I'll have the tallis for you. My word."

"Your word?" said the groom. "You've deceived me several times since I've been

engaged to your daughter, promising gifts that never materialized. And once I'm married, you're even more likely to renege on your pledges. Enough is enough. No tallis, no wedding."

The guests stood waiting with increasing frustration. I among them. Finally, I had to speak. "Please," I beseeched the groom, "Let's continue with the ceremony." This young man, however, was exceedingly clever, and proceeded to produce a proof-text from the Torah to justify his behavior.

"The verses in Deuteronomy 22 that speak of a man taking a wife immediately follow the passage enjoining a man to wear a tallis. Thus, it is only right I receive a tallis before I marry."

The groom, clearly, would not budge. In the meantime, at stake was the mitzvah of hachnasas kallah, facilitating a marriage and ensuring a bride's joy. It was imperative the wedding take place. So I suggested to the groom that we hold off for an hour. I myself would go into town and try to raise the money for the tallis.

The groom agreed, but it was already late. When I stepped out into the street, I was greeted by a dark, moonless night. The lights were already extinguished in all the houses. Nevertheless, I kept walking, hoping to find a home whose inhabitants were still awake. And finally I did.

It was the home of Mordecai the tailor. Finding the door open, I walked in to find the tailor hunched over a cloth, needle in hand. When Mordecai finally looked up, he was, naturally, startled to see me standing in his doorway.

What would bring the rebbe, alone and so late in the evening, to his home, of all

I explained the situation and asked Mordecai for his help. He listened to the request with disdain, but finally withdrew a few kopecks from his pocket.

"As you are well aware," the Koretzer noted to the assembled at the gravesite, "a genuine Turkish tallis costs more than a few kopeks. So I turned to leave and continue on my mission, one that increasingly seemed hopeless. But as I reached the door, I heard footsteps behind me."

"Rebbe, please wait a moment. Suppose I gave you the money? The entire sum, all you need to purchase the very finest tallis."

"That would be wonderful," I began to answer. "The mitzvah of helping-"

"Yes, yes, I know," Mordecai interrupted. "But I want something in exchange. I want you to give me a guarantee."

"Guarantee? For what?"

"That I will be admitted to heaven."

The Chassidim listening to the rebbe's story clucked their tongues when they heard what Mordecai the tailor had asked

"How could I secure heaven for this sinner?" the rebbe asked his audience. "How could I pledge eternal reward for a man who transgresses all the commandments? How could I do such a thing?

"Then I recalled the Talmudic discussion that lists the few good deeds that yield rewards in both this world and the next. And even for these few mitzvot, the principal reward is reserved for the World to Come.

"Among this select group," Rabbi Yaakov Yosef suddenly interjected, "is the mitzvah of hachnasas kallah, assisting in the wedding of a bride."

"Precisely," said the Koretzer. "And that's what I thought about standing in the foyer considering Mordecai the tailor's request. I looked around and didn't see a single Hebrew book or even a mezuzah on the doorpost. Instead, all I saw was Mordecai's uncovered head and the bottle of non-kosher wine on his table. Then I thought of the distressed bride waiting under the wedding canopy in her gown. So I agreed to the proposal. Mordecai the tailor excused himself and a minute later returned with enough money to purchase a fine Turkish tallis.

"When I heard Mordecai the tailor had died. I realized I'd have to attend his burial to remind the angels who'd come for his soul about his charity that saved a marriage. And a good thing, too. Because those angels arrived expecting to bring Mordecai to the lower rungs, but now found it impossible to grab hold of his soul. You see, Mordecai the tailor's soul was wrapped in a protective tallis, the spiritual tallis created for him the moment he performed the mitzvah of hachnasas kallah."

"I don't understand," came a voice from the crowd. "A life of constant, blatant sinning, and one good deed gets him into

"Indeed," replied the Rebbe of Koretz. "This is the lesson we learn from the life of Mordecai the tailor. No one should assume he or she is precluded from the rewards of the afterlife. For with a single worthwhile deed, one can purchase eternity. But this, too: we can never be sure who has made such a purchase."



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The Kashrus and Halachos of Honey



By Rabbi Moishe **Dovid Lebovits**

(Reviewed by Rabbi Ben-zion Schiffenbauer Shlita, Piskei Horav Yisroel Belsky Shlita, Reviewed by Horav Yisroel Belsky Shlita). **Excerpted from Halachically** Speaking, Volume 4 Issue 17 (printed with permission)

The Kashrus and Halachos of Honey

The kashrus of honey and products made from honey has been the topic of discussion from time immemorial. We will discuss the halachos regarding the kashrus of honey, and other honey products.

What is Honey?

Honey comes from a German words "hunaga" which means golden. Honey has long been recognized as a remedy for many ailments for thousands of years. Many times when one has a cold it is used as a remedy to cure a sore throat, among many other uses.

Honey is produced in the following manner. The bee flies to a flower, takes the nectar out of the flower and stores it inside their stomachs, and then returns to the hive. In the hive the bee regurgitates the nectar, adds enzymes to it and then passes it to worker bees. These bees then fan their wings, creating a strong draft which makes most of the water evaporate from the nectar. Bees get rid of the extra water by swallowing and regurgitating the nectar over and over. The finished product is honey. Its flavors depend on the flowers from which the bees harvested their nectar.

According to the above it would seem at first glance that honey is the by-product of the bee since they swallow it. Therefore, it should be forbidden based on the Gemorah in Bechoros^{II} which says anything which comes out of a non-kosher [animal etc] is tomei.

Why is Honey permitted?

The *Gemorah*[™] mentioned above says two reasons why honey is permitted. 1. Honey is not a secretion of a bee, it is just stored in the bee. According to this reason, honey from other insects would also be permitted. 2. There is a gezeiras hakusev which permits honey from a bee. Based on this reason, honey from other insects would not be permitted.^{IV}

According to these two reasons, honey is a kosher product as codified in the Shulchan Aruch^v (we will discuss later the kosher status for Pesach).

Beeswax

Beeswax is a substance which is secreted from the wax glands in a bee's stomach. This emerges as a transparent liquid that the bee chews and molds into the cell on their comb. The honeycombs are melted and filtered to produce a clean wax. Its color may vary from white to yellow or brown which is because of the pollen that they may have eaten. The bees use this wax to create a honeycomb in which honey is stored in. In the honeycomb the bees grow and form a larva into mature bees. Beeswax is used in a wide variety of things. Such as a coating for fruits, jelly beans, candles, ear plugs, cosmetics, polishes, and for sewing, and soap making.

Is Beeswax Kosher?

According to the two reasons mentioned above why honey is permitted, they would seem not to apply to beeswax since it is a secretion and it is not honey from a bee.

There are many sources in *Chazal* which would imply that beeswax, although a secretion of the bee, is permitted.VI

The Levush^{VII} says the beeswax is the excretion of the processing of the honey [and since honey is permitted so too is beeswax].

The TurVIII says in regard to Hilchos Bedikas Chometz that we check with a wax candle, but not with a candle made out of [animal] fat since it may drip on the utensil and make the utensil non-kosher. From the fact that we can use wax candles and there is no concern that the dripping will make the utensils non-kosher is a proof that beeswax is kosher. In addition, many use a wax candle and extinguish it on a utensil and there is no concern about making the utensils non-kosher.x

The RamaXI says the custom is to light with a wax candle for neiros Chanukah.

The Mishpatim YesharimXII was asked about the kosher status of a beverage made by boiling beeswax in water. He was concerned that maybe chelev was mixed in there but he does not mention a concern of beeswax being non-kosher.

Contemporary Opinions

It is possible to say that wax has no inherent taste,XIII but is a waste product and therefore not subject to the halachos of "anything which comes out of a tomei is tomei." The opinion of Harav Shlomo Zalman Aurbach zt"l is that beeswax is permitted because it is not a food and is like dirt, and even if one were to chew it and extract honey from it, this is not considered eating.XIV This is the reasoning of Horav Moshe Feinstein zt"l to permit shellac which comes from a non-kosher insect.XV

Haray Yisroel Belsky Shlita maintains that beeswax is permitted to be eaten and this is the custom of klal yisroel, without anyone disputing the fact.XVI

Bee Pollen

Bee pollen is a yellowish or greenish substance. Pollen sticks to the many hairs that are on the bee's body when the bee visits the flower. The bee then moves the pollen to an area on its hind legs and is then pressed into pollen baskets. The bee adds traces of saliva to make a more effective press. The bee pollen is collected off the bees, legs by special devices placed at the entrance to the hives. Bee pollen has many healthy vitamins and enzymes. In addition, it rejuvenates the body, stimulates organs and glands, and brings about a longer life span.

Kashrus Status

Pollen is not a secretion of a bee and therefore does not pose any kashrus issues.XVII

Bee Bread

Bee bread is a mixture of honey and pollen and is a *kosher* food.

Royal Jelly

Royal jelly is an extremely nutritious, thick, milky, white creamy substance located on the top of the queen bees. The bees produce it as food for a developing larva and as the unique diet for the queen bee. Without this, the queen bee would fail to develop properly. It accounts for their incredible size and longevity. They live forty times longer than the worker bees, seven years as opposed to seven weeks. It is considered a health food due to its richness in protein, amino acids, vitamins, and fatty acids.

The following is a list of benefits that Royal jelly offers: It increases life span, tones

and strengthens your skin. It strengthens and stimulates your immune system, helps heal wounds, and gradually decreases pains. It also increases appetite, relieves weak and tired eyes, and has many other benefits. Some want to say that royal jelly should be kosher since it is honey-like and it may apply to the *gezeiras hakusev* applied to permit honey.XVIII However, this is not true because royal jelly is a secretion from the bee, and it tastes different from honey. Some say it is not fit to be consumed by humans, in which case the jelly would be permitted, but this is not the case.XIX

Bee Propolis

Bee propolis has been around for thousands of years and is sold as a health supplement. It offers effective antibacterial, antiviral, antiseptic, antifungal, and antibiotic properties. It heals burn wounds, it is effective in treating gingivitis, and bronchitis. It is sold as an ingredient in many products such as toothpaste, soaps, creams, mouthwashes, and lipsticks. One can see that bee propolis is very useful in many areas.



Propolis is a resin that bees collect on their legs from tress and use it in their hive as a sealant and for other purposes. They carry it on their hind legs. Some say that the bees add saliva and other secretions to the propolis. Propolis is comprised of resins (45-55%), waxes and fatty acids (25-35%), essential oils (10%), pollen (5%), and other minerals (5%). The above portion (until the minerals) of propolis is *kosher*, the question is in the other part of the chemical make up of propolis. Even if one were to assume that the other 5% which is minerals are from the non-kosher materials, since it is a non-food item it is butel b'rov.xx Since it is a non-food item it is another reason to permit it just as beeswax.

If saliva is what the last 5% of the propolis are made from then it is permitted since honey is made with some saliva from the bee. However, if the saliva would be forbidden then the honey would be forbidden as well. XXI The consensus among the contemporary poskim is that bee propolis is permitted.XXII

Selected Halachos of Honey seBeracha

The beracha on honey is a shehakol,XXIII and the beracha achrona is boreh nefoshos.XXIV Some say the reason is because it is something which does not grow from the ground, to which one recites a shehakol.xxv Many times it is only eaten as a tafel and the *beracha* on the *ikkur* would exempt the honey from a beracha.XXVI

Rosh Hashanah and Honey Dipping

We all know since we were young that we dip the apple and challah into honey on Rosh Hashanah. This custom is not mentioned in the Gemorah, or Geonim, but is nonetheless, the overwhelming custom of klal yisroel.XXVII A few points worth addressing is why do we dip the apple in honey as opposed to other fruits? When do we do the dipping? Should also dip the challah in salt as well as honey? Until when is the custom to dip *challah* into honey?

We will begin to discuss each one of the above in order as presented.

The reason for eating the honey on Rosh Hashanah is for us to have a sweet new year. XXVIII The custom of some is to dip an apple XXIX into a bit of honey, XXX while others dip it three times.XXXI Some say that the dipping into the honey (and other simonim) is done on both nights,XXXII while others say it is only done on the first night. XXXIII The custom of most people is according to the first opinion quoted.

Some say dipping the apple in the honey is done after *kiddush*. XXXIV The custom of many is to do this after washing and eating some bread.xxxv When we dip the apple in the honey no beracha is made on the honey since the apple is the ikkur.XXXVI

Some say dipping the apple is based on the reason of kabbalah. The $Ben\ Ish$ ChaixxxvIII says many reasons for this; one which is understandable and does not seem to be based on *kabbalah* is the following: An apple has taste, it looks and smells nice, and this is a good sign for us on Rosh Hashanah.

Many poskim say that the beracha on the fruit should be said and a bit should be eaten before reciting the customary vihi ratzon in order to avoid any hefsek between the beracha and the eating. XXXIX B'dieved it is not a hefsek if the yihi ratzon was said before eating the apple.XL

Many have the custom to dip the challah into honey on Rosh Hashanah.XLI Some have the custom to dip the challah into salt on one side and honey on the other.XLII

The custom of many is to dip the challah into honey until Shemenei Atzeres.XLIII

Potentially, honey can be adulterated with additives such as corn syrup (which is not eaten by those who do not eat kitniyos). Some honey producers have been found to mix the inexpensive corn syrup into honey, and illegally label and sell it as "pure honey," with no mention of this almost undetectable "filler." Although this practice is an exception, one should, nevertheless, only purchase pure honey for Pesach, with a reliable Pesachdik hechsher.XLIV This problem does not impact the use of honey during the rest of the year.

Bishul Akum on Honey

There are two basic exceptions which if a food falls into any of these two categories^{xlv} then the food is not subject to the halachos of bishul akum. The food may be cooked by a non-Jew and eaten by a Jew l'chatchilah.XLVI

- 1. A food which can be eaten raw is permitted for a non-Jew to cook since the cooking is not changing the foodXLVII because it can be eaten without the cooking.XLVIII
- 2. The issur of bishul akum is limited to foods which are served on a king's tableXLIX (a.k.a. olah al shulchan melachim) to be eaten with bread or as an appetizer.1 The reason is since if the food is not fit to be served on a king's table one will not invite someone over to eat we are not concerned for intermarriage¹¹ and since one will not invite someone over we are not concerned of a non-Jew mixing non-kosher into the kosher food.^{LII}

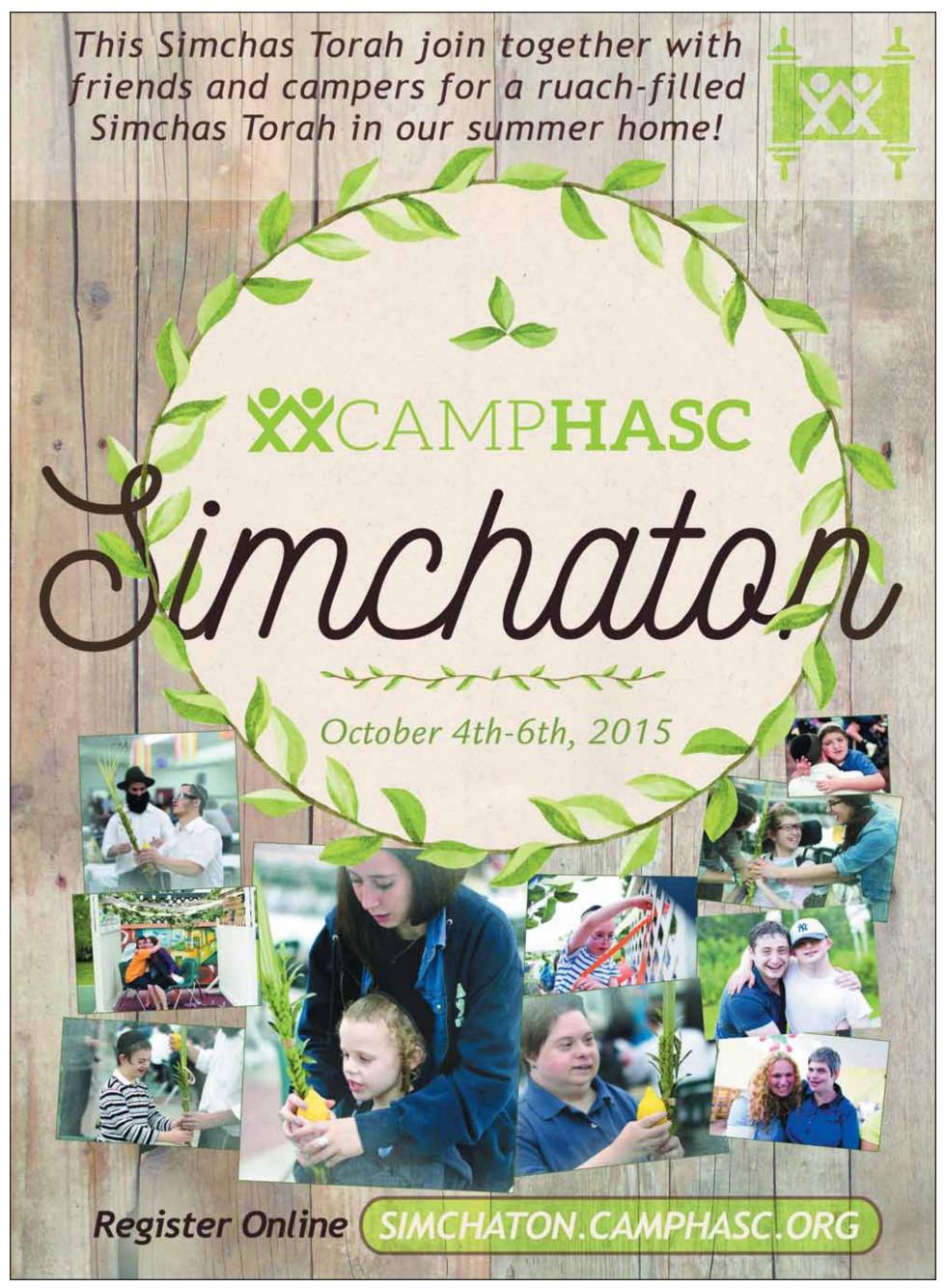
Since honey is edible raw there is no concern of a non-Jew cooking it.LIII

Wishing all of Klal Yisroel a Happy and **Healthy Sweet New Year!!!**

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CONTINUED ON P. 70





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The Kashrus and Halachos of Honey CONTINUED FROM P. 68

Notes

I Refer to Bedikas Hamozon K'halacha page 146:footnote 26 who says this enzyme is not considered that the honey comes from the bee. See Hechsheiros 21:footnote 108.

II 7b, Chochmas Adom 37:1.

III Ibid. Refer to Rambam Hilchos Machalus Asuros 3:3, Shulchan Aruch Y.D. 81:8, Aruch Ha'shulchan 6.

IV Refer to Levush 81:8, Aruch Ha'shulchan Y.D. 81:7. See Shulchan Aruch Y.D. 81:9 where the Rama says since it is not common to have honey from other insects it does not play a role if it is permitted.

V Y.D. 81:8, Mishnah Berurah O.C. 158:14, Aruch Ha'shulchan Y.D. 81:12, Yalkut Yosef page 148:footnote 38. The Aruch Ha'shulchan ibid says one should not eat honey without sifting it first to remove any bugs. See Kaf Ha'chaim Y.D. 81:71.

VI See Mordechai Mesechtas Avodah Zarah 2:836, Mishpatim Yesharim 2:272, Mishnah Berurah O.C. 158:14. Refer to OU document I-92 in depth where he quotes many sources in this inyun.

VII 81:8. See Rashi to Mesechtas Bava Metziah 40a "chafoo."

VIII O.C. 433.

IX Bedikas Hamozon K'halacha page 148:footnote 27:3. Refer to OU Document I-64. X OU document Ibid.

XI 673:1.

XII 2:272.

XIII Magen Avraham O.C. 321:16.

XIV Bedikas Hamozon K'halacha page 148:footnote 27:5. Refer to ibid who quotes the opinion of Harav Elyashiv Shlita and Harav Wosner Shlita.

XV Igros Moshe Y.D. 2:24.

XVI As expressed in OU document I-64. XVII Bedikas Hamoznon K'halacha page 148:footnote 29, Star-K, OU documents I-64, I-92.

XVIII Refer to Tzitz Eliezer 11:59 in depth, Teshuvos V'hanhugos 4:188, Olos Yitzchok 2:265, Ohr Yisroel 15:pages 128-132 in depth. The Yalkut Yosef pages 159-162 is lenient and quotes this as being the opinion of Harav Ovadia Yosef Shlita but only if one needs it.

XIX Harav Yisroel Belsky Shlita. Refer to Minchas Shlomo 2:64, OU documents H-50 I-44, and I-45, Star-K.

XX Opinion of Harav Yaakov Kamenetsky zt"l as stated in Emes L'Yaakov 103:40. See OU madrich page 129.

XXI Refer to OU document I-64. Some say that certain company's process the propolis with other ingredients such as alcohol, therefore one should make sure it is kosher beforehand (Star-K).

XXII Refer to OU document ibid.

XXIII Bais Yosef O.C. 204, Shulchan Aruch 204:10, Shar Ha'tzyion 208:2, Aruch Ha'shulchan 204:20, Kaf Ha'chaim 204:52. Refer to Igros Moshe O.C. 1:63, Shevet Ha'kehusi 4:61.

XXIV Shar Ha'tzyion 208:2.

XXV Bais Yosef 204, Mishnah Berurah 49, see Bach, Taz 13 and Mishnah Berurah 50.

XXVI Refer to Mishnah Berurah 583:3.

XXVII Maharil Hilchos Rosh Hashanah 7, Rama 583:1, Darchei Moshe 3, Levush 583:2, Shulchan Aruch Harav 1, Yufei Leleiv 2:583:2, Aruch Ha'shulchan 2. Refer to Chai Adom 139:6 who says to eat some of the apple, then dip it into honey.

XXVIII Maharil Hilchos Rosh Hashanah 7, Darchei Moshe 3, Drisha 583. Refer to Shulchan Aruch Harav 4, Moadim L'Simcha 1:pages 87-88. XXIX Rama ibid. Refer to Emes L'Yaakov 583:footnote 538 who says one should use a sweet apple not a sour one.

XXX Sharei Teshuva 583:2. Some dip the apple in sugar (Moed Lechol Chai

XXXI Moadim L'Simcha 1:page 88.

XXXII Harav Yisroel Belsky Shlita, Elya Rabbah 583:1, Sharei Teshuva 583:1, Moreh B'etzbah 9:266, Teshuvos V'hanhugos 2:266, Matei Ephraim 583:2. Ben Ish Chai Netzavim 1:8, Moed Lechol Chai 12:15, Yufei L'Leiv 2:583:8, Kaf Ha'chaim 583:4, Siddur Yaavetz 2:page 322, Habayis Hayehudi 3:11, Refer to Ohr Yisroel 13:pages 123-132 in depth, see Leket Yosher page 124.

Some say to think the beracha on the second night (Eishel Avraham Butchatch 583).

XXXIII Eishel Avraham Butchatch 583:1, Matei Ephraim 600:9, Elef Hamugen 583:footnote 15, Bnei Yisoschor Tishrei 2:11:page 5, Aruch Ha'shulchan 583:3, Moreh Betzbah 9:266:footnote 15, Mikroei Kodesh Yomim Noraim 7. Refer to Matei Ephraim 605:18 regarding Erev Yom Kippur.

XXXIV Maharil Hilchos Rosh Hashanah 6. Refer to Darchei Chaim V'Sholom 707:pages 242-243.

XXXV Elya Rabbah 4, Siddur Yaavetz 2:page 264 and page 322, Lekutei Maharich 3:page 618, Teshuvos V'hanhugos 2:266, Yechaveh Da'as 1:51.

XXXVI Magen Avraham 583:1, Pri Megadim Eishel Avraham 1, Sharei Teshuva 2, Shevus Yaakov 2:27, Yosef Ometz 965, Mishnah Berurah 3.

XXXVII Taz 583:2, Elya Rabbah 3. Refer to Taamei Haminhagim 706:pages 310-311.

XXXVIII Netzavim 1:4.

XXXIX Magen Avraham 2, Taz ibid, Elya Rabbah 3, Pri Megadim Eishel Avraham 2, Shulchan Aruch Harav 3. Kitzur Shulchan Aruch 129:9, Chai Adom 139:6, Mamer Mordechai 583:3, Mishnah Berurah 4, Aruch Ha'shulchan 2, Kitzur Shulchan Aruch 129:9. Refer to Moadim L'Simcha 1:pages 90-91. See Zichron Yehuda 1:236, Teshuvos V'hanhugos 2:266, Yechaveh Da'as 1:51. B'dieved it is not a hefesk if the yihi ratzon was said before eating

XL Elya Rabbah 4.

XLI Magen Avraham 583:1, Shulchan Aruch Harav 4, Siddur Yaavetz 2:page 264, Mishnah Berurah 3, Aruch Ha'shulchan 3, Zichron Yehuda 1:236, Bnei Yissochor ibid:13, Kaf Ha'chaim 583:4, Teshuvos V'hanhugos 2:266. Refer to Shevus Yaakov 2:27 who says to eat the apple and bread at the same time with honey. However, the custom is not like this opinion (Sharei Teshuva 2).

XLII Refer to Kaf Ha'chaim 583:4, Salmas Chaim 1:346 (old).

XLIII Orchos Rabbeinu 2:page 173:6.

XLIV Star-K Kashrus Kurrents Refer to Rama 467:8, Taz 6, Magen Avraham 7, Chok Yaakov 17, Mishnah Berurah 29, Aruch Ha'shulchan 13-4,

XLV This is expressed in Tosfas in Mesechtas Avodah Zarah 38a "ika," "dagim," and codified by the poskim. Refer to Rosh Mesechtas Avodah Zarah 2:28:page 83, Ran page 15, Rashba Mesechtas Avodah Zarah 38a, Toras Habayis 3:7, Meiri Mesechtas Avodah Zarah 38a, Rambam Hilchos Machalas Asuros 17:14-15, Bais Yosef 113, Bach, Shulchan Aruch 113:1, Levush 2, Aruch Ha'shulchan 5. Refer to Mordechai Mesechtas Avodah Zarah 830:page 42.

XLVI Chelkes Binyomin 113:3.

XLVII Rashi Mesechtas Beitzah 16a "ein," Chochmas Adom 66:1, Chelkes Binyomin 113:3, 5.







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Hillary Clinton's Gefilte Fish Email, Explained

The time gefilte fish threatened the U.S.-Israel alliance.

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Friday, March 5, 2010 9:56 AM

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By Yair Rosenberg, Tabletmag.com

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Where are we on this?

The State Department posted 7,000 pages of Hillary Clinton's emails as Secretary of State, as part of a rolling release of her communications in government. Previous batches have been scrutinized for Clinton's attitude towards Israel and BDS. But this latest collection contained the presidential contender's most Jewish—and most mystifying—email of all:

The email and its open-ended question quickly gave rise to speculation: Was Clinton rushing to procure gefilte fish for her upcoming seder? Or did she perhaps snack on it during her spare time while criss-crossing the globe? But the truth, as ever, is stranger than the fiction.

As former Israeli ambassador Michael Oren recounts in his memoir, at the time, Clinton was actually working to avert a crisis in the U.S.-Israel relationship-over

RELEASE IN

a blocked American shipment to Israel of Asian carp:

"My district already has twenty-five percent unemployment and Israel's going to jack it up to thirty percent," Illinois congressman Donald Manzullo, a Republican, practically shouted into the phone. "You've impounded nine containers–nine–of our frozen Asian carp."

My first year in office had posed successive and seemingly unsurpassable challenges. ...But none of the year's instructive experiences prepared me for this. Fish.

I tried to calm the congressman, assuring him that I would do my utmost to free the embargoed fillets, but my options were in fact few. America signed its first-ever free-trade agreement with Israel back in 1985, but the treaty exempted certain Israeli products liable to be eradicated by their cheaper American counterparts. Apples, av-

ocados, and oranges fell into this category, and so, too, did the carp cultivated by Galilean farmers. Which was why 400 pounds of the frozen Illinois fish were denied entry to the Promised Land.

Still, in view of the possible diplomatic damage, I thought Israel should make this one exception, and told that to the Ministers of Trade and Finance. Congressman Manzullo, meanwhile, ramped up the pressure. He phoned me incessantly, using increasingly acrimonious tones, and complained to the secretary of state. "You think finding Middle East peace is hard," Secretary of State Clinton blithely told reporters. "I'm dealing with carp!" Netanyahu called to question me, "What's all this carp stuff?" I urged him to focus on Israel's critical issues and leave the fish to me.

Days of effort passed before a compromise was finally achieved. On a one-time, non-precedent basis, the nine containers were unloaded in Israeli ports. A now-composed Congressman Manzullo called to thank me and to ask, "Why do you Israelis need so much carp?" Realizing that his question was genuine, I explained that the Jewish people would soon celebrate Passover, when they traditionally eat gefilte fish. "Carp, Congressman, is the main ingredient."

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CONTINUED FROM P. 62

ly addition to the shops lining the main street. But the real reason to stop in this village is the food: stuffed grapevine leaves, Druze pita, knafeh, coffee with cardamom, baklava, olives, olive oil, labaneh cheese and more.

DALIAT EL-CARMEL -<EIN HOD, 19.5 KM

Ein Hod is like no other place in Israel. It is the country's only cooperative artists' village and a visit here is a must. Dada artist Marcel Janco established Ein Hod in 1953 and with the help of a group of progressive



There are visual surprises around every corner in Ein Hod. PHOTO BY GARRETT MILLS/FLASH90

artists built a creative environment for art and art education. This little community of creativity awaits exploration. Residents include internationally acclaimed sculptor Dina Merhav, sculptor-painter Benjamin Levy and photographer Ron Kedmi, among many others. Visit its museums, galleries, artists' homes, art-bar microbrewery, studios and shops.

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Living in Israel and Visiting America Inspire Self-Reflection



By Eliana Rudee/JNS.org

As I sit on a bench at the First Station in Jerusalem, just about to leave Israel for a weeklong conference in the U.S., I watch the people around me

on the most perfect Thursday. A bodybuilder-looking man feeds his young daughter and smiles at her as he leads the spoon of food into her mouth. Friends laugh and chat over ice cream, and couples walk hand in hand alongside the train tracks.

Suddenly, a sadness cascades over me as I get a too-familiar feeling of intense sadness that I experience every time I leave this amazing, amazing country. Some people call it the "Israel bug" and others call it "post-Israel depression." Whatever it is, it feels like you're about to leave something fulfilling and head towards a more robotic, mundane life. It means leaving behind the "Shabbat Shaloms" heard from storekeepers on Thursdays and Fridays, and heading towards the "Merry Christmases" from storekeepers throughout December. It's leaving behind the transcendent resonance of the shofar and heading towards elevator music while you're on hold with the credit card company for the umpteenth time. It's leaving the buzz of the people crowded into the shuk, and heading towards the metronomic beeping as items are scanned at the grocery store. It feels like I am headed in the wrong direction.

But then I remember—I LIVE HERE. I live in Israel. I am coming back in less than a week, and even though I am still sitting at the First Station in Jerusalem, I already cannot wait to come back. This is the epitome of my feelings for Israel, the land with which I am completely obsessed and the land that I am so very thankful to call home.

It was at this moment that I realized yet again that I have made the right decision by making alivah. This place truly fulfills me and fills my life with a sense of meaning that I have found only in my happiest moments elsewhere—an intimate gathering with my extended family, the moment I realized I had fallen in love, a birthday party that brought together all of my friends from the many parts of my life, and the feeling of learning something in college that changed my perspective on life.

As I write, I realize that these feelings are quite mushy-gushy, which (honestly!) is not usually how I am. So in true rational form, I have concluded many times that I may be idealizing Israel, as my previous trips to Israel had been spent vacationing with family or new friends. But then, I think, how could I not idealize as I sit in the Jerusalem sun, as the weekend hit, feeling so happy and sad at the same time? I honestly feel like a changed person in Israel.

My mom tells me that even before I was born, my personality was the same as it is today: I know what I want, I work hard to get it, I am rooted in facts and reality, and I am a perpetual list-maker. I do things a little differently than most, and I like to lead others and pass along my passions. I am impatient, and because I feel so strongly about what I believe, my passion and confidence can often come off as inflexibility and stubbornness.

In Israel, much of my personality is unchanged. But I have found new parts of my personality finding expression, and I think it is more a reflection of Israel than of myself. In Israel, I am quite able to express my emotions about this place, something that I would have found difficult and somewhat silly before. A new friend actually called me "artistic" the other day, something that I have not been called since I was very little.

After talking about Myers-Briggs with friends over the weekend, we decided to retake the test. After years and years of getting the same results, my personality profile shifted from "sensing" to "intuition." This means that before I came to Israel, I paid more attention to the information absorbed through my five senses, but now I pay more attention to the information I receive through intuition. It also means that perhaps I am now a little more interested in the bigger picture than the facts, the meaning behind the events, and new possibilities.

But I digress. Why I think this is worth mentioning is because I believe that something about being in Israel has changed this in me and has the power to change everyone who visits. When people have asked me why I chose to make aliyah, I resort to talking about my feelings rather than rationality. (After all, I am not sure that someone who is purely rational would make this decision to move here!) I usually find myself saying something like this: "Well, there are a number of reasons why I have moved here. One is because when I first came, I fell in love with this place. I came back a number of times in the next several years, but it was never enough! I feel a fulfillment here that I was missing when I lived in the U.S." And then, when people look as if they want a more practical reason, I explain that my boyfriend and I were both thinking about living here before, so we chose to come together. It's also a great place professionally, as a writer, because I write about Israel all the time. Rationally, it makes sense to be living in Israel if I am writing about

Previously, in explaining my decision to others, I would begin with the rational and move on to the emotional only if pressed

to do so. But something about this place makes me tap into my emotions and intuitions. My theory about why this occurs is this: Being in Israel inspires self-reflection in a way no other place does for me.

Israel's history, culture, language, and religion all relate to my past, present, and future because of my identity as a Jew and my values of self-determination and freedom. My ancestors longed for the actualization of these values, died for the actualization of these values, and survived for the actualization of these values. And now, I am helping to actualize these values by being in the Jewish state. This automatically triggers a cheshbon hanefesh—introspective monitoring about how well I am continuing to actualize the values that I find to be more important than my own being. I am therefore prompted every day here to integrate the values into my life, my actions, my choices.

As I am headed to the U.S. for the first time since making aliyah, I reflect on the fact that even my choice to come for this week was based on these values. I believe to my core that creating the conditions for every person to find meaning in their lives should be a goal of humanity. For many Jews, finding their identity within the context of their culture, family, and traditions means finding their identity within the context of Judaism. Israel is the place to find that identity, as nowhere else in the world do Jews come together like this to honor our past, present, and future, actualize our values and traditions, and return to the only land that is inextricably tied to our identity as a people.

I came to the U.S. this week in order to be trained as a Birthright leader, someone who leads a group trip of young Jews to Israel, often for their first time, and guides them in learning about their own identity as a Jew. Birthright Israel and I share the same mission of creating the conditions for Jews to find their identity and meaning. I hope that in this next week, I will learn to most effectively carry out this mission. And I think there is no better reason than this to leave my precious Israel, even for a week.

Eliana Rudee is a fellow with the Salomon Center for American Jewish Thought and the author of the new "Aliyah Annotated" column for JNS.org. She is a graduate of Scripps College, where she studied International Relations and Jewish Studies. She was published in USA Today and Forbes after writing about her experiences in Israel last summer. Follow her aliyah column on JNS.org, Facebook, and Instagram.

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FOOD & WINE LINK

OF NEW JERSEY

Wines for the Season

For Rosh Hashanah tables, there's a choice for every palate and budget, according to Jerry Hampel of Bergenfield's Wine Country.



Jerry Hampel of Bergenfield's Wine Country.

Bv Elizabeth Kratz

Bergenfield—With one foot still in summer, wine purveyors are preparing to help their customers choose Rosh Hashanah wines for their Yom Tov tables. None are more prepped than Jerry Hampel, the former sommelier who has been professionally specializing in kosher wines for the better part of the past two decades. At Wine Country in Bergenfield, Hampel curates a large selection of kosher wines. In fact, one third of the bottles for sale in the store are kosher, and more than 90 percent of the kosher selections are currently on sale.

Some customers choose sweet wines to convey the sweetness of the season, and other enjoy whites and lighter-colored wines to match the weather. Still others choose full-bodied reds to pair with traditional brisket and poultry dishes. Whatever your fancy, Hampel has recom-

Whites, from dry to sweet

An excellent drinking wine, very fruity but dry, is Tishbi's Emerald Riesling 2014. "It's crisp—very good for fruit and sweet foods." Hampel said the temperature this wine is served at makes a difference. "The colder you make it, the drier it will be. The warmer it gets, the more the other aspects of the wine will come out. If you well-chill a white like this, you don't have any of the nuances that come out when your wine is the right temperature," Hampel said. This wine is mid priced, at \$10.97. For an extremely affordable choice of the same grape, try the Givon Emerald Riesling from Barkan. "We are going to put that on sale for under \$6.67," he said.

For those who love classic whites, try the Yardin Chardonnay for \$16.97, or the Yogev Chardonnay Sauvignon Blanc. "Both have a nice clean finish at the end."

Another interesting and special wine is the Tulip White 2013. "It's a blend of two



different types of grapes, gives you a lot of fruit tones, like mangoes and tropical flavors. Totally different. The price point is \$18.47. Tulip makes great wine. Everything they make is good," Hampel said.

CONTINUED ON P. 80

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One-Bowl Apple Cake: Perfect For This Time of Year | Our Family Rosh Hashanah Brisket Treat

By Shara Morrison

One-Bowl Apple Cake

This cake is so moist, rich and just perfect for this time of year (and easy to make)!

Ingredients:

- 2 eggs
- 1 3/4 cups sugar
- 2 heaping tsp. cinnamon
- 1/2 cup oil
- 6 medium Gala, Fuji, or Honeycrisp ap-
- 2 cups flour
- 2 tsp. baking soda

Preheat oven to 350°. In a large bowl, mix the eggs, sugar, cinnamon and oil. Peel and slice the apples and add to mixture in bowl (coating as you go to keep apples from turning brown). Mix together the baking soda and flour and add to the ingredients in the bowl. Mix well (best with a fork) until all of the flour is absorbed by the wet ingredients. Pour mixture into a greased 9x13 or two 9"-round pans. Bake for approximately 55 minutes.

Recipe courtesy of https://www.facebook.com/groups/MamasFavoriteRecipes.

Each year as our family would gather for Rosh Hashanah there was a request from many clan members: "Bubbie, did you make

your Rosh Hashanah meat?" Of course the answer was always yes. This recipe I took from one of my oldest cookbooks, "The Kosher Gourmet," by Mildred Miller and Bascha Snyder.

As our family sat around the table, and, baruch Hashem, we were many people, I would occasionally remind them that the reason we had this feast only once a year was because a cut of brisket this size costs about \$200! Try making this for Rosh Hashanah and you will see why the expense was well worth it. As an aside, the cost of meat in the USA is dramatically less than in Montreal!

Enjoy and Shana Tova!

Carbonnade of Brisket (serves 10)

Ingredients:

6 lbs. single brisket

- ½ tsp. cinnamon
- dash pepper
- 1/3 cup honey
- 1/2 cup brown sugar
- 1½ cups dried prunes
- 1½ cups dried apricots
- 1/2 tsp. ginger
- 1 bottle of beer
- 2 onions, sliced
- 10 medium potatoes, sliced

The night before making: Marinate overnight: 11/2 cups beer,

prunes and apricots, and all spices. In a large, heavy covered pot, brown brisket on all sides and add sliced onions to

brown; add 1/4 cup water. Simmer 1 hour, covered.

Best to remove meat, let cool to slice, then return to pot.

Add 10 medium sliced potatoes.

Add beer and fruit marinade to meat and potatoes and simmer, covered, for at least 30 minutes. (I simmer for 1 hour.)

To serve, place meat slices down middle of platter and arrange potatoes and fruit around meat!



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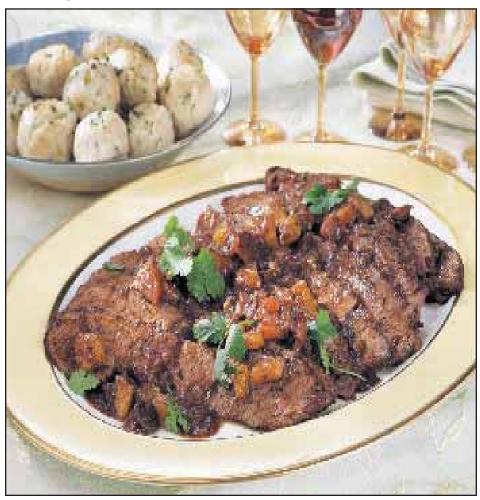














FOODIE NEWSBRIEFS

Wine Country Presents Whiskey Festival of New Jersey

Wine Country Stores presents the 1st Annual Whiskey Festival of New Jersey, set for Thursday October 15, from 6:30 p.m. to 9:30 p.m. in Downtown Jersey City.

Wine Country Stores is presenting this one-of-a-kind experience, allowing guests to sample whiskeys from elite vendors. The event is within a short walk from Exchange Place and Harborside Light Rail.

"This intimate gathering will provide an opportunity for attendees to taste artfully crafted whiskies and learn about the styles of whiskey, bourbon, rye and scotch," said event creator and organizer Scott Maybaum, franchise owner of Wine Country Stores.

In addition to tasting the variety of select whiskies, guests will also have the opportunity to order cocktails to be made exclusively for this event. Only a limited number of tickets will be sold for this inaugural event, and the WCS looks forward to hosting more events in the future

The Whiskey Festival of New Jersey tasting is being supported by local companies and businesses throughout New Jersey. Tickets are \$75 and can be purchased online https://www.eventbrite.com/e/whiskey-festival-of-new-jersey-tickets-18235288238. For more information, email us at info@whiskeyfestnj.com.

Kosher Rotisserie Restaurant Coming to East Harlem

(Yeahthatskosher.com) The Roast is a new small kosher restaurant specializing in chicken (roasted & fried) that will be opening after the holidays in Manhattan's East Harlem, a few blocks north of the Upper East Side.



The restaurant is dedicated to serving healthy, homestyle, on-the-go sandwiches, rotisserie platters, salads, etc. including southwestern salads, baked potatoes, spicy chicken, schnitzel, full and half rotisserie chicken, and more. Prices will be relatively low for a kosher restaurant and will be competitive. The Roast will only seat 10-12 inside, with additional seating outside available. The majority of their work will be delivery and catering.

There will be a beer & wine menu available. The restaurant will be certified be under the OU.

Kai Fan Replaces Ginger Grill in Riverdale

(Yeahthatskosher.com) Kai Fan is another kosher Asian restaurant that took over Ginger Grill's space on August 5th in River-



dale, Bronx, NY. They serve a variety of Chinese and Asian dishes including standards like sesame chicken, eggrolls, & wonton soup, as well as unique Asian offerings like Korean short ribs and Rama Rong Song. They also offer sushi and a kids menu.





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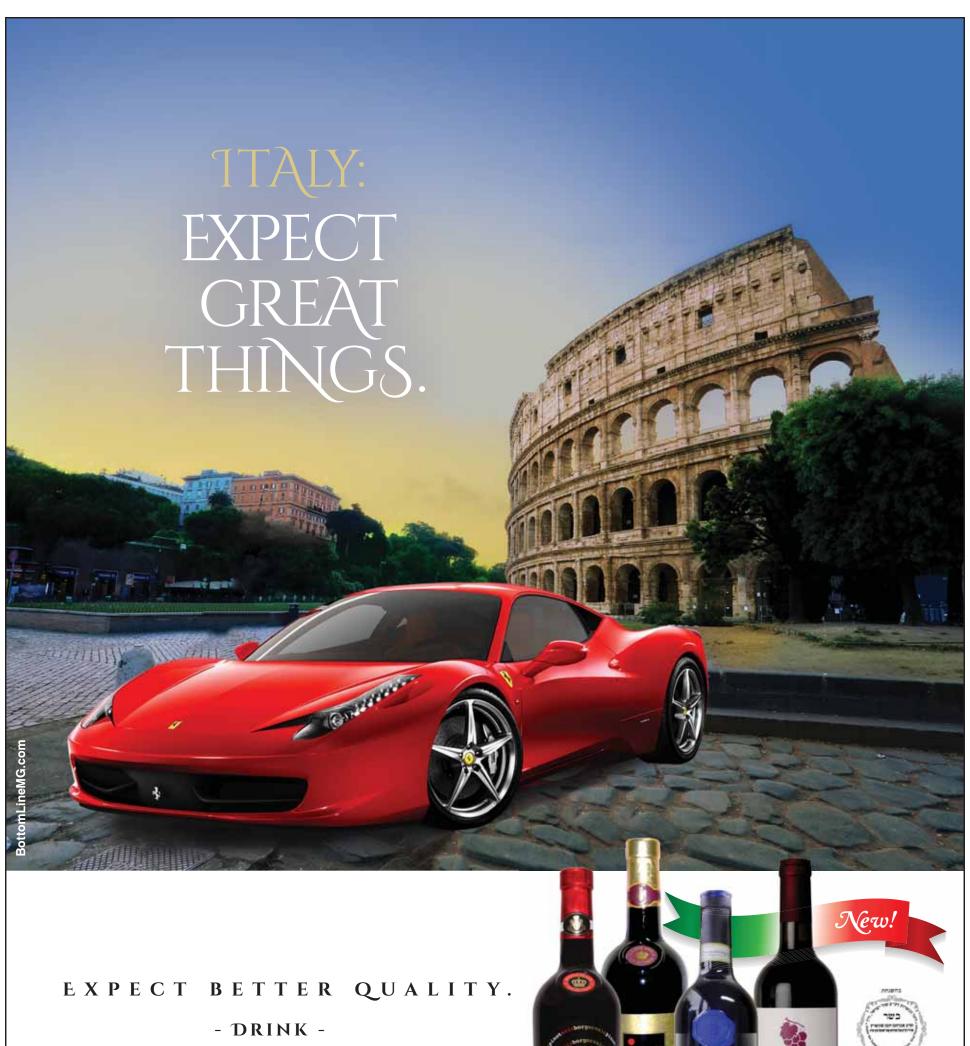
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A Sweet New Year From the Land of Milk and Honey

By Rachel Gross

We all want to have a sweet new year. But once you've dipped the apple in the honey, what else is there to sweeten your Rosh Hashanah table? Israel offers a range of delectable possibilities.

Recipe: Vegan Kale Caesar Salad with Shiitake 'Bacon'

Tender kale, crisp romaine and robust shiitake mushrooms make this caesar salad anything but ordinary. No eggs, no dairy, no gluten, but with TONS of flavor. Recipe contributed by our newest CKCA staff member, Chef Sarah Fry. Learn more at http://www.kosherculinaryarts.com.

Serves: 5 **Ingredients:**

For the dressing (makes 3/4 to 1 cup):

- 2-3 cloves garlic, peeled
- 1 tablespoon white miso
- 2 tablespoons lemon juice
- 1 ½ tablespoons balsamic vinegar
- 1 tablespoon mustard
- 1 teaspoon soy sauce
- 1 ounce soft tofu, blanched and drained
- 6 tablespoons extra virgin olive oil
- ½ sheet nori, toasted and crumbled
- ½ teaspoon fine grain sea salt and pepper, or to taste
 For the lettuce:
- 1 small/medium bunch Lacinato kale, destemmed (5 cups chopped)
- 2 small heads romaine lettuce (10 cups chopped)

Shiitake Bacon:

- 2 3.5 ounce package shiitake mushrooms
- 1 tablespoon olive oil
- 1 tablespoon tamari
- 1/2 teaspoon toasted sesame oil
- 1/4 teaspoon ground black pepper



Procedure:

1. Preheat the oven to 350°F. Remove the stems from the mushrooms and discard. Slice the caps into 1/8 inch strips. Put the mushrooms in a medium bowl and add the olive oil, tamari, and pepper. Toss to coat completely then spread in a single layer on a rimmed baking sheet. Bake for 20 to 25 minutes, stirring occasionally, until nicely browned. The "bacon" will crisp as it cools.

2. Prepare the dressing: In a blender, combine garlic, miso, lemon juice, vinegar, mustard, soy sauce, tofu, and oil. Blend until mixture is smooth and creamy. Toast and crumble nori; add to dressing and blend thoroughly.

3. Prepare the lettuce: De-stem the kale and then finely chop the leaves. Wash and dry in a salad spinner. Place into extra large bowl. Chop up the romaine into bite-sized pieces. Rinse and then spin dry. Place into bowl along with kale.

4. Assemble: Drizzle dressing onto lettuce and toss until fully coated. Serve immediately.

Israel is known as the land of milk and honey. But did you know that the "honey" referred to in the Torah is not actually the product of bees that we think of as honey? It really refers to date honey. Date honey, otherwise known as silan, is widely available and quite delicious. If you're looking for Israeli silan, then Galil Silan is available online with international shipping www.galilco.com.

If you want to get one step closer to nature you can always try dates themselves. Israel hosts some marvelous date farms. The big fat Medjool dates are bursting with sweetness. In Israel you can pick them up from the local supermarket, but the Lior brand sells a range of sizes via Amazon, including a handy eight-pack of individual date cups so everyone can have their own.

The fields of Israel produce a bounty of excellent produce resulting in an abundance of high-quality homegrown wines. The award-winning Yarden Heights wine is sweet enough to be the dessert course by itself. Rich and slightly fruity but with great acidity to take the edge off the sweetness, even an unseasoned drinker will appreciate it. (If you want to impress your guests, you can comment on the wonderful tropical aromas of lychee and pineapple with just a touch of honey.) For a lighter wine, another fantastic choice is the sweet, bubbly Hermon Moscato. With low alcohol content, it's very drink-

able with a main course as well as dessert.

If red wines are more your taste, there is still plentiful choice available. The Yarden T2 is an intriguing blend of two famous Portuguese grapes, now grown in Israel. With cherry, plum and mulberry notes, this

attractive wine has good body and is highly drinkable.

For a dry wine, the Galil Viognier has a hint of sweetness and fruit undertones

and is the perfect accompaniment to a fruit starter. Thanks to a surge of international interest in Israeli wines, all these listed are readily available in good wine stores in Europe and across North America.

De Karina handmade chocolates are one of Israel's bestkept secrets. From their factory in Ein

Zivan in the Golan Heights, the *chocolatiers* at De Karina are raising the bar in Israeli confectionary. Their creations are available throughout Israel, including both dairy and dairy-free (parve) options. Check out www. de-karina.co.il for exact locations.

However you toast Rosh Hashanah, whether with wonderful wines or juicy dates, we're wishing you and your family a happy healthy new year.



THE HEIMISHE HOUSEHOLD

Let The New Year Begin Sweet

By Gail Hochman

Rosh Hashanah is creeping up on us. We all search for sweet things to enhance our Yom Tov so I would like to share some sweet recipes with you that you may want • 1 can pineapple chunks drained, juice reto prepare.

Coffee Honey Muffins

Ingredients:

- 2 1/4 cups white flour
- 3 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 1/2 cup light brown sugar, packed
- 1 large egg
- 1/2 cup honey
- 1/4 cup unsalted butter, melted (you can use oil)
- 1/2 cup cold coffee

Preheat oven to 350 degrees. Place paper liners into a 12-cup muffin tin. Set aside. Place all ingredients together in a large bowl and stir, by hand, with a large spoon until well combined. Batter will be stiff. Distribute evenly into the muffin tins. Bake for 18-20 minutes or until a toothpick inserted into the middle of a muffin comes out clean. Cool about 5-10 minutes and then remove to wire rack.

Sweet and Sour Chicken

- 1 package (1 1/2-2 lbs) chicken breasts, trimmed thin
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 1 Tbsp. canola oil, plus more for frying
- 1 cup Gold's sweet & sour duck sauce
- 1/2 cup ketchup
- 1 Tbsp. brown sugar
- 1/3 cup reserved pineapple juice
- 1 Tbsp. sesame seeds for garnish Tempura Batter:
- 1 cup cold seltzer
- 1 egg
- 1/2 cup flour
- 1/2 cup cornstarch
- 1 tsp. baking powder
- 1/2 tsp. salt
- bowl of ice water

Directions:

Sauté the onion and pepper in canola oil until tender. Add pineapple chunks. Set aside.

Mix the ingredients for the tempura batter in a bowl set over a bowl of ice water. Whisk lightly to combine. Dredge the chicken breasts in the tempura batter and fry on both sides until golden and crispy. Drain on paper towels.



Add the duck sauce, ketchup, brown sugar and pineapple juice to a pot and bring to a boil. Simmer for a few minutes, until slightly thickened. Add the sauteed onion, pepper and pineapple to the sauce.

Place tempura fried schnitzel on serving dishes and spoon sauce over it. Garnish with sesame seeds.

Serve with rice.

Sweet Potato Roulade

Ingredients:

- Sweet Potato Mash (see below)
- 3 sweet potatoes, peels intact
- 1 medium onion, diced
- 3 Tbsp. oil

Regular Kugel Mixture

- 5 large potatoes, peeled and grated
- 3 eggs
- 2 Tbsp. oil
- 1 Tbsp. kosher salt
- White pepper **Directions:**

1. To prepare the sweet potato mash: Preheat the oven to 350° F (180°C). Roast the sweet potatoes, uncovered, until soft,

about 1 1/2 hours.

2. Meanwhile, in a skillet, heat the 3 tablespoons of oil. Sauté the onion in the oil over medium heat, until soft and translucent, about 8 minutes. Remove the sweet potatoes from the oven and slice them in half. Scoop out the flesh, discard the peels and mash. Combine the mashed sweet potatoes with the sautéed onions and season with the kosher salt.

3. To prepare the potato kugel mixture: In a bowl, combine the grated potatoes, eggs, oil, salt and white pepper. Line a cookie sheet with parchment paper and spread the potato mixture evenly over the parchment paper. Bake, uncovered, until the top of the mixture is firm, about 30 minutes. Remove from the oven and allow to cool for five minutes. Roll the potato kugel, jelly roll style, together with the parchment paper. Allow to cool completely.

4. To assemble, unroll the potato kugel. Spread the mashed sweet potato evenly over the kugel. Roll again, this time pulling away the parchment paper to form a potato kugel roll (unrolling and rerolling is essential—it helps to maintain the shape of the roll. Serve warm.

Enjoy. Good Yom Tov!

Gail Hochman has been a resident of Bergen County for over 30 years and has been blessed with many grandchildren.

Wines for the Season CONTINUED FROM P. 75

If you want to treat yourself, try the Covenant Chardonnay. "They make very little of it. It's not always available, but it's one of the bigger bolder chardonnays that is produced in the kosher market." It retails at \$32.97.



Tulip Winery, in Kfar Tikvah, employs members of the community with special needs. According to Hampel, the wine quality as well as the community outreach the winery staff does are well worth the extra cost.

For those interested in sweet dessert wines, Hampel said, don't miss the Baron Herzog Late Harvest Orange Muscat, "There are over 200 varieties of moscato grapes. They come in all different colors, from dark to white grapes and everything in between. Many grapes can make a moscato wine, but this one definitely has an orange flavor to it that sets it apart from other wines." The Late Harvest 2013 California Orange Muscat from Baron Herzog is on sale for \$16.97.

Keeping Kosher Rosés in Stock

Hampel recognizes that kosher rosés are all the rage right now. While the Domaine du Castel Rosé du Castel is sold out, Hampel has two other rosés that have also sold out in recent weeks: The Flam Rosé and the Borgo Reale Italian Rosé. "The Borgo Reale will be back in stock in the middle of September, and will be priced at \$10.47 a bottle," he said.

"Every time I get a chance to get a rosé, I get them in. There are some that are more moderately priced than the Castel or the Flam, but they are all very good," he said. Other good rosés that are

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in stock include the Goose Bay Blanc de Pinot Noir, the Dalton Rosé and the Kadesh Barnea Negev Rosé.

Dry Reds for Meal Pairings

For those interested in a dry red to pair with brisket or other red meats, the Gush Etzion Winery has a very special wine available at Wine Country now: The 2007 Blessed Valley from the Judean Hills. "The hook is this is a 2007; this is an old bottle of wine. It's probably the oldest kosher wine I have in the store; a \$40 bottle. Great wine. Everyone who buys it comes back to buy more. It's a very very good wine," he said. Hampel mentioned that all the Lone Oak wines from the Gush Etzion Winery are good and worth a try.

Hampel also said that for those who haven't tried it, the Ohr Haganuz is a must-try. "I like Ohr Haganuz Amuka series, available in Cabernet, Merlot and Syrah. All very earthy in flavor. It's a very good glass of wine. Medium priced, too: around \$15.47 on sale," he said.

For those willing to spend a little more, Black Tulip is also making special wines





worth trying, with higher prices but for a good cause. "They do very small productions, with numbered bottles, but give jobs to people with special needs. The wine is one of the best out there," he said. The price is \$66.47.





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OF NEW JERSEY

Ready, Set...Breakfast! Healthy Breakfast Recipes You Can Make the Night Before



By Gila C. Guzman

My inbox was flooded with requests for breakfast recipes that can be made in advance. I'm happy to share these recipes with

you. Both are a HUGE hit with my not-al-ways-so-easy-to-please kids.

Broccoli-Egg Muffins

Makes 16 muffins

Dairy free, gluten free, grain free, Paleo approved

12 eggs

1 bag of frozen broccoli (16 oz.), defrosted and steamed

1/2 onion

Salt and pepper, to taste

Place all the ingredients into a blender and blend. Pour into sprayed muffin tins, I use avocado oil spray. Bake for 30-35 minutes at 350 degrees.

Keep this recipe fresh by rotating the type of vegetables. We love spinach, sau-

téed onions, mushrooms and tomatoes and many others. I've even used leftover roasted vegetables, which cuts my prep time in half.

These muffins are nutrient dense and contain protein, healthy fats, vitamins and minerals. The high protein content has a satiating effect, making it easier for kids to concentrate in school and for adults to stay on track with their healthy eating goals.

Eggs contain choline, an important nutrient used to build cell membranes and has a role in producing signaling molecules in the brain. In my house, breakfast eggs are referred to as "brain food."

The broccoli adds natural plant-based fiber which improves digestion, naturally detoxifies and protects from chronic diseases. Just one cup of broccoli provides over 100 percent of your daily need for vitamin C and vitamin K, and is also a good source of vitamin A, folate and potassium.

Chia Seed Pudding

Two servings

Dairy free, gluten free, grain free, Paleo

1/3 cup chia seeds

1 cup dairy-free milk, (I use coconut milk; you can use almond milk or regular milk)

1 tsp. vanilla

½ tsp. cinnamon

2 tsp. raw honey or 100% pure maple syrup or a few drops of stevia

Place all ingredients in a mason jar, cover with lid and shake. Put in the fridge overnight and this yummy goodness is ready for you to serve in the morning.

This recipe makes serving breakfast on a busy morning a snap. This is a fantastic snack idea as well.

Go crazy with toppings or add ins. Some ideas are: sliced banana, blueberries, strawberries, goji berries, pomegranate seeds, chopped peaches, kiwi, figs, your favorite nuts or seeds, almond butter, sun butter and cacao.

You can double or even triple the recipe as it lasts for a couple of days in the fridge. I can't tell you exactly how long because my kids gobble it up.

Chia seeds are loaded with protein, antioxidants, anti-inflammatory omega-3 fatty acids, fiber and calcium. They are an excellent source of calcium for those who don't eat dairy.

Just one ounce of chia seeds contains 11 grams of fiber. They can absorb 10-12 times their weight in water and expand in your stomach, increasing fullness. Chia seeds also feed the good bacteria in our gut which is crucial for gut health.

I suggest you begin to implement a healthy breakfast routine now, before the new school year begins. Start slowly by modeling these new behaviors for your family. Reach out to me with any questions or if I can help you in any way. I'm here for you. For an overnight oats recipe and additional guidance, go to my website www. mainassethealth.com.

xoxo, Coach Gila

Gila C. Guzman JD, CINHC is a Certified Integrative Nutrition Health Coach and Director at Main Asset Health LLC. I'm here to support you in becoming the healthiest version of yourself you can imagine. I can be reached through my website www.mainassethealth.com or at (017) 647-1788



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Taking Care of Your Teeth During Pregnancy



By Jody Bardash, DDS

When you are pregnant, you become very aware of how important it is to take extra-special care of your

body. You should also know that pregnancy is a time to take extra-special care of your teeth and gums. That's because hormonal changes in your body during pregnancy can increase your chances of developing cavities, gingivitis and advancement of periodontal disease (gum disease).Women with periodontal disease are seven times more likely to have preterm births and low birth-weight babies in certain studies.

Preventive dental cleanings and regular dental exams during pregnancy are not only completely safe, but are highly recommended by both dentists and physicians alike. Pregnancy causes hormonal changes to a woman's body. This increase in hormones causes the gums to bleed easily, become inflamed and trap food, causing increased irritation to your gingival tissue.

It is believed that periodontal disease may lead to premature birth by the spread of oral bacteria to the placenta or amniotic fluid. Systemic inflammation caused by periodontitis may also lead to preterm labor and membrane rupture. The probable culprit is a chemical called prostaglandin, released into the bloodstream during inflammation, which can induce labor. Prostaglandin is released in very high levels in severe cases of periodontal disease.

Almost one half of women experience pregnancy gingivitis, starting in the second or third month of pregnancy. It generally increases in severity all the way through to the eighth month. This pregnancy gingivitis can be very uncomfortable and cause inflammation, bleeding, redness or tenderness in the gums. If you already have poor oral hygiene and gum disease before pregnancy begins, expect an extreme progression in your periodontal condition as you end your first trimester and onward. In some women, gums swollen by pregnancy gingivitis can react strongly to irritants and form large growths. These are called pregnancy tumors. These are not cancerous and are usually painless in nature. This tumor may require removal by a dentist if it persists.

If you are planning to get pregnant, it is a good idea to see your dentist prior to trying to conceive to ensure your oral health

is fine. You should have a thorough exam at this time along with a cleaning and complete treatment on any other issues you might have to stave off complications during pregnancy.

Once pregnant, there are a few tips to

-Dental treatment such as cavity fillings and crowns should be treated to reduce the chance of infection. If dental work is to be completed during pregnancy, the second trimester is the optimum time. Once you reach the third trimester, it may be very uncomfortable and/or difficult to lie on your back for any extended period of time to receive treatment.

-Elective treatments (for example, teeth whitening or other cosmetic dentistry procedures) should be postponed until after the birth of your new child. It is best to avoid exposing the developing baby to any risks, no matter how small they may be.

-Try to maintain good oral hygiene habits during pregnancy. This includes brushing properly after every meal and flossing every day. If you combine this routine with a healthy, well-balanced diet

(also limit between meal snacks) and regular dental visits, you will not only help avoid dental problems of your own, but you will also contribute to the healthy development of your coming baby. Your baby's teeth first begin to develop at about three months or so into pregnancy. Healthy diets containing dairy products, cheese and yogurt are a good source of the essential minerals and are good for the developing teeth, gums and bones of the baby.

-Tell your dentist the names and dosages of all drugs you are taking. This includes any medications and prenatal vitamins prescribed by your doctor as well as any specific medical advice your doctor has given you. Your dentist may make changes your dental treatment plan for your individual case. Certain drugs (for example, tetracycline) can affect the development of your baby's teeth and should not be prescribed during pregnancy.

Lidocaine is the most commonly used anesthetic drug used for dental work. Lidocaine will cross the placenta after administration. If dental work is needed, the amount of anesthesia given should be as little as needed, but still enough to make you comfortable during your dental work. Request additional anesthetic if you are still experiencing pain. When mom is comfortable, the amount of stress you and the baby will feel will be reduced.

Preventing or removing dental infection often involves the use of antibiotics. Antibiotics such as penicillin, amoxicillin and clindamycin, which are labeled safe in pregnancy, may be prescribed after your procedure with no worries about the health of your baby.

-Dental X-rays should be avoided whenever possible during pregnancy. If X-rays are needed (such as during a dental emergency), your dentist will use extreme caution to protect you and your baby. Advances in technology have made X-rays much safer today than in the past.

The American College of Radiology studies have shown no single diagnostic X-ray has a radiation dose significant enough to

Is a Pregnant Woman at Greater Risk for Tooth Decay?

YES. We have all heard about pregnancy cravings. Sweet cravings are quite common for women during pregnancy. However, keep in mind that the more frequently you snack, the greater the chance of tooth decay developing. Some recent studies have also shown that the bacteria responsible for tooth decay is passed on from the mother to the child. So be careful with what you eat. Also, during pregnancy, increased acidity in the mouth increases the risk of tooth decay. Vomiting during pregnancy (especially during morning sickness period) can make the problem worse by exposing the teeth to a high quantity of gastric acid. If you have morning sickness, rinse your mouth with a solution of baking soda and water after vomiting. Use one teaspoon of baking soda in a cup of water and mix.

Should I Share the News with my Dentist That I Am Pregnant?

Your den-

tist should know soon as believe you are pregnant. It is best to avoid taking any unnecessary X-rays during your pregnancy. You should also let your dentist know if you are trying to get pregnant. Having this knowledge can help in planning X-rays or other treatments that are needed.

After you have had your baby, if you experienced any type of gum problems during your pregnancy, see your dentist soon after delivery to have your entire mouth examined and periodontal health evaluated.

As a mother to be, what you do to take care of your health (including your diet) affects the development of your baby's teeth and gums as well as their entire bodies. And as your body goes through a process of change, it is also important to pay particular attention to your own oral hygiene. Maintaining a good daily oral routine can help keep potential problems from developing.

Don't forget that this is a time in your life to enjoy the natural changes that take place in your body, relax, and get ready to welcome your new baby into the world. So radiate health by keeping your smile bright and teeth healthy for many years

cause adverse effects in a developing embryo or fetus. However, during the first trimester is when fetal organ development occurs so it is best to avoid all possible risks at this time if possible.

-Loose teeth. As levels of progesterone and estrogen increase it can affect the ligaments and bones that support and stabilize the teeth, causing teeth to loosen during pregnancy. This can happen even without the presence of periodontal disease.

-If morning sickness keeps you from brushing your teeth regularly, change to a neutral tasting toothpaste during pregnancy. Ask your dentist or hygienist to recommend brands.

-Rinse your mouth out with water or a mouth rinse if you suffer from morning sickness and have bouts of frequent vom-



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Teaneck Resident Heidi Fuchs Joins **Touro College of Pharmacy**

Heidi Fuchs has been appointed director of admissions, recruitment and external relations of the Touro College of Pharmacy (TCOP) in Harlem, the school announced. "We are delighted with this new appointment as we position ourselves for the future," said Interim Dean Zvi Loewy, Ph.D. "As TCOP experiences accelerated growth, Heidi will be integral to the expansion of external relationships, including student recruitment and community affairs."

In her new position, effective immediately, Fuchs will focus on student recruitment. Fuchs will also coordinate TCOP communication, including the school's web site, social media presence and community and alumni relations.

Prior to joining Touro, Fuchs spent five years in undergraduate admissions

management for three Yeshiva University schools. Previously she was a vice president and recruiter for Merit Consulting, one of the most respected employment service firms in the tri-state area.

Fuchs is a Touro College graduate who attended New York University's Graduate School of Education, Nursing, Health and Arts Professions. She has served in various Teaneck communal and civic roles, including as chair of the Teaneck Board of Ethics; a member of the Civilian Complaint Review Board of Teaneck; chair of the Jewish Community Relations Council of Teaneck Holocaust Commemoration Committee; and community coordinator for Holy Name Hospital Center for Healthy Living Women's Health Symposium.

Fuchs has four children and three

grandchildren. She resides in Teaneck with her husband, Alan.

TCOP is committed to offering increased educational opportunities through programs in pharmacy education, research and scholarship, and through service to the community and the profession. The school's unique "2+2" educational model provides two years of didactic instruction followed by two years of full-time experiential education.

The college has established significant practice experience affiliations for students including with retail pharmacies, hospitals, community-based organizations, public agencies, pharmaceutical and biotechnology companies, and health insurance organizations. Additionally, the school and its students have won significant awards



and recognition, including from the U.S. Public Health Service, the New York State Council of Health-System Pharmacists, the American Society of Health-System Pharmacists, and The New York City Society of Health-System Pharmacists.

Shaare Zedek Researchers **Develop Technique** to Detect Hereditary **Diseases**

A research team, headed by Dr. Gheona Altarescu, head of the pre-implantation genetic diagnosis project at Shaare Zedek Medical Center's Fuld Family Institute for Medical Genetics, together with Dr. David Ze'evi, has developed a new technique to detect hereditary diseases in young embryos and fetuses in natural pregnancies without the need to examine samples of amniotic fluid in the uterus.

The results have been published in the Journal of Clinical Investigation, a leading journal on clinical trials.

The clinical test included eight couples who are carriers of Gaucher's Disease. In each case, the researchers detected the disease by testing the mother's blood. Dr. Ze'evi shared, "We started our research with Gaucher's patients in cooperation with Prof. Ari Zimran, Head of our Gaucher's Clinic. We chose this group because these carriers are very accessible to us, since Prof. Zimran's clinic is the largest in the world, and because the technique does not cause miscarriages in pregnant women."



Prof. Altarescu explained, "This test allows us to identify hereditary conditions via a simple blood test of the expectant mother. We believe that within a year this test will be available on the market. We are continuing to research if this approach can test relevant for the detection of diseases like Tay Sachs, Cystic Fibrosis, Muscular Dystrophy and Fragile X Syndrome. This is a very important step forward for the field of medical science and a very positive development for expectant parents."



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Can Chili Peppers Treat Migraines and Help You Lose Weight?

(BPT) Do you love the snap that chili peppers give to your food? Are you a fan of the heat they impart to a variety of dishes? Even if you're not, you may want to take another look at the humble chili pepper. From migraine relief to weight control, researchers are verifying what some cultures have known for centuries: the chili pepper and its key constituents, like capsaicin, deliver a host of health benefits.

Here are just some of the ways chili peppers are helping to fight some of the country's most common health conditions:

Migraine relief

The World Health Organization recognizes migraines as one of the most prevalent and debilitating conditions in the world. More than 36 million Americans live with migraines, and up to a third or more (approximately 12 million) of them are not receiving optimal treatment. Medications may cause side-effects, do not always work or work only partially for some patients, react badly with other medications, can be expensive or not covered by insurance. For any or all of these reasons, there remains a significant unmet need in the world of migraine relief - famine for some amid plenty.

Pharmaceutical companies are working on medicines that rely on capsaicin pathways to prevent migraines, Bloomberg News reports. A non-prescription, homeo-

pathic remedy, Ausanil, is already commercially available. Formulated using the raw extract of the chili pepper, capsicum annuum, the remedy is used to rapidly relieve migraines and severe headaches such as cluster headaches and tension headaches. Because it acts locally in the nose, Ausanil doesn't interact with other medications



and does not cause stomach or liver issues that are associated with commonly used OTC pain relievers.

"When you see a patient time and time again and nothing seems to give them relief, or they're limited on treatments due to drug-drug interactions or notable side effects, it can be a very frustrating and heartbreaking process," says Dr. Maria Alexianu, of the Atlantic Neuroscience Institute at Overlook Medical Center in

Summit, New Jersey. "It's vital to offer new options to patients who are still searching for pain relief and are continuously incapacitated in their daily life."

Weight control

Obesity is also a worldwide issue, making effective weight-control remedies a pri-

ority for health advocates around the world. Science Daily reports that University of Wyoming researchers are investigating capsaicin as a weight-control supplement.

Researchers believe the chili pepper constituent may help boost metabolism by inhibiting cells that store fat and encouraging the type of cells that turn fat into energy.

Cancer treatment

Multiple studies aim at exploring the effect of cap-

saicin on cancer cells. One notable investigation from Marshall University found evidence that the compound inhibited the growth of lung cancer tumors through an animal-based study, according to the American Institute for Cancer Research. In another study, researchers at Nottingham University in the United Kingdom also found that capsaicin killed cancer cells without harming healthy cells in cultures of human lung and pancreatic cancer cells.

Fighting diabetes

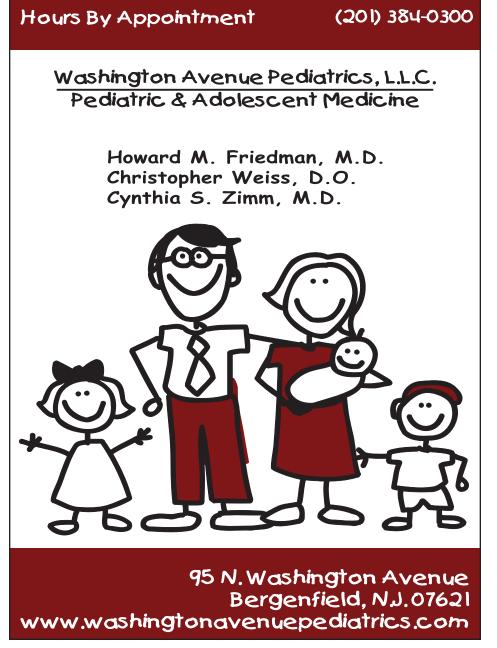
About 30 million Americans live with diabetes, and the disease is the seventh-leading cause of death in the U.S., according to the American Diabetes Association. While multiple medicines are available to treat diabetes, many people still find it difficult to control the disease. A study published in the American Journal of Clinical Nutrition found that eating chili peppers as part of a regular, healthy diet, could help control diabetes.

Natural nutrition

Chili peppers also deliver health benefits beyond medicinal ones. The peppers are highly nutritious, delivering a punch of nutrients that are also associated with better health, including vitamins A, C and B-6, iron, copper and potassium.

If you're a fan of hot foods, the health benefits of chili peppers are icing on the cake when you dine on your favorite spicy fare. If you're not a fan of spicy foods, however, don't give up on the health benefits. Many of the natural remedies under development lack the heat associated with chili peppers. And even those that do pack some heat appear to be worth the minor discomfort; the vast majority of migraine sufferers who use Ausanil, for example, report the fast relief outweighs the temporary sting associated with the treatment.





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Do You Have 50 to 100 Employees? Get Ready - Now - For 2016

By Mark Herschlag

Obamacare...Obamacare...

It's been over five years since the Affordable Care Act has become law, and began taking over one-sixth of the U.S. economy. Healthcare in our country will never be the same as it was prior to 2010. If you own or are employed in a business with 50-100 employees, 2016 will be very different from 2015.

Whether in name or not, the federal government now effectively controls the entire "private" health insurance market. Federal bureaucrats decided that beginning January 1, 2016, groups with 50-100 employees should be classified as small groups. All insurers must follow this dictum. For as far back as we can remember, these were considered to be large groups. Hence, if you belong to such a group, get ready for some sticker shock.

Approximately 70% of existing 50-100 groups are set to see premium increases as high as 40%-50% when they renew in 2016. The lucky 30% or so will actually do better as a small group than they did as a large

As a general rule, larger groups have a lower pool risk and benefit from lower premiums. On the flipside, in small groups premiums are age banded. Younger, healthier employees do not have to pay the same

The Government Will be On Top of You

Do you have a 50-100 employee business and don't offer all your full time employees insurance coverage?

- Beginning on January 1, 2016, the ACA's employer mandate will apply to all groups will 50 or more full time equivalent employees. (Mandate will be based on your company size in 2015.)
- Under the mandate, every employee who works over 30 hours a week must be offered single policy coverage where their out-of-pocket premium expenses cost a maximum of 9.5% of their gross income.
- Employer is required to subsidize the premium so that it doesn't exceed the 9.5% level. Noncompliance carries a \$2,000 penalty per employee.
- We offer several options that could minimize or eliminate this additional cost burden. For instance, several HSA insurance plans meet Obamacare's required benefits but are cheaper than other approved plans due to higher deductibles.

- If you offer your employees proper coverage, but one or more of them prefers to purchase coverage on their own - whether on the private market or the Obamacare exchange - they can sign the necessary documents to that effect and the employer will not be penalized. If some or all of your employees are eligible for Medicaid - and get covered you're okay too.

rate as their older colleagues, so in some cases they'd be paying less than in a larger pool.

You can't know with certainty what 2016 rules will mean for your 50-100 group. There are a variety of factors involved. Do not waste a moment to contact a competent broker - if your broker hasn't contacted you yet - to see how it will affect you.

If these changes will negatively affect you, you can still breathe one sigh of relief. It is in your hands to at least postpone the

All group insurers have come up with a loophole, which has been approved by federal regulators. Even if your set renewal date is sometime in 2016, you can opt for an early renewal, toward the end of 2015. If you renew this year, your group plan designation will be "grandmothered" in - another way of saying "grandfathered" - as a large group for 2016 and avoid the steep premium increase. Next year, you will be able to renew your plan as a large group one more time. At the end of 2017, you will need to renew as a small group.

There is another thing that employers should be aware of - regardless of the size of your business. If one or more of your employees purchases insurance on their own - not as part of your company's group plan - it may not be such a bargain. Until now, employees would often find cheap insurance on their own, sometimes on the Obamacare individual exchange, and have their employer pay all or part of their premiums directly to the insurance company. The employer would deduct these payments off the employee's pretax gross income. Ergo, not only were the premiums a bargain, but you saved on taxes too.

Nothing lasts forever, they say.

For the most part, the IRS let people get away with this. Now, however, our favorite agency is getting ready to crack down. Such a practice can cost an employer a \$100 penalty per day per employee.

In other words, it's not a good idea to try your luck on this. You will do a lot better if you find a quality group plan for your business that is your most affordable option.

One commonly overlooked solution for employers facing various insurance predicaments applies if some or all employees are eligible for Medicaid, which has become easier under ACA guidelines. If an employee obtains coverage through Medicaid, he or she receives adequate medical care at no cost to you. An employee on Medicaid also satisfies your compliance with the

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Embracing Life While Living With Advanced Medullary Thyroid Cancer

(BPT) The American Cancer Society estimates that about 62,450 new thyroid cancer cases will be diagnosed in the US in 2015. Medullary thyroid cancer represents only about three to four percent of these cases, and just one-third of those will be locally advanced or metastatic disease.

Lucy Faith belongs to the small advanced medullary thyroid cancer (aMTC) community, and has found ways to manage her condition while living her life to the fullest and celebrating every day she spends with her family.

"I had no idea what medullary thyroid cancer was and it felt like there was very little research being done for the disease when I was diagnosed," says Faith. "This made it difficult to understand what was going on in my body. I learned very quickly that it was up to me to figure it out and take control of my own care."

Because there were so few resources available, Faith took control of the situation and turned to her physicians to understand how the cancer was affecting her body and what treatment options were available. Starting with her primary care physician, she was quickly referred to an ear, nose and throat doctor, and then referred to an endocrinologist who diagnosed her with aMTC.

"As a healthy 38-year-old woman, it was hard for me to believe that I was diag-



nosed at such an advanced stage of cancer without any indication that something was wrong. The only sign was a weird feeling when I stretched my neck, which led me to feel for the lump in my neck and it was then that I knew something just wasn't right," says Faith. "Even though it was scary, I needed to stay positive because I had young children who depended on me. I put that aside and concentrated on my children, and that helped get me through the toughest times."

At the time of her diagnosis, Faith's family was already in turmoil; her husband was recovering from spinal surgery and her mother had recently passed away. Compounding the stress, Faith was the only person she knew with a cancer diagnosis, so she lacked a support system who understood what she was truly going through. Because she didn't look ill, she kept her diagnosis private for a very long time.

Faith found comfort in the small group of family and friends who were aware of her diagnosis. They helped keep her calm and centered by staying positive and telling her that everything would be alright. Rather than focusing on her disease, she set goals focused on seeing her children reach certain milestones, like graduations. Faith concentrated on helping her children achieve those goals, allowing her to remain

positive and enjoy each day to the fullest. Today, Faith hopes to provide the same comfort to others going through a cancer diagnosis, which is why she shares her story and experiences living with aMTC.

"Over the years, I have learned to live each day with my disease. While it was difficult at first, I am thankful to be able to help others by telling my story of living with aMTC and being positive, living one day at a time," says Faith. "Becoming involved in my community and my children's schools helped to keep me positive and focused on what's truly important."

People living with aMTC, particularly the advanced form, often express feelings of isolation and frustration about the lack of information, resources and support. To support families coping with aMTC, Astra-Zeneca has developed a MTCSupport.com, an educational site with resources for the aMTC community, which features patient stories through first-person and caregiver videos, as well as tools to help navigate the aMTC journey such as questions to ask your treatment team and a guidebook to understanding aMTC. The site is updated and expanded on an ongoing basis to meet the needs of those living with aMTC and their caregivers.

"If you've just been diagnosed with aMTC, the best advice I can give you is to stay positive, ask questions and get as much information as you can to make the best decisions about your care," says Faith. "This helps make your disease more manageable so you can focus on living your life."



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Ask the Dermatologist With Metropolitan Dermatology

By Dr. Alexander Doctoroff

I. Imiquimod: A Wonder **Drug in Dermatology**

What is imiquimod? (Aldara, Zyclara) Imiquimod is a topical cream with many uses in dermatology. It works by activating the body's immune system to get rid of pre-cancerous, cancerous, and virally-in-

Imiquimod does not destroy these cells by itself. It focuses the immune cells of the body to locate and destroy the undesirable cells. Cancer cells survive by escaping normal body surveillance mechanisms. Imiquimod allows some of these mechanisms to be restored, stimulates the production of interferon (an important immune mediator), and pushes surveillance cells to attack pre-cancerous, cancerous, and virally-infected cells.

If this sounds like a wonder drug, it most certainly is. Imiquimod has changed many aspects of dermatology practice. Besides being an effective anti-wart treatment, it allows treatment of some skin cancers (basal and squamous cell carcinomas) without surgery.

Does imiquimod work for warts?

Imiquimod is currently approved for treatment of genital warts, but not warts on other parts of the body. This does not mean that it only works for warts on the genitals. In fact, I have been using imiquimod to treat warts everywhere on the body and find it very effective. Warts on genital skin are covered with a very thin epidermis (top layer of the skin). That allows for imiquimod's easy penetration into the skin. Warts on other skin surfaces (feet, hands, fingers, etc) are often covered with thick epidermis. Hence, imiquimod does not penetrate into the skin and has no chance to work. But the way around it lies in trying to thin the epidermis down with salicylic acid, tazarotene cream, or by filing. Once the top layer of the skin is no longer thick, imiquimod penetrates the skin and works quite nicely. The time for warts to go away differs from patient to patient. One person may use imiquimod for a week and his or her warts melt right away. Another person may have to apply the cream for many

Is imiquimod effective for pre-cancerous growths (actinic keratoses)?

These pre-cancerous lesions respond very well to imiquimod. The treatment is usually accompanied by some redness, scaling, or crusting. If you have an important event coming up, it may be reasonable to postpone imiquimod use until after the big day. The approved way of treating actinic keratoses is twice weekly for 16 weeks. I usually do not stick to this regimen. It is simply too long for most patients. I usually see patients every two weeks and increase the imiquimod dose until significant inflammatory response is seen. That reduces the treatment duration to approximately 4 or 6 weeks.

Does imiquimod work for skin cancers, such as basal cell carcinoma?

Imiquimod is approved for treatment of superficial basal cell carcinomas (BCCs). In this type of BCC, cancerous cells are located close to the top layer of the skin. The cure rate for imiquimod use in superficial BCCs is reported to be around 80%. I use imiquimod in superficial and small nodular (deeper) BCCs. Since an 80% cure rate

leaves 20% of cancer recurrence, this treatment has been modified to increase the cure rate. I usually start imiquimod treatment (5 times per week for 6 weeks) after curettage (scraping) of BCCs. As a rule, the BCC site becomes very irritated and crusted as the treatment progresses. No pain is observed. After 6 weeks imiquimod is discontinued, and the treatment site is left to heal. The recurrence rate is minimal. Cosmetic results after this therapy are usually quite good.

Can it be used for squamous cell carcinoma treatment?

Imiguimod is not approved by the FDA for treatment of squamous cell carcinoma (SCC). Yet, in our practice, just like in many other dermatology practices, imiquimod became a routine treatment for small and superficial SCCs. Just like for BCCs, we prescribe imiquimod for SCCs after the initial curettage of the tumor. Results of the treatment are similar for BCCs and small SCCs.

It is clear that the treatment with imiquimod is not for every BCC and SCC. Large or deeply invasive tumors should not be treated with this modality. The final decision of whether this treatment is appropriate for a particular tumor needs to be made in consultation with your dermatologist.

II. Isotretionoin

What can be done for acne when treatments fail?

What is isotretinoin?

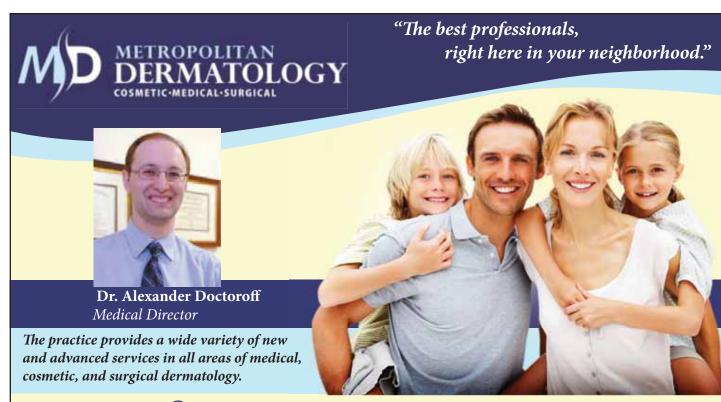
Isotretionoin (Accutane, Sotret, Am**nesteem, Claravis)** is the "atom bomb" for acne. It is the most potent anti-acne medicine available. The absolute majority of patients treated with isotretinoin are completely clear at the end of the course. Up to three quarters of patients treated with this drug never have acne again.

Isotretinoin is a derivative of vitamin A. It reduces oil (sebum) production by reducing sebaceous gland size, reducing the plugging of hair follicles, and reducing P. acne on the skin.

Does it have side effects?

Multiple side effects limit the use of isotretinoin. Almost all patients experience dry lips and dry skin. Less common side effects include hair thinning, blurry vision, skin infection, abdominal pain, bone and joint pain, headache, bone spurs, mood swings, and depression. The list of side effects is very long. Yet, most of the serious side effects are very rare. Patients treated with isotretinion should be on the lookout for anything unusual (headaches lasting for many days, depressed mood, abdominal pain, etc). If something out

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Your Clean Bill of Health



By Yossi Faber

Not long ago I received an email from an acquaintance—let's call her Jill— who was flustered about a bill she got from a doctor.

It seems Jill had been to her primary care physician for an annual checkup, and the doctor was concerned that her heart wasn't beating quite regularly, so he referred Jill to a cardiologist he trusted. Jill went to the cardiologist, who examined her and administered an electrocardiogram (EKG), and concluded that everything was fine. At the cardiologist's office, Jill paid her copay, and thought that was that. But three weeks later she received a bill for \$495 from the cardiologist.

Jill called the office, and was told that although the cardiologist participated with her insurance company (Oxford), he didn't participate with her particular plan (Liberty), and when she completed the new patient paperwork at the office she agreed to be responsible for any charges not covered by her insurance plan. Since her plan did not have out-of-network benefits, the carrier didn't pay anything, and she was on the hook for the rest of the bill.

Needless to say, Jill was rather upset. After all, she had called the office and asked if the doctor participated with Oxford, and was told that he did. She felt that she was being held responsible for charges that the office bore some responsibility for, and she didn't want to pay her bill.

Although I sympathized with Jill, she ordinarily would have been responsible for the charges. After all, she wasn't specific in her



questioning (namely, she didn't ask if the doctor participated in her particular plan), and she didn't check her benefits online to see if the doctor was in her network. Had she refused to pay the bill, the office could have—rightly—sent her to collections.

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But Jill's case was special, and she didn't owe a penny, because she saw the cardiologist in Manhattan in June.

A few months ago, New York passed a law protecting patients in Jill's situation. Called the Surprise Bill Law, it protects patients who get referred from an in-network provider to an out-of-network provider without being advised that their insurance benefits may not be the same. Had the primary care provider advised Jill that she was being referred to a non-participating specialist, she would owe all the money. But since she was not so advised, her financial liability was capped at the same amount that it would have been had she seen an in-network doctor. And since, in-network, her responsibility was only her copayment amount, that amount was all she owed her out-of-network cardiologist. Having paid her copayment at the time of service, Jill was off the hook for any further charges.

The cardiologist's office could have protected itself, advising Jill that the doctor was not in her network, and thereby would be allowed to hold her responsible for the full amount. And no doubt the cardiologist's staff would be more careful in the future (and probably would quickly advise the primary care provider's office to do the same). But in this case, the patient's rights won the day.

At the moment, there is no such law in New Jersey, so patients with in-network-only benefits should be careful when obtaining services from out-of-network providers. And the New York law has its flaws (such as penalizing the specialist in Jill's case because of a notification that the other doctor was responsible for making). But this law is a big step forward in patient rights, and bills copying its protections are being considered by other states in the region.

Yossi Faber earned his MBA in Healthcare magna cum laude from the joint Mount Sinai School of Medicine—Zicklin School of Business program at CUNY Baruch. He is a member of two healthcare industry-focused networks of expert professionals, and is an invited lecturer at major medical centers and state medical societies. He founded and manages Clean Bill of Health (www.cleanbillofhealth.com), which provides both medical billing services to physicians as well as advocacy services for patients to review and help reduce the burden of their medical bills. Yossi lives in NJ with his wife and children.



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Nutritional Secrets of Tour de France Can Fuel Everyday Athletes

(BPT) Nutritional bars and packets of energy gel are what you might think of when you imagine a champion cyclist's diet. But for the 198 men set to embark July 4 for the 102nd Tour de France, a balanced diet based in whole foods - and a lot of them - is critical.

The 2015 edition of the world's greatest race covers 2,087 miles and visits three countries en route from Utrecht, in The Netherlands, to Paris over three weeks in July. Along the way, the race's 198 rail-thin riders will produce roughly enough energy to power the average American household for 2.5 days, each of them consuming an astounding 5,000 calories or more per day. And while an ice-cold soda is a welcome first drink at each day's finish line, it is pounds of rice, pasta and proteins that will fuel riders like 25-time stage winner Mark Cavendish across the high mountains of the Alps and Pyrenees.

"You have the 200 best bike riders in the world all in the best condition of the year, which means everything is faster, everyone rides closer together and winning and losing means so much more," says Cavendish, the former world champion from the British Isle of Man, who rides for Belgian squad Etixx-Quick Step. "Whether training in the early spring or chasing race wins at the Tour, diet is one of the top-three most important things in a cyclist's, or any professional athlete's, way of life."

Nigel Mitchell, head of nutrition for British Cycling and educational ambassador for American Pistachio Growers, serves as Cavendish's go-to dietician. Mitchell has overseen the diets of Tour de France and Olympic champions, and manages Cavendish's meal planning to account for the ex-



treme toll that back-toback 120-plus-mile days take on the star sprinter's ability to process nutrient-dense foods.

"In events like the Tour de France, you're constantly working to maximize recovery, and some peo-

ple get a little more sensitive to things like wheat. The stomach takes a big pounding," says Mitchell. "It's really important to make sure we've got easily digestible foods there. In Mark's case, we'll build a simple diet based around chicken, rice and nutrient-dense nuts like pistachios, which are rich in B vitamins, protein and iron."

And, Mitchell says, a simple, nutritious diet is vital to recovery for athletes of all abilities and sports - not just the select few competing in the Tour each year.

"Whether running on the treadmill to hit a weight-loss goal or training for a 100mile century ride, we all need to feel our best when it's time to perform, and you don't need a personal nutritionist to be certain your diet is tuned for your needs," says Mitchell. "For instance, you can easily incorporate pistachios with a carbohydrate to replenish your stores through a power-packed snack like my Pistachio Rice Cakes."



Nigel's Pistachio Rice Cakes

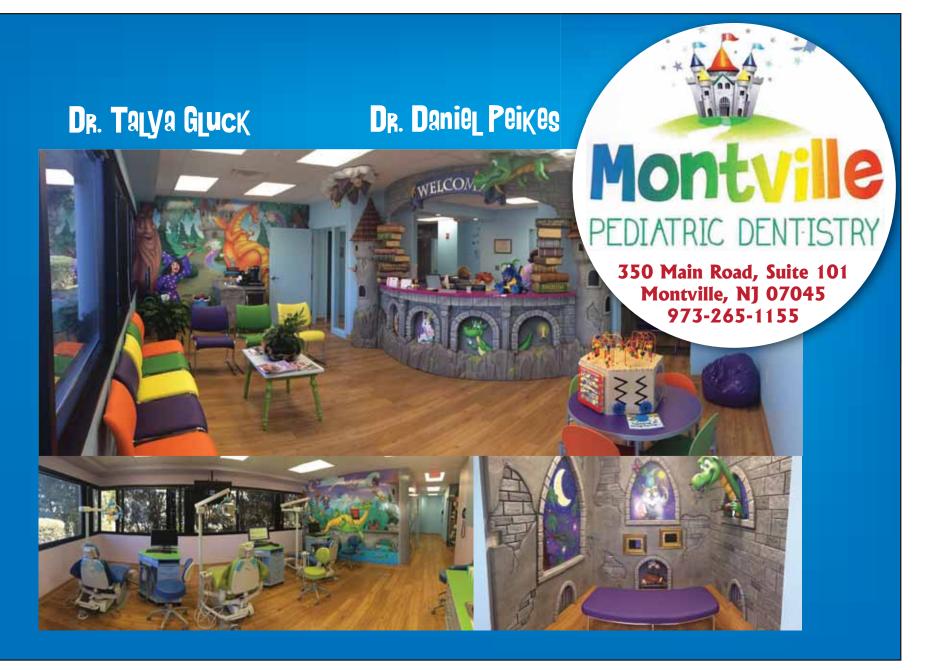
Yield: 25 servings

Ingredients:

- 2 cups Risotto (short grain) rice
- 4½ cups water
- 1/8 tsp cinnamon or vanilla
- 1 tsp sugar (optional)
- 1¹/₄ cup low-fat cream cheese
- 1 tsp coconut oil
- 1 tsp honey or agave nectar
- 1/2 cup chopped roasted pistachio ker-

Instructions:

Cook rice according to package directions. While rice is still hot, add all other ingredients and mix well. Cover a baking sheet with plastic wrap and spoon rice mixture onto wrap. Wrap tightly with plastic wrap, use a rolling pin to compress the rice. Let it cool to room temperature and place in refrigerator overnight. Remove and cut into 1-inch squares.







Plague of the Night: Those Awful Calf Cramps

After having one of the snowiest and coldest winters on record, we are now finishing up a pretty hot summer, especially these past few weeks. Maybe the beach crowd loves the heat, but the rest of us might be noticing the difficulties associated with this long stretch of high heat.

During the past couple of weeks, at least five people have commented to me about getting calf cramps—especially in the middle of the night. Minding their own business and fast asleep, people describe being startled awake by searing pain in one of their calfs (not calves). Having experienced this type of cramp myself many times over many years, I know exactly how very intense the pain can be. In a seemingly unprovoked act of revenge, the muscle seizes up and we are left shocked by the intensity



of the pain and bewildered by most efforts to squelch it.

Many of us know someone, or are someone, who has experienced this. Certain populations are more vulnerable than others, and pregnant women frequently complain of these cramps, starting especially during the fifth gestational month when blood volume is increasing significantly, but minerals and electrolytes have not yet adjusted.

The balanced presence of these minerals and electrolytes are essential to normal heart and muscular activity. This knowledge was the springboard to the invention of Gatorade and similar "sports drinks." Salt (sodium chloride), potassium, magnesium and other essential minerals are needed to assure the neurochemical function required for healthy maintenance of heart and muscular function. Too much, or too little (more common), can upset the homeostasis (physiological balance) and wreak havoc in the body. When an imbalance occurs, the body has a few distinctive ways of letting us know-muscle cramps being one of them. Often these cramps are the result of repeated or extended exposure to hot (and sometimes humid) conditions. We don't realize the toll that high heat takes, and often respond too late, or not at all, to heat exposure. Other causes of calf cramps can include

circulatory issues, medication side-effects, neurological conditions alone or secondary to diabetes and other conditions.

To ward off calf cramps and other complications associated with the stress of hot weather, it makes sense to take some simple and important precautions, the most important being to avoid it if possible. If you don't have to be out, stay in. If you have to be out, limit the time and exposure. The more vulnerable populations are young children, older adults, and workers, children and athletes who spend extended time outdoors in the heat and especially in the sun.

Here are some tips to stay ahead of the

- 1. Pre-hydrate and stay hydrated. Prepare for exposure to the heat, and rehydrate abundantly and often. (TIP: Before a fast day, hydrate extra, drinking almost twice as much as you normally would.)
- 2. In hot conditions, here is the rule: if you are thirsty, it's already too late. Drink enough to avoid thirst. Eat well, including foods that are known to be high in fluid con-
- 3. If there's any question about a person's status with heat illness: force fluids, even if they feel nauseated. With heat illness, the nausea is due to dehydration. Rehydrating will relieve it rather than increase it. Expect a protest and be insistent. Immediately contact emergency medical services and, if possible, retreat to a cool place. Heat illness is a medical emergency!

Now, back to the calf cramps. For successful relief, there are a couple of things that will effectively "shut off" the neurological signal to the calf muscle and also quickly counter the cramping activity.

1. In a sitting position on the bed: flex the foot, or pull the foot "toes towards the nose." This maneuver might briefly increase pain, but is very effective. In the case of an overpowering cramp, this maneuver might be ineffective. Don't give up; just do it anyway.

2. Along with the foot-flex maneuver, place a belt, strap, rope or similar item across the bottom of your foot, just around the base of the toes. Grasp the open ends of the strap, gently, firmly and steadily (not a jerk or violent motion) pulling the foot up simultaneously as you are pulling/flexing with your own leg muscle power.

Continue pulling the foot up and with the strap until the cramp releases—usually less than five seconds. Gently and gradually release the strap and relax your foot. If the cramp returns, repeat the process. Whatever you do: don't point your toe! If you do that, the cramp will probably immediately return.

3. If you don't have a strap: stand at a wall placing both palms flat on the wall. Move the cramping leg behind, keeping the knee straight and press the heel down into the floor. Shift all of your weight to the other leg, keeping that knee bent. Use this position to stretch the calf slowly by keeping the heel down and maintaining the stretch gently but firmly. Usually 5-10 seconds makes the essential difference.

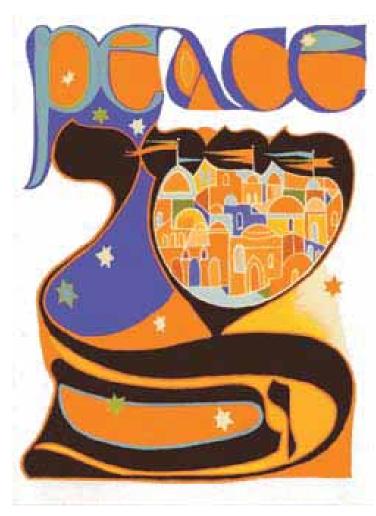
Myths:

1. "Walk it out." Eventually the cramp might stop, but not due to your walking! Walking actually perpetuates the nerve activity that maintains the calf cramp and is often counter-productive.



Wishes all a happy and healthy new year.

May you be inscribed in the Book of Life. Ľshana Tovah



The community is invited to worship, as our guests, with our residents and tenants during our High Holy Day Services.

For a schedule of services call 973-772-3700

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CONTINUED ON NEXT PAGE



Does Working Out With Other Jews Keep You Jewish? By Maayan Jaffe/JNS.org

For Daphna Krupp, her daily workout (excluding Shabbat) at the Jewish Community Center (JCC or "J") of Greater Baltimore has become somewhat of a ritual. She not only attends fitness classes but also engages with the instructors and plugs the J's social programs on her personal Facebook page.

"It's the gym and the environment," says Krupp. "It's a great social network."

Krupp, who lives in Pikesville, Md., is one of an estimated 1 million American Jewish members of more than 300 Js around the country. Each J-in line with the bylaws of their umbrella organization, the JCC Association of North America (JCCA)—has a fitness center that serves

CONTINUED FROM PREVIOUS PAGE

and the juncture where nerves and mus-

cles meet, perpetuating the cramp process.

weather, often 95 percent of us are walk-

your diet in hot weather, unless restricted

structed not to do so by your medical pro-

fessional. While these drinks are high in

electrolytes, they also contain sugar. Re-

plenish fluids and electrolytes following

ing around 75 percent hydrated.

2. Massage. It often irritates the nerves,

1. Rehydrate and stay hydrated. In hot

2. Add a moderate amount of salt to

3. Use electrolyte drinks, unless in-

Plague of the Night: Those

Awful Calf Cramps

by your doctor.



as one of its core businesses. Often, the fitness center can be perceived as a for-profit enterprise of the J, with thousands of dollars invested annually in facility maintenance and gym advertising. But Steve Becker, vice president of health and wellness at the JCCA, says that is a myth.

"JCCs are not fitness centers, we are engagement centers," he tells JNS.org. "All fitness-related programs are structured to be relationship-building activities."

an incident of muscle cramping.

4. Some doctors recommend drinking quinine water (tonic) to relieve leg cramps. While there aren't many good studies to substantiate this claim, people do substantiate it to some extent. You decide.

Ellie Wolf, MS, BCB, Fellow BCIA, currently a Biofeedback Specialist, holds a master's degree in Sports Medicine and Kinesiotherapy from the University of Illinois and spent more than 25 years as a Licensed Athletic Trainer/ATR working with scholastic, collegiate, professional and U.S. and Israeli Olympic athletes in conditioning and injury rehabilitation in the U.S. and Israel. She has worked with athletes from every professional team in Chicago and many others across the country, including football, basketball, hockey, soccer, volleyball, gymnastics, track and field, swimming, wrestling, tennis and golf.

Ask the Dermatologist With **Metropolitan Dermatology**

CONTINUED FROM P. 87

of the ordinary happens, the treatment should be stopped. Most side effects are temporary and reversible.

Isotretinoin may cause severe birth defects in babies born to women who were on the drug during pregnancy. This is the reason (and the only reason) why isotretinoin is controlled by the government to a much higher degree than other medicines. The distribution of isotretinoin is governed by **Ipledge** program. This program requires the doctor, pharmacist, and patient to take several required steps to prevent pregnancies. If any of the steps are not fulfilled, the patient cannot receive isotretinoin. All women of child-bearing age are required to either be abstinent during isotretinoin treatment, or use two forms of contraception (for example, birth control pills and a

condom). The requirements for men and women who cannot become pregnant are minimal. They include the prohibition to share the drug with anyone, or to donate blood while on the medicine.

Is isotretinoin bad for the body?

The fact that a special program for isotretinoin distribution has been put in place does not in any way mean that the drug is toxic. The drug does not damage the liver, kidneys, or other internal organs. Isotretinoin is not a dangerous medicine. It has been on the market for several decades. Its side effects are well known and manageable.

What kinds of acne are treated with isotretinoin?

Because of multiple side effects, isotretinoin use is reserved for severe cystic acne, or lesser degrees of acne that are treatment-resistant. Acne with scarring, or acne causing psychological distress may also be treated with isotretinoin.

Do You Have 50 to 100 Employees?

Get Ready - Now - For 2016
CONTINUED FROM P. 85

Obamacare employer mandate, which, beginning in 2016, covers all businesses with over 50 full time equivalent employees.

What commonly happens, though, is that many Medicaid eligible employees are unaware that they're eligible, or never bothered signing up. For this, we offer a great service: We can get a professional to visit your company and determine the Medicaid eligibility of each individual employee. For a low fee per employee, this professional will help eligible employees obtain Medicaid coverage.

Castle Connolly Top Doctor - 2014 NJ monthly Top Doctor - 2014

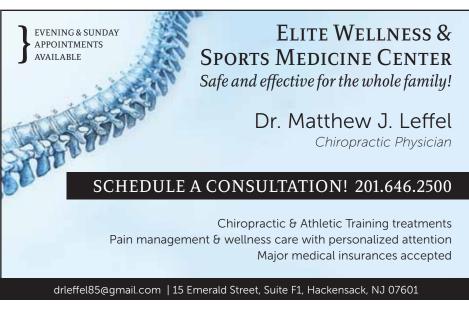
Inside Jersey Top Doctor Top Doctors for Children- 2014

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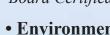
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In roughly 2 weeks, Congress will vote on the Iran nuclear agreement. The future of the Jewish people worldwide hangs in the balance.

JOIN THE "DAY OF JEWISH UNITY" THIS COMING TUESDAY, SEPTEMBER 8

If approved in its present form, the Iran deal would place the Jewish nation in harm's way and pose a grave threat to democracies worldwide. In times of crisis, the Jewish nation has historically turned to prayer in order to help us persevere and overcome the odds.

THIS IS A TIME OF CRISIS – WE NEED TO ACT TOGETHER NOW.

On Tuesday, September 8, 2015, just days before Congress holds this important vote, a delegation of rabbis and community leaders will travel to Radin in Belarus in order to pray at the grave of the Chofetz Chaim, who was the beloved and revered leader of world Jewry in pre-war Europe. In conjunction with that special event, coordinated by the Acheinu organization, Jews around the world will be joining together to recite 2 chapters of Psalms in an attempt to deflect the acute danger that would result from allowing Iran a path to obtain nuclear warheads.

The days leading up to the High Holidays are an appropriate time for repentance, reflection and prayer. Join with an estimated over 500,000 Jews around the world in a Day of Unity and Prayer this coming September 8.

TO PARTICIPATE IN THIS SPECIAL GLOBAL EVENT, PLEASE RECITE PSALMS, CHAPTERS 20 AND 130 ALONG WITH THE SHORT ACHEINU PRAYER BETWEEN THE HOURS OF 7am-12pm, THIS TUESDAY, SEPT. 8.











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Prayers and additional information available at: Day of Jewish Unity.com



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The Jewish Link is proud to share a partial list of staff changes and additions at our local schools for the new school year. More to come next week!

Rosenbaum Yeshiva of North Jersey

Mrs. Robin Wexler has joined the RYNJ administration as Middle School General Studies Principal. Mrs. Wexler is an experienced and beloved administrator known for her





Rabbi Avi Bernstein

dedication to her students, parents and faculty alike, as well as her ability to motivate and implement best practices and effective instruction. She comes to RYNJ with close to 20 years of administrative experience at The Moriah School, having served most recently as Middle School

Rabbi Avi Bernstein has joined the RYNJ family as our new Dean of Students. Rabbi Bernstein is an experienced, knowledgeable and talented educator who forms a strong kesher with each of his students and has earned the adoration of his colleagues. He possesses the skills necessary to inspire both students and teachers to set their goals high and work to achieve them. Rabbi Bernstein comes to RYNJ from The Moriah School where he served in the Middle School as a teacher, Mashgiach Ruchani, Technology Coordinator and most recently as Middle School Judaic Studies Assistant Principal.

Solomon Schechter Day School of Bergen County



Shimrit Gerstein

Shimrit Gerstein has been named SSDS's Coordinator of Israel Outreach. Gerstein will develop cultural and educational opportunities for the Israeli-American communities and strengthen Schechter's relationships with area Israeli-American culture organizations, in order to broaden engagement within the SSDS community.

Kushner

Mrs Robin Wexler

JKHA welcomes Rabbi Aron Srolovitz as Assistant Principal, joining JKHA Principal Mrs. Debbie Finkelstein and JKHA/RKYHS Head of School Rabbi Eliezer Rubin. In his new role, Rabbi Srolovitz will be overseeing the Judaic Studies curriculum for JKHA and directing programming for the Lower School.



Rabbi Aron Srolovitz

Rabbi Srolovitz entered the classroom at Yavneh Academy in Paramus, NJ, teaching both Judaic Studies and U.S. History, with a focus on project-based learning and technology integration in the classroom. As dean of 8th grade students, Aron worked one-on-one with students to foster leadership potential.

JKHA and RKYHS welcome Rabbi Gershom Tave as Educational Technologist. Rabbi Tave brings with him 25 years of experience as an educator with a wide range of backgrounds and abilities. Rabbi Tave will be teaching technology classes for the students, working with teachers to improve their integration of technology in the classroom, managing the school website, and overseeing the renovation of the new state-of-the-art RKYHS computer lab.

Rabbi Tave most recently worked as Professional Develop-

ment Account Manager at Teq, the region's largest reseller of SMART Boards. There he oversaw the professional development accounts of all N.J. and Jewish schools working with Teq.

He is the creator of the TeqNikud modified Hebrew keyboard, which greatly facilitates typing Hebrew with vowels on Windows computers, as well as the Torah Picture Scroll which has been downloaded almost 3,500 times at over 300 locations around the world.



Rabbi Gershom Tave

JKHA is proud to introduce Mrs. Ruth DiGiovanni as the Director of Early Education. A highly regarded leader in the field of elementary education, Ms. DiGiovanni taught kindergarten for several years before joining the JKHA faculty. In her 10-year tenure at JKHA, Ms. DiGiovanni has taken on many critical leadership roles. Ms. DiGio-

vanni has been a main driver in shaping and enhancing the General Studies curriculum at the Lower School level. In her new role. Mrs. DiGiovanni will be overseeing and guiding the Early Education program at JKHA including the newly introduced nursery 3s program, pre-kindergarten, and kindergarten.



Mrs. Ruth DiGiovanni

SINAI's Maor High School

Dr. Robert Klein has been named Director of SINAI's Maor High School. Maor High School partners with Rae Kushner Yeshiva High School in Livingston, and serves high school students with mild to moderate learning disabilities and/or social challenges such as Asperger's and ADHD.

Dr. Klein comes to SINAI Maor from the Monmouth Court Campus program, a specialized educational setting at Livingston High School, where he was supervisor. Having spent the previous 10 years working for the



Dr. Robert Klein

New York City Department of Education, Dr. Klein was involved in strategic planning and implementation of citywide educational initiatives..

Yeshivat Noam

Mrs. Stacy Katzwer has assumed the role of Director of Support Services to lead the team and coordinate support across the disciplines and grades. Mrs. Katzwer comes to Yeshivat Noam as one of the premier special educators in the Jewish day school world. Mrs. Katzwer has more than 20 years of experience working with children who have learning challenges, training and mentoring teachers, and supporting staff and parents. For the past seven years, she was Director of Special Services for Grades 1-8 at Magen David Yeshivah Elementary School. She has also held teaching and

administrative positions at Sinai Schools, Manhattan Day School, and Yeshiva Ketana of Manhattan.

In the Middle School, Ms. Aliza Chanales has been promoted as the new Assistant Principal for General Studies. Ms. Chanales has been a beloved teacher of Math and Science in the Middle School for the past eight years. Ms. Chanales has been a leader in professional development for teachers for many years. This past summer, she worked as a facilitator at the I.D.E.A. Schools Network to plan a Summer Sandbox for educators, which was hosted at Yeshivat Noam.

JEC Schools

Mr. Ringer joins RTMA with 36 years of experience teaching Algebra 1, Geometry, Algebra 2, Trigonometry and Precalculus for the New York City school system.

He holds a B.A. and M.A. in Special Education from Brooklyn College and is licensed in Supervision/Administration from The College of Staten Island.

He specializes in the education of students ranging from Arthur Ringer honor tracks to students with special needs.



Acclaimed educator Mrs. Malkie Singfer joins us as the fourth grade boys General Studies teacher. During her 10-year tenure at the Yavneh Academy of Paramus, she earned widespread praise in her roles as both a head classroom teacher and a special education instructor. Mrs. Singfer continuously strives to incorporate the latest educational resources into her classroom repertoire. Particular areas of in-



Mrs. Malkie Singfer

terest include integration of technology into the curriculum and differentiation of instruction to benefit all learners.

The multi-talented, exuberant Rabbi David Pietruszka joins our team as a Limudei Kodesh learning specialist for the older elementary grades. A 10-year veteran as a special education head teacher, Rabbi Pietruszka spent the last four years as a rebbe at the RYNJ campus of the highly regarded Sinai Schools network. He previously served as a special education teacher in Kulanu Academy and SAR. In addition to his role as a rebbe, Rabbi Pietruskza has expansive

and extensive experience in informal





Yeshivat Ben Porat Yosef

BPY welcomes Moshe Azizollahoff as our new director of technology. Moshe brings with him tremendous IT expertise, including experience with iPad integration in school settings, learning management systems, databases, servers, networks and educational technologies. He will manage BPY's technology systems



Jean Myers

and provide internal IT support, as well as work closely with the junior high school faculty in iPad integration. He will focus on using technological tools to empower, stimulate, and inspire student-centered learning, and to provide teachers with new ways to facilitate that learning.

Ben Porat Yosef has added a number of



Moshe Azizollahoff

exciting enhancements to our current science and STEM program, including augmenting the position of our science specialist, Jean Myers, who will now be at BPY full-time. The number of weekly science periods for our elementary and junior high school students is being increased, and new STEM and inquiry-based learning initiatives in our pre-k and kindergarten classes are being implemented. Science classes for our early childhood and elementary school

will take place in our new, fully-equipped "Science and Discovery Room."

Beginning this year, the Junior High Advisory Program will be run by Rebecca Hirschfield, General Studies Principal who joined BPY last year, and Rav Tomer Ronen, *Rosh HaYeshiva*. This will foster closer connections between the students and the

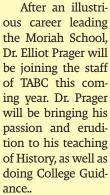


Rebecca Hirschfield and Rav Tomer Ronen

school's lead educators. With an awareness of the many transitions that our students face as they enter and go through junior high, Ben Porat Yosef has also expanded the Junior High Advisory program. The program is designed to prepare them for high school. Each week students in the junior high school will have time which will be dedicated to addressing issues that are relevant to the unique developmental issues of that grade.

Torah Academy of Bergen County

Daniel Rabbi Fridman will be joining the TABC faculty as a rebbe of both Talmud and Chumash, as well as giving a bekiut gemara shiur during night seder. In addition to his teaching responsibilities at TABC, Rabbi Fridman is the resident scholar at The Jewish Center, and a faculty member at Lamdeinu. Rabbi Fridman learned in Yeshivat Har Etzion in Israel, attended Columbia University and received his semicha from Yeshiva University.



In addition, Rabbi Josh Kahn, after many years of im-



Dr. Elliot Prager

Rabbi Daniel

Fridman

Rabbi Josh Kahn

proving the quality of the TABC students' experience as Dean of Student Life, will be assuming the role of Associate Principal of Judaic Studies. In this new role, he will manage the Judaic Studies department and curriculum as well as the Guidance and Athletic departments.

Yeshivat He'Atid

With over 35 years of experience in the fields of education and school psychology, both in Israel and the U.S., Dr. Tani Foger is excited to be appointed to be the first principal of Yeshivat He'Atid. Dr. Foger is proud to lead the educational and administrative team at He'Atid—an innovative Jewish day school with a forward-thinking, groundbreaking, educational model that, she feels, is changing the face of Jewish education as we know it. "The rotational model, predicated on small group and differentiated instruction, is compatible with all student learning styles," says Dr. Foger. "This revolutionary approach to Jewish education will enable our students to succeed in their studies, grow as individuals and blossom as Jews."



Dr. Tani Foger



Mrs. Toby Barg

Mrs. Toby Barg, Yeshivat He'Atid's new Director of Secular Studies Curriculum and Instruction, is excited to implement S.T.E.A.M. and project-based learning programs in the school's unique rotational model. Mrs. Barg, an educator with 25

years of day school experience, feels that He'Atid's blended learning model is designed to provide students with maximum opportunities for small group instruction and student-teacher interactions.

Mashie Kopelowitz (not pictured), a Jewish educator with over 30 years of experience in day schools in the U.S. and Israel, is proud to join the team at Yeshivat He'Atid as its first Director of Judaic Studies Curriculum and Instruction. Mrs. Kopelowitz is excited to further a project-based approach to Judaic studies. She is piloting a new Navi online learning program for elementary-level students and looks forward to partnering with educators and innovators at the Center for Educational Technology in Israel.

BPY Welcomes Two Shaliach Families

Ben Porat Yosef is excited to welcome two new shaliach families and two new bnot sherut this year, who will replace the families and bnot sherut who completed their time in the U.S. and have returned to Israel. Oryan and Ariel Koriat come to us from Nahariya, where they taught at the Even Shoham and Abir Yaavkov schools. They will be living in Englewood. Avraham and Hani Gershom join BPY from Talmon, where Avraham was an assistant principal at the Dolev school and Hani was a teacher in Modiin. The Gershoms will be living in Teaneck. The Koriats and Gershoms will be joining our current shlichim, the Hadads and Danzigers, adding four more shlichim teachers to our Judaic studies staff. They will work closely with our new bnot sherut, Shira Winograd, from Pisgat Zeev,

and Lilach Mualem from Givatayim, both of whom spent the past year doing their *sherut leumi* in school settings. We look forward to continued excellence in Hebrew language, Judaic studies, and *tzionut* education.



Marsha Stern Talmudical Academy

Rabbi Shimon Schenker, who had been serving as MTA's Assistant Principal for Curriculum and Instruction and as Director of our Learning Center, now serves as Associate Principal. In this role, Rabbi Schenker is responsible for ensuring mission consistency across all of YUHSB's departments by leading the development of short- and long-range educational strategies, and works closely with the faculty on various aspects of our Judaic Studies and General Studies programs. He continues to coordinate and oversee the Learning Center—which he has been instrumental in building over the past several years (a new day-to-day Learning Center teacher, Ms. Merle Huerta will begin in the fall)and also continues to serve as Maggid Shiur in the morning.

Ms. Elissa Schertz, a graduate of the Sy Syms School of Business, has just begun as the new Director of Institutional Advancement for Yeshiva University High Schools. She previously served as Director of Marketing for MagazinesUSA, where she created new platforms to drive business, including the development of fundraisers in schools and community centers.

Mr. Avi Matanky, a graduate of YU's Sy Syms School of Business, joins MTA as Director of Admissions. For the past couple of years, he has served as the Director of National Programs at Bnei Akiva and has extensive experience working with high school age students. He has also served as Assistant Director of Camp Moshava Indian Orchard, Program Director of Moshava Malibu, and is the former President of MacsLive.

Please email additional school staff updates to editors@jewishlinknj.com

Gotham Burger Sportstar of the Week Liev Wolin

The Jewish Link of New Jersey and Gotham Burger would like to recognize Liev Wolin as this week's Sportstar of the week. The nine-year-old rising 4th grader was a key contributor to the Teaneck travel 8u team the past two seasons. Liev's coach Norman Blumenthal told the JLNJ: "It was a great pleasure coaching Liev Wolin for two years in travel baseball. Very few boys play eight-and-under travel as seven-year-olds, even fewer play a major role as a seven-year-old. That is what Liev did last year when TBO won the Paramus summer tournament for the first time. Liev was back this year as an eight-year-old and helped Teaneck return to the championship game. An outstanding pitcher, Liev has an uncanny ability to locate his pitches and stay cool under the most intense pressure. When not pitching, Liev played

both short and second base. He was also a fixture at the top of the lineup. His competitive fire inspired his teammates and brought out the best in them. I would personally like to thank Liev for two great summers of travel baseball."

Liev, yasher koach on another great season of travel baseball. Who would you say is your role model and why?

"My brother, Caleb Wolin, because he helps me, believes in me and looks out for me"

Who is your favorite professional athlete?

"Derek Jeter, because he was a great player and leader. He was the *captain*."

Do you have a pregame routine?
"I like to get warmed up to pitch."

"I like to get warmed up to pitch. Before a game I throw about 10 pitches to my dad."

What is your earliest sports memory?

"Playing basketball on my mini-hoop outside my house."

What is your favorite sports memory?

"When my 8u team won the Paramus Championship last summer (2014), I was pitching and I struck the last batter out to end the game."

What is your favorite thing to do when you are not playing sports?

"Watch the Yankees on TV."

What is the best thing about being a sports star?

"My family and friends coming out to the game to watch me play."

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.



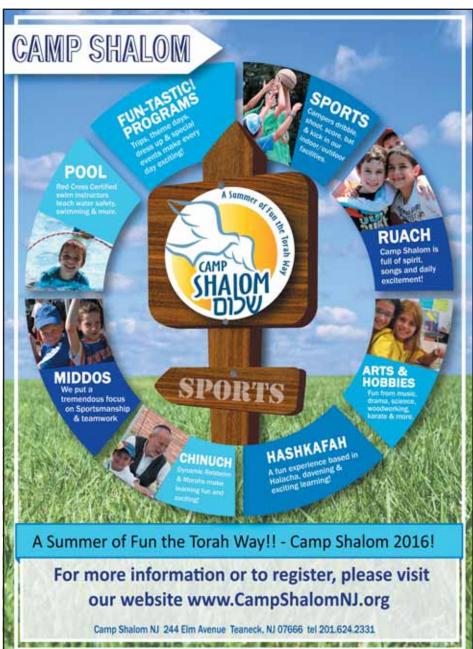
Liev Wolir



Yeshiva University Athletes Train at Camp Kaylie

Two weeks ago, the Yeshiva University Athletics Department and close to 70 student athletes spent a few days at Camp Kaylie getting ready for the upcoming fall season. The cross-country teams, fresh off of a men's HVIAC championship, ran the mountain trails, building their stamina. The women's tennis team started work on taking the next step after last season's Skyline Conference Playoff run. The women's volley-

ball team started its second season under the Agrest family coaching staff. The men's and women's soccer teams were at work too, and the men's team even scrimmaged against SUNY Ulster. The mid-week torrential downpour couldn't dampen the athletes' spirits. Camp Kaylie was so accommodating, and all of the students had a great time and left camp ready to represent YU on the field of play.







New York City FC Train with TJSL



Thanks to a generous offer from one of our sponsors, Modell's, members of TJSL and FC Teaneck were able to participate in a training clinic with New York City FC last Thursday evening at the professional club's training facility in Purchase, NY. Each participant received autographs and a gift from Modell's and NYCFC.



For ninety minutes 5:30 – 7:00pm, the participants split into groups dependent on age for fun soccer and fitness drills followed by small sided matches and friendly competitions along with NYCFC first team players Josh Saunders (GK) and Connor Brandt (D).

MGBL is Back!

Last Sunday morning, the Mitch Gross Basketball League welcomed over 50 to the most popular recreational basketball league in Bergen County. If you were busy unpacking from camp, back-to-school shopping or Yom Tov prep, do not worry.

We have been informed that there are still a limited number of open spots in the girls league. There are also several team and division sponsorship opportunities (MGBL is an IRS-recognized 501c3 charity). All are instructed to go to the league's website

MGBL.org ASAP, and spots will be filled on a first-come, first-served basis. Registration for the seventh year of MGBL boys is also open and spots are filling fast. Go to mgbl. org to register. Any and all questions can be sent to mgblnj@gmail.com.











For any questions or comments, please call us at: 201-446-3592 or 347-415-3819

Bergen Basketball AAU Program Information Fall AAU Travel Tryouts

600 Queen Anne Road, Teaneck NJ | OPEN TO BOTH GIRLS & BOYS TEAMS!!!

Tuesday- September 8th TABC - New Gym

> 5:45-6:30pm Boys Grade 2 & 3

5:45-6:45pm Boys Grade 4 & 5

7:00-8:30pm Boys Grade 6 & 7 Wednesday- September 9th TABC - Old Gym

> 5:45-6:30pm Girls Grade 2 & 3

6:30-7:15pm Boys Makeup 2,3 & 4

7:15-8:15pm Girls Grade 4 & 5

8:15-9:30pm Girls Grade 6.7 & 8 Thursday- September 10th TABC - New Gym

> 5:45-6:30pm Girls Makeup 2nd-4th

6:00-7:00pm Boys Makeup 2,3 & 4

6:30-7:30pm Girls Makeup 5th-8th

7:00-8:30pm Boys Makeup 5th-7th

PROGRAM INFORMATION:

- Practice begins Week of 9/13. Each team will have a total of 10+ practices
- 1 practice/week for 60 minutes for boys teams in grades 2-4 and girls grades 3-8
- 1 practice/week for 90 minutes for boys teams in grades 5-7
- All Practice Slots will be Weeknights and/or Friday afternoons.
- ill games will take place on Sundays
- Teams assembled based on skill level and entered into appropriate league and division.
- Each team enters Hoop Heaven Fall AAU league with games on Sunday ONLY
- Team Fee is \$495

REGISTRATION

- Please email us (info@bergenbasketball.com) with subject "Fall AAU Registration"
- Include Name of Child and age/grade as of Sept 2015
 IMPORTANT: Please include ALL conflicts day and time in advance. The more we know in advance, the more conflicts we can avoid.

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YU Soccer Finds a Home at Votee Park

CONTINUED FROM P. I

The Journey to Votee Park

How did YU end up at Votee Park? Mark Schwartz (co-founder and co-publisher of the Jewish Link) is a Teaneck councilman and played a key role in the negotiations to bring the YU teams to the park. He said of the deal, "It's a no-brainer and one of those rare occasions where everyone wins." Schwartz credited those members of the council—Mayor Lizette Parker, Deputy Mayor Elie Katz, Former Mayor Mohammed Hameeduddin, former deputy mayor Yitz Stern, and

is the first time that YU soccer has ever had any sort of home field.

Steve Pudell is a 1991 alumnus of YU who played on the soccer team in 1987. Last year, Pudell and his two teenage sons went to a YU soccer game at Fairleigh Dickinson University (the team played a few of its home games there). They enjoyed the game as YU played a competitive and smart game. Pudell, proud of his alma mater, sent an email to Coach Pransky complimenting the coach and the team. He also noted that he would be happy to help in any way he could. Coach Pransky responded and the two spoke. During the conversation, the challenges about the lack of home field came up. The fact that

in multiple fields each year with as few as 10 fans watching the game. Driving around looking for games or practice was draining and imparted a lack of stability. All of this led Pransky on a search for a place to call home. He believes that Votee Park and Teaneck are the right place for the team. By the way, this year's team includes two players from Teaneck: Avi Baron and Rafi Friedman.

Pransky is a 2010 graduate of Yeshiva University where he played baseball and soccer. He became the assistant men's soccer coach in 2010, the interim head coach 2012 and the head coach in 2013 as well as the assistant athletic director. The 2014 team was the first one in school history to finish above.500 with a record of 10-7-1. Pransky believes this year's team can be even more successful. "We believe we can make the Skyline Conference championship game this year." Pransky and the entire team are focused on the championship. Despite the success of last year's team, other coaches in the Skyline Conference picked YU to finish eighth in a conference of 11. "We want to go into every game and have teams underestimate us and then change their mind after the game."



Practice at Votee Park

former Deputy Mayor Adam Gussen—who were responsible for the recent refurbishing of Votee Park, which made it viable for a college soccer team. YU will be paying for use of the park and will have made a home for its soccer teams.

Joshua Pransky, YU Men's Soccer Coach and assistant athletic director for recruiting and alumni relationships, is ecstatic about the school's new home at Votee Park. He noted that the school will play the majority of its games/practices at Votee Park (Teaneck soccer has first dibs on the park). This

this was an issue was no surprise to Pudell, "When I played, we struggled. The fact that we had no regular place to play was a hindrance to the program." Ultimately, Pudell suggested Votee Park as an option. Meetings with town officials, including Schwartz, were arranged and the deal was made.

Home Sweet Home

"I'm thrilled and my players are thrilled. Everyone here is loving this arrangement," said Pransky. And why not? After all, Pransky noted that in past years the team has played

YU Sports is on the Rise

One of the reasons that the soccer team is on the upswing is recruiting. According to Pransky, the first time YU had recruiting was 2012. He recruits from yeshiva high schools, public schools and prep schools and internationally. Pransky says one draw for the public school, prep school and international students is a desire to learn more about Judaism. Add that to the fact that YU is a top-50



The Team in Action

school with great Jewish life, excellent rebbeim and professors, and a wide set of interesting classes and Pransky feels confident that he can draw athletes to the university. As a Division III school, Pransky says he can't sell the university on sports alone.

Pransky is equally optimistic about YU athletics as a whole. "We feel, on so many levels, that YU athletics are just scratching the surface." This optimism is not limited to Pransky. "Every department and administrator thinks we can create something special here. There's a belief and expectation that we can be competitive across all fronts [every sport]." That excitement runs through Pransky's mind when he thinks of the coming soccer season. He dreams of stands packed with fans watching the YU men's soccer team compete in the playoffs.

So, consider going out to Votee Park and supporting the YU team. You'll see a competitive team playing the game and doing things the right way right here in Teaneck/Bergen County. Check out http://www.yumacs.com/schedule.aspx?path=msoc to find out when you can catch the YU Men's soccer team at Votee Park.





BPY Hires Athletic Director



BPY welcomes Coach Mark Van Benschoten ("Coach Van") as our new athletic director. Coach Van comes to BPY with extensive athletic coaching experience. He will be revamping our physical education curriculum, in addition to coaching BPY's athletic teams and running our new after-school basketball clinics.

Keter Torah Holds Second Annual Sderot Tournament

Keter Torah held its second annual 3-on-3 basketball tournament last Saturday night. The tournament was organized and implemented by Dovid Baum and Yoni Baum and benefits sports of sderot. Dovid travelled with his father, Rabbi Shalom Baum, to see how the funds are used. They met with the Mayor of Sderot to discuss the tournament and how best to use the funds. The Orthodox Union in Israel, led by Rabbi Avi Berman, uses these funds to sponsor a soccer team where otherwise underprivileged children would not have an outlet. This year's tournament had 51 players for an evening of competitive basketball. The championship was won by the team of David Stein, Gabe Davidoff and Alex Lubat.



Eliezer Gross and brothers



Kuperman taking on the Baum team



Doug Rothchild, Moshe Orlinsky and Keith Zakheim



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Tournament sponsor – Joseph Rotenberg with Tourney Champs



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REAL ESTATE

Ask the Realtor®



By Shirley C. Sosland, **Broker-Sales Associate**

My mother is 92 and has lived in her house for 60 years. The time to move to assisted living is now. What can I do to help her?

S.C.S. Finding the right place for your mother to move is the primary decision to make. This will take time and a major life change can be difficult for many people at any age and especially difficult for a person in their nineties. Have patience.

You should also help your mother sort through her possessions. Your Realtor® can provide you names of movers who can help to label and pack prized possessions. Items not being taken/kept can be donated, given to thrift shops or given to friends and family. You should spend no more than 2 - 3 hours per day sorting through items to give away. The task can be daunting so don't overwhelm yourself and your mother. As you box valuables in each room, close the door and you will have a sense of accomplishment. When the task is complete, your Realtor® can provide a market analysis for the house based upon comparable sales in the neighborhood and can also provide a marketing strategy. Remember that pretty sells, so the outside of the house should look as attractive, de-cluttered, and colorful as the inside of the house. By staging you will obtain a quicker sale at a greater price then by not doing so. Any investment in painting the front door or planting new shrubs and flowers will enhance the curb appeal and sale. The interior will look better with few possessions and the move will be easier and less stressful. Preparation is the key to a successful sale.

Ask the Realtor®: I have two well-trained dogs. What should I do with them when I put my house on the market?

Looking

for a New

Home?

S.C.S.: Many people are frightened of dogs, and it is a good idea to provide temporary housing for the dogs elsewhere or, at the very least, walk the dogs when the house is being shown. Even if your dogs love their crates, potential buyers can be distracted by a barking or even a friendly dog. Realtors® showing the house do not want to be responsible for the dogs.

> Ask the Realtor®: When I converted my boiler from oil to gas, I left my oil tank in place and obtained all the necessary town permits. However, now that I am selling my house, my attorney suggested that I remove the tank because many buyers do not want to purchase with a buried oil tank. Is it necessary to remove the tank?

> S.C.S.: Many attorneys and their clients are concerned that the abandoned oil tank may still be problematic and may have a possibility of oil residue leaking into the soil. To alleviate any anxiety on the part of

the purchaser, it is suggested either to get an oil tank company to take soil samples from underneath the tank or to remove the tank completely.

Ask the Realtor®: I am about to list my house for sale and my friend who just sold her house told me to have a lock box.

S.C.S: Yes. That is an excellent idea especially for a vacant house or for owners who work during the day and are not available to open the door for showings.

A lock box is a small metal box encased in rubber that houses a key and is placed on the knob of the front door or railing. A Realtor® has a registered key card that transmits the agent's contact info, the day and time of the showing. The listing Realtor® receives the info on a smart phone and can ask for feedback after the showing. This is a safe and efficient manner to gain access to show a house!..your friend is right.

Shirley Sosland is a Broker-Sales Associate with Russo Real Estate where she has worked since 1979. She has successfully sold real estate in Teaneck and the surrounding areas and is an Accredited Staging Professional. She has also earned the Broker Price Opinion Resource Certification, Accredited Buyer's Representative Designation, and Green Certification. She has been honored with a twenty-five year lifetime membership in NJAR Distinguished Sales Club, has received numerous Circle of Excellence Awards, and is a former director of the Eastern Bergen County Board of Realtors. Shirley and her husband David, a former teacher/administrator for the Teaneck School System and the Frisch School, have lived in Teaneck since 1970 where they raised their two children. Professionally trained as a social worker, Shirley continues to enjoy assisting people in finding their new home. Russo Real Estate is a family owned business that has been servicing the northern Bergen County area of New Jersey for over 40 years.

Please visit Russo Real Estate online at www.Russo-RealEstate.com or call us directly at 201 837-8800. You can contact Shirley Sosland @ 201 394-5614 or Sosland2ds@aol.com



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286 Winthrop Road, Teaneck	\$530,000	Elegant Colonial on 125 foot deep property in popular location. Gracious Living Room with Fireplace, Formal Dining Room. Hardwood floors throughout, updated kitchen - 7 years, new patio, newer summer kitchen in basement. Fabulous curb appeal.	12:00-2:00pm	VERA AND NECHAMA REALTY	(201) 692-3700
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First Meridian Mortgage Is Now FM Home Loans

An established mortgage lender to lead you home.

First Meridian Mortgage, established in 1991, has been helping borrowers realize their home owning dreams for almost 25 years. During that time, we have refined our goals and values as a company, cultivating who we are and what we do. As a customer-focused residential lender we know the importance of providing best-in-class service starts with having knowledgeable, experienced loan officers.

Jason Berg entered the mortgage industry over 10 years ago. Since Jason started, he has had to navigate an ever evolving environment. This on-the-ground experience has enabled him to gain the insight and knowledge to become one of the best, most proactive loan originators around. Jason's attention to detail and ability to simplify the mortgage process has helped him ease his clients concerns as he's guided them through a sometimes complex process.

In 2013, Jason and First Meridian together decided to open our first office in New

Jersey – Teaneck. With Jason's experience and leadership skills he established the Teaneck office that is rooted with the same ethics and principles which we were founded on. Led by Jason, our office, located on Cedar Lane has been meeting the changing needs of New Jersey home owners and Realtors

In 2015 a decision was made to rename First Meridian Mortgage to FM

Home Loans. Rebranding our company, while tough, was a natural progression as it integrates the 'FM' from our original namesake. We have moved forward with a new name that pays homage to the original, conveying our growth and progress while establishing a unique, more modern look and feel within the residential mortgage market.



While our name has changed, our mission has not. Whether it's First Meridian Mortgage or FM Home Loans, our priority is to build lasting relationships with home buyers and realtors by educating them and providing customized solutions, an efficient approval process, and hassle-free closings at competitive rates.

"I have been in the mortgage for over 10 years and had the opportunity to work with a few different companies. Since I joined First Meridian and we opened the office in Teaneck, it has been a phenomenal experience. The company truly lives and operates with the idea to make sure clients and realtors get FIRST CLASS service. Our focus has always been about building relationships and not just looking at the home buying process as a transaction. It's been a pleasure to be part of the local community both as a person operating a local business and as a place for my wife and I to raise our family. As someone who is deeply embedded in the community, I look forward to continuing to build long lasting relationships while helping clients purchase a home." - Jason Berg.

Jason Berg and his team at FM Home Loans are located at: 568 Cedar Lane in Teaneck. He can be reached at: 201-343-6100 or via email at: jberg@fmm.com



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JERUSALEM REAL ESTATE EXPERTS



GERMAN COLONY

A gorgeous new apartment for sale in the German Colony. Located on a quaint shaded street down the block from a beautiful park. You really don't feel like you are also just a hop skip and a jump away from the bustling Emek Refaim and a short walk to the First Station Promenade. The apartment itself is close to 1,500 square feet. The apartment has an elegant less-is-more style, nicely renovated interior, but not overdone. The duplex has spacious bedrooms and plenty of bathrooms. It comes with private parking and a storage room.



OLD KATAMON

The most impressive freestanding house on the market in Jerusalem. The house is situated on a lot of over 5,300 square feet (500 sq. m.) and located in the prime Old Katamon neighborhood, minutes from Emek Refaim and the German Colony. The home is built in an oasis of green landscape perfectly showcased through each of the large decorative windows that surround the expansive living areas. Each of the four levels of this magnificent home is carefully crafted with the utmost attention to detail and accessed by private elevator. The house sets a new precedent in the Jerusalem standard of living.



ACROSS FROM BAKA

Possibly one of the best deals on the market. First the location, literally across the st. from Derech Beit Lechem where pre-const. prop. are being sold for close to double the price. The prop. is a short walk to the First Station Promenade, Emek Refaim, & the almost finished luxurious Isrotel hotel. The apt. is registered close to 1,000 s.f. in a building with a Shabbat elevator, private parking, and storage room. The apt. is nicely remodeled w/ a terrific balcony off of the LR. There are 3 bdrms including a mstr bdrm & two full bthrms. All of this for less than \$6,500 per square meter makes this great value in a prime location in Jerusalem.







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COMMUNITY CALENDAR

MOTZAI SHABBAT, SEPTEMBER 5

Erev Shira v'Hitorerut Ma'ayanot Yeshiva H.S. for Girls, 1650 Palisade Avenue, Teaneck 10:15PM- Women Only- Erev Shira. 11:30PM-Women & Men-Guest Speaker Shayna Goldberg, Recognition, Responsibility, Rectification: A Journey Through the Yamim Noraim. 12:30am-Men and Women- Minyan for Selichot. Program Sponsorships Available. Contact Shirley Schuster at shirleys@ haretzion.org.

SUNDAY, SEPTEMBER 6

Nerot Pre-Rosh Hashanah Hat Sale 9:30AM-11:00AM, Congregation Rinat Yisrael, 389 West Englewood Ave, Teaneck Treat yourself to something new for Yom Toy! Susan Richmond will be selling hats in all styles and prices. Don't miss it!

Ohr Hatorah Youth Carnival 11:00AM-2:00PM, Jacoby Park (Lee Place Park), Bergenfield Moon Bounces, Basketball Frenzy, Dunk Tank, Cotton Candy, Ice Cream Truck

and much more! Members: \$8/child. Associates: \$10/child, Non-Members: \$12/child.

Skylands Manor Tours

11:00AM-3:00PM, NJ Botanical Garden, 2 Morris Rd, Ringwood

Historic tours guided by knowledgeable NJBG docents. The last tour begins at 3 pm. Manor House tour dates are subject to change; please check back. Adults: \$7; Seniors: \$5; Students 13-18: \$5; Children 6-12: \$3; Under 6: Free; summer parking fees apply.

Soda Scan's Back-to-School Charity BBQ 12:00PM-4:00PM, Phelps Park, Teaneck Proceeds will support the communal tuition fund.

Guided Nature Walk 3:00PM-4:00PM, Tenafly Nature Center, 313 Hudson Ave, Tenafly Enjoy the season with a guided walk along one of TNC's trails with an Environmental Educator. Whether a first time visitor or a regular on the

trails, participants will enjoy different sensory experiences in the forest each month. All ages welcome. Children must be accompanied by an adult. In case of inclement weather, the program will be postponed to the following month.

Member- Free, Non Member- \$5. Children under 2 are free (no strollers please). http://www.tenaflynaturecenter.org/

Monday, September 7 **Labor Day**

TUESDAY, SEPTEMBER 8

Ma'ayanot Adult Education Intermediate <u>Ulpan Classes</u> 7:30PM-9:00PM, Ma'ayanot, 1650 Palisade Ave, Teanecl The Ma'ayanot Adult Education committee is pleased to offer a fall semester intermediate level Ulpan open to the community. Instructor: Mrs. Tamar Appel, Ma'ayanot Assistant Principal for Academic Life:

Tuesdays, September 8, October 13, 20, 27, November 3, 10, 17, 24, December 1,

15, 22, 29, January 5, 12, 19. Cost: \$210 for 15 sessions. To register please contact Pam Ennis at 201-833-4307, ext. 265

Emunah Libby Kolb Chapter Book Club-New Season Begins

At the home of Nina Kampler The book club meets 10 times a year in various local locations. We will be discussing The Hilltop by Assaf Gavron, with facilitator Barbara Blumnethal. Donation for the season is \$250.

Preparing for the Yamim Noraim 8:30PM, Congregation Bnai Yeshurun (Old Main), 641 W Englewood Ave, Teaneck Last of a three-week Tuesday night shiur with Rav Meir Goldwicht, a rosh yeshiva at Yeshiva University's Mazer School of Talmudic Studies, head of the Stone Beit Medrash Program and Rosh Kollel at Camp Mesorah The shiurim will be given in Hebrew. Men and women are welcome to attend.

WEDNESDAY, SEPTEMBER 9

Lamdeinu High Holiday Lecture

10:15-11:45AM, Lamdeinu at Congregation Beth Aaron, 950 Queen Anne Rd, Teaneck From High Holidays to Every Day: Aleinu As A Lens Into Our Prayers, with Rachel Friedman. Part 1: Understanding the Prayer of Aleinu LeShabeach. Part 2 is Sept 16. \$40 for both parts, or \$25 each. Open to Men and Women.

THURSDAY, SEPTEMBER 10

Lamdeinu High Holiday Lecture 10:15-11:30AM, Lamdeinu at Congregation Beth Aaron, 950 Queen Anne Rd, Teaneck

Teshuva for the Sins We Don't Commit, with Dr. Julie Goldstein. \$25. Open to Men and Women.

Awakening to Teshuvah: Yamim Noraim **Shiurum Series**

8:30PM, Shaarei Orah, 1425 Essex Rd, Teaneck

Presented by Rabbi Michael Chernick on the topic "There is No Reason for Hopelessness": The Path to Teshuvah of R. Nahman of Breslov.

CANDLELIGHTING IN JERUSALEM 6:20 P.M.

PER SHABBOS S

כ"א אלול תשע"ה פרשת כי תבוא ו שבת דנחמתא

MIDDAH OF THE MONTH



Patience (סבלנות): When *trying* something new (like a hobby or **sport**) keep working hard and hang in there until it "clicks".



WEEK IN REVIEW

Thank a sibling or *parent* for something good that they did for you in the past week.

CROSSWORD

Complete the crossword by translating each English word into Hebrew. Use the parsha reference for help.

ACROSS 1. Blessings (28:2) 2. Convert (27:19) 5. Tithe (26:12) 7. Night (28:66) **DOWN** 1. Iron (27:5) 3. All (28:2)

4. Orphan (27:19) 6. Soul (26:16)

SHABBOS



- Where is the *first* place שבת is mentioned in
- Who gave the Jewish people the מצוה of שבת?



א מצוה AM ??

I am discussed in פרשת כי תבוא and there is a whole section of the משנה that details my laws. A Jew brings me from his fruit to the בית המקדש

CHECK YOUR ANSWERS AT: www.thefamousabba.com/answers

ה gives the mitzvah of ביכורים taking the first crop (from the seven species of the land) of one's *farm* to ירושלים and giving it to a כהן. Every 3rd and 6th *year* of the שמיטה *cycle* a Jew has to "confess" that he gave the correct tithes. משה tells כלל ישראל that 'a commands them to perform the מצוות with all their "heart and soul" and that He has made the Jewish people a treasured nation. משה and the elders instruct the Jewish people to set up stones after they enter the land and write on them all the words of the תורה. Many blessings will come from listening to 'a, including food, children, cattle, and protection from enemies. ה details what will happen if, Heaven forbid, the Jewish people don't follow His words, including being scattered all over the world. משה encourages כלל ישראל to recognize the kindness of 'a and keep the מצוות.

Find the bold italic words on this sheet. The unused letters spell a secret message!

ROPTCHSSEMH INALPTOEZ RSTVOTAUS TAE RTARRWE EHYSPLWTYR ERELDERSIOOA EGAMIVOENNHT TAOTSECALPHD F B E I N G E J E E W S

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PARSHA SKIT IDEAS



Act out these scenes with friends and family.

• משה starting the final talk of his life to the Jewish people (כט:א).

The ברכות the Jewish *people* will receive for listening to 'ה (כח:א).

הוי דן את כל האדם לכף זכות



Can you judge these situations favorably?

- The "secret message" on the Super Shabbos Sheet Word Find was coded wrong.
- · Your sister ate your whole birthday treat.

SPOT THE DIFFERENCE

Which one is different? (Hint: שבת)

CHALLAH HOLY REST **FOREVER** DIVINE **WORK**



WORD CMRLESAB (scramble)

TEBSKA RTISF **EACRELD TARLA** UFTRI

(Hint: ביכורים, beginning of פרשת כי תבוא)

גמטריא



Who from the Jewish people settled in two different places?

400 300 200 100 90 80 70 60 50 40 30 20 10 9 8 7 6 5 4 3 2 1

קי 0 IJ 9 כ ג א + י ÷ ג X מ- כד+ הא קה-|v| = |v| + |v|



Visit www.thefamousabba.com/chinuch-podcasts for this week's Chinuch Podcast! Hear from a new speaker each week.

SELICHOT, MOTZAI SHABBAT, SEPTEMBER 5

Congregation Keter Torah

600 Roemer Ave, Teaneck 11:25 PM

Rabbi Menachem Penner, Dean of RIETS at Yeshiva University will give a pre-Selichot shiur.

Congregation Bnai Yeshurun

641 W Englewood Ave, Teaneck 12:00AM Rabbi Moshe Zvi Weinber g 12:55AM Selichos

Congregation Netivot Shalom

811 Palisade Ave, Teaneck 10:15 PM - pre-selihot special musical kumzits Selihot to follow at 11:00 PM.

Join Rabbis Yosssi Pollak and Nati Helfgot for a special musical kumzits with singing, divrei Torah, and light refreshments. User in the Yamim Noraim with songs and words of yearning and spirituality.

Congregation Rinat Yisrael

389 W Englewood Ave, Teaneck 11:45 PM- Pre-selichot shiur, followed by Selichot.

Congregation Beth Abraham

396 New Bridge Rd, Bergenfield World renowned singer and performer Eitan Katz on motsai shabbos September 5th! Concert/Kumzits at 10:45 pm leading into selichos. Concurrent selichos in the Main Shul.

Jewish Community Center of Paramus/ Congregation Beth Tikvah

304 Midland Ave, Paramus 9:00 PM. ina and Eliahou Murad, long time residents of Paramus, will be honored for their many years of service to the JCCP/CBT. All are welcome to this free event. Dessert reception followed by selichos. For more information check our website at www. jccparamus.org

COMMUNITY ANNOUNCEMENTS

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

Jewish Family Services Support Groups:

NECHAMA COMFORT:

A support group dedicated to helping all family members who have experienced infant and pregnancy loss at any time in

their lives...

When: 2nd Wednesday of the month, doors open at 7

Where: Jewish Family Service of Bergen and North Hudson 1485 Teaneck Rd, Teaneck N.J.

HOLDING HANDS:

Offering friendship and understanding to families who are grieving the death of a child of any age, from any cause...
When: 2nd Wednesday of the month, doors open at 7

Where: Jewish Family Service of Bergen and North Hudson 1485 Teaneck Rd, Teaneck N.J.

L.O.S.S. (Loved one's support system), a new program of Jewish Family Service of Bergen and North Hudson, will provide support groups to help individuals who have experienced the loss of a spouse or of a parent. The groups will be guided by a professional social worker who will help participants navigate this challenging time. For more information, please contact JFS at 201-837-9090. Where: Jewish Family Service of Bergen and North Hudson 1485 Teaneck Rd, Teaneck N.J.

A professional facilitated Group for Women impacted by Intimate Partner Violence meets every other week. It is not a drop in group and Initial Consultation is required. Please contact Jewish Family Service of Bergen and North Hudson located at 1485 Teaneck Road, Teaneck, NJ 07666 and ask for Information and Referral to schedule your initial consultation @ 201-837-9090.

SHEARIT HAPLATE OF BERGEN COUNTY

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

shearithaplate@gmail.com or fernamper@aol.com

GEMACHS

SIMCHAS

Shtick for a Wedding

Call Wendy at 646/996-2165

Centerpiece Gemach – Cong Beth Aaron

Please contact

be that aron center piece gemach @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.

Hosting a Simcha in your home? The Teaneck Simcha Gemach has folding tables, cocktail tables, chairs and coat racks (w/ hangers) available for loan. Contact Teanecksimcha@yahoo.com

Tablecloth Gemach

In memory of Chaim Yissachar ben Yechiel Zeidel Dov Z'I.

Specialty cloths in all colors and sizes for every type of simcha. Donations will go to Project Yi'che and are tax deductible. Please contact chayemf@aol.com for an appointment

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. 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 of a picture of what you'd like to donate and a recipient can be matched.

Email 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.

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.

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

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.

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LETTERS TO THE EDITOR

CONTINUED FROM P. 9

I, for one, refuse to do the bidding of our failing leadership and waste any more time and effort on this losing battle!

Instead, I would call for a new direction. Firstly, and with a lot of wishful thinking, I would like that those of the failing leaders who mislead us to continue to support Obama and his cohorts be recognized for their failure and go away (thankfully, the Democratic party got rid of Rothman and saved us the need to do it ourselves). But, I fully recognize that those "leaders" are not willing to go away and we must live with them despite their failures, unless we get into internal wasteful struggle.

We should regroup and think our way going forward. Maybe, being in the pocket of the Democratic party is not such a great idea anymore. Maybe we should be more judicial and leave such unconditional support to the J-Street dudes and their evil friends from the BDS movement. Instead we should focus on people who are actually willing to support us. And, no, Hillary Clinton is definitely NOT one of those, neither is Biden nor Sanders!

In the Democratic party, the more conservative, and inherently our friends, lost in the last few elec-

tion cycles and were defeated by the loony left which now controls the majority of that party's seats in both chambers. We need to do our best to restore the conservative Democrats into power.

Outside of the Democratic party, by and large GOP members of Congress were much more friendly to us, so maybe it is time to return favor, both in votes and financing, and both in the federal and in the state level. Remember, the Arab/Muslim community is growing both in numbers and wealth, so the earlier and more forceful we move, the better.

Which leads me to one more important point. The West is now the target to what should be described only as invasion of hostile people (hostile to the West and its values). The loony left that is controlling the media insists on naming that invasion with the word "immigration," but every reasonable person should easily recognize that word as no more than a euphemism.

Countries like Sweden are basically gone or are on the verge of extinction with the active support of their own leaders. Make no mistake: recognize that the USA is already targeted as well, and that the political elite in this country will have no problem following in the footsteps of the Swedish "leadership" if we do not work to avert this process.

Ze'ev Atlas Teaneck

Business & Professional Directory



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BounceU of Paramus

(201) 843-5880 | paramus.nj@bounceu.com 70 Eisenhower Drive Paramus, NJ 07652

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www.umataekwondofamily.com umafamily7@gmail.com (201) 370-9726

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World of Wings - Butterfly Museum & Children's

Playland 201-833-4650 | 1775 Windsor Rd, Teaneck

Sports Instruction and Leagues

www.cmek.com cmek123@aol.com | (201) 927-3027

MGBL- Mitch Gross Basketball League

www.mgbl.org | info@mgbl.org



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www.dynamicautoleasing.com

info@dynamicautoleasing.net | 732-898-0006

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New Wave Car Wash

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1172 Teaneck Rd, Teaneck



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COMMUNITY NEWS

NYC Rally Attendees Protest Iran Deal at Senator's Office

CONTINUED FROM P. I

crowd was the largest rally ever held in front of a senator's office.

Bipartisan U.S. Senators, veterans, and victims of Iranian terrorism, and other speakers addressed the rally. Featured speakers included: U.S. Senator and presidential candidate Lindsey Graham (R-SC); retired U.S. Senator Joe Lieberman (D-Conn.); former CIA Director James Woolsey; radio hosts Kevin McCullough, David Webb and Mike Gallagher; historian Michael Ledeen; Iranian-American Rebecca Yousefzadeh Sassouni, Esq.; former Navy Seal Ken Strethem (whose brother was kidnapped from TWA flight 847 and tortured and shot by Iranian terror proxy Hezbollah); US Army Staff Sergeant and purple heart recipient Robert Bartlett (who was injured by an Iranian bomb); Westchester County Executive Rob Astorino; Fred Fleitz (who served in various U.S. intelligence agencies for 25 years); child Holocaust survivor Sami Steigman; iconic veteran activist Rabbi Avi Weiss, Assemblyman Dov Hikind (D-Brooklyn); Center for Security Policy president Frank Gaffney; and Daniel Miller (the victim of an Iranian-financed terror attack by HAMAS in Jerusalem, who then sued the Islamic Republican of Iran and HAMAS in U.S. courts). Co-organizer Ieff Wiesenfeld served as emcee.

Rabbi Hershel Schachter, renowned Rosh Kollel of Yeshiva University, told rally co-organizer Dr. Paul Brody that when he learned of the Stop Iran Rally to protest Senator Gillibrand's planned vote, he deemed it of utmost importance for him and his charges to be present, and led 50 of his students to the rally from Washington Heights.

The crowd repeatedly chanted "change your vote" and "kill the deal," held up signs such as "What Part of Death to America and Death to Israel Don't You Understand?" and signs demanding that Senator Gillibrand should join Senator Chuck Schumer in opposing the deal.

The speakers and the crowd were clearly dismayed and outraged by Senator Gillibrand's plan to vote for the Iran deal despite the fact that the Iran deal paves the way for Iran to acquire nuclear weapons, delays and severely limits inspections, gives \$150 billion to an Iranian terrorist regime that will use the funds for its terror activities throughout the world, and endangers New York - the top terrorist target in the country. Speakers reminded the crowd that just 14 years ago, New York suffered the worst terrorist attack in our nation's history.

The speakers and crowd also frequently expressed outrage at New York Congressman Jerrold Nadler for Nadler's plan to vote for the Iran deal.

The Ouinnipiac poll shows that twothirds of Americans, as well as two-thirds of American Jews, oppose the catastrophic deal with Iran.

Senator Lindsey Graham stated that he is currently also proposing creative ways to stop the Iran deal, including defunding the International Atomic Energy Agency (IAEA) until the IAEA provides Congress with copies of its secret "side deals" with Iran. These side deals reportedly permit Iran to inspect its own nuclear facility at Parchin - a facility suspected of developing PMDs (Possible Military Dimensions) for Iran's nuclear program.

Approximately 100 organizations that are part of the StopIranRally coalition supported the rally. Rally co-organizers, who comprise the Jewish Rapid Response Coalition (JRRC) formed last year when a group of independent volunteers successfully joined together to protest the Death of Klinghoffer opera at the Met, and subsequently engineered the massive Stop Iran Rally in Times Square on July 22 - included activists Richard Allen (JCCWatch); emcee Jeff Wiesenfeld; Zionist Organization of America officials and activists Eytan Sosnovich (ZOA Manhattan Exec. Director) and Liz Berney, Esq. (ZOA Special Projects Director), Dr. Paul Brody (VP of the Great Neck-based Jewish Political Education Fund), Dr. Marvin Belsky, Dr. Paul Ferbank, and Nessim and Dr. Lynne Bursky Tammam (HaShoah Founda- NY Senator Kirsten Hillibrand



tion); AFSI officials Helen Freedman, Judy Kadish Freedman, Charlie Bernhaut and Queens AFSI head Jan Fenster; Strength to Strength founder (and terrorism victim) Sarri Singer; Avi Posnick (Stand With Us); Mothers Against Terrorism leader Hillary Markowitz; Lauri Regan, Esq.; Eve Steiglitz; and others.

Another huge rally against the dangerous Iran deal will take place at the Capitol building lawn in Washington D.C. next Wednesday, September 9, and will feature presidential candidates Donald Trump, Senator Ted Cruz and television commentator Glenn Beck. The September 9th rally is sponsored by Tea Party Patriots, the Center for Security Policy and the Zionist Organization of America. Additionally, on that day, 1000 Rabbis, headed by the Rabbinical Council of America (RCA) and the Union of Orthodox Jewish Congregations (OU), will march to the steps of the Capitol Building, to demand that Congress votes against the suicidal Iran Deal, mirroring the Rabbinical march that took place in 1943.

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