

**CANDLE LIGHTING**  
 January 4 | 27 Tevet  
 Parshat Va'eirah  
 Light Candles: 4:23 PM  
 Shabbat Ends: 5:28 PM  
 Rabbeinu Tam: 5:55 PM

**THE HEALTH LINK** Starting on page 36   
 Linking Bergen, Essex, Middlesex, Passaic & Union Counties  
**JEWISH LINK**

**CHOPSTIX** Order on-Line at [www.chopstixusa.com](http://www.chopstixusa.com)  
 201-833-0200  
  
 Traveling? We Flash Freeze for you.  




See our ad on back cover

Hours by Appointment (201) 384-0300  
**Washington Avenue Pediatrics, L.L.C.**  
 Pediatric & Adolescent Medicine  
  
 95 N. Washington Avenue  
 Bergenfield, N.J. 07621  
[www.washingtonavenuepediatrics.com](http://www.washingtonavenuepediatrics.com)

See our ad on page 50

**LAZY BEAN CAFE**  
 (PUMPKIN) SPICE UP YOUR  
**Saturday Night!**  
 now open on Saturday nights  
 6:30pm to 12am.

See our ad on next two pages

**GRAND RE-OPENING**  
**Sunday, February 3rd**  
**iLoveKickboxing**  
 ENGLEWOOD, NJ  
 New Owners Yael & Elnatan Rudolph  


See our ad on page 38

# Rabbi Ephraim Simon of Teaneck Chabad Gives Even More



Rabbi Ephraim Simon, left, with Adam Levitz after the surgeries.

By Elizabeth Kratz

You don't have to donate a third of your liver to make the world a better place.

But if you do, it's extraordinarily appreciated.

Rabbi Ephraim Simon, 50, director of Chabad of Teaneck and a father of nine children, did just that on December 20. At the Cleveland Clinic he donated his liver's left lobe to a fellow Jew he'd never met, Adam Levitz, 45, of Syosset, New York, a young husband and father

who was gravely ill from complications of Crohn's disease and primary sclerosing cholangitis (PSC), an autoimmune disease that affects some Crohn's and colitis sufferers.

This isn't Rabbi Simon's first go-round with organ donation. Inspired by an email sent out by "Kidney Mitzvah's" Chaya Lipschutz, he donated his kidney in 2009.

In 2012, he asked Lipschutz, who is from Brooklyn, if she knew anyone who needed a liver, as his

➔ CONTINUED ON P. 14

## Lost Votes Could Sink the Israeli Right

OP-ED

By Mati Tuchfeld

(JNS) The departure of Naftali Bennett and Ayelet Shaked from Habayit Hayehudi has left the religious Zionist party confused and reeling, but it's not the only one. Polls published on Sunday, a day after the split was announced, seemed no less bewildered, showing Bennett and Shaked's new party—the New Right—receiving anywhere from six to 14 seats in the next Knesset. In other words, even the pollsters are at a loss, and the voters seem to be too.



Israeli Minister of Education Naftali Bennett and Justice Minister Ayelet Shaked seen after a statement during a press conference in Tel Aviv announcing a new political party on Dec. 29, 2018. (CREDIT: YOSSEI ZELIGER/FLASH90).

The New Right will soon be shaping its image. Throwing off the bounds of Habayit Hayehudi

➔ CONTINUED ON P. 13

### 'Kosher Travelers': Not Your Grandma's Travel Agency

By Sandy Eller

Twenty years ago, David Walles never imagined that he and his wife, Chana, would be running a highly regarded international kosher travel company operating luxury cruises, African safaris, multiple Pesach programs, Alpine ski trips and upscale land tours. Originally from Melbourne, Walles had a successful steel-manufacturing company and his wife was in real

**kosher travelers**  
 EXPERIENCE the DIFFERENCE  
 KOSHERTRAVELERS.COM  
 INC. EDDIE'S TRAVEL & TOURISM LTD.

estate when they decided to run a Pesach program in a Queensland hotel. Heading north to what he described as the Miami Beach of

➔ CONTINUED ON P. 76

**ENGLEWOOD HEALTH**  
**7 STEPS TO A HEALTHIER YOU**

See our ad on page 37

See Amazing Super Bowl Specials on page 15!  


A TIME FOR MUSIC  
**32**

See our ad on page 91

**Friendly URGENT CARE**  
 1428 Teaneck Road  
 Teaneck, NJ 07666  
 201.591.1350

See our ad on page 13

**ARON'S**  
 SEE OUR ADS ON 11&34

Turn your old car into a new mitzvah  
  
 800-373-6628  
 800-37-donate  
 FULLY TAX DEDUCTIBLE  
**FREE PICKUP CHABAD**

**InjuryLawyer.com**  
 NEW YORK | HACKENSACK | LAKEWOOD | MONSEY | CHERRY HILL | PHILADELPHIA  
  
**800-624-8888**



# a big deal BEEF DEAL!



so many dinner ideas. one place to get it on sale.



get a family pack of  
**GROUND BEEF**

**\$4.99<sup>lb</sup>**  
*only!*\*



**ORDER** *our fresh new 2019 specials*  
@  
**GLATTEXPRESSOnline.com**

📞 201.837.8110    ✉ [Orders@Glatt-Express.com](mailto:Orders@Glatt-Express.com)    🛒 [GlattExpressOnline.com](http://GlattExpressOnline.com)

\* In-store and online. Offer good from January 6th through January 11th. No rainchecks. While supplies last. We reserve the right to limit quantities.



**NEW FOR 2019!**

# Upper West Side + Washington Heights **DELIVERY!**



**big news: now delivering to Washington Heights & UWS!\***



**EASY ONLINE ORDERING**  
Shop anytime, anywhere, create new grocery lists and discover fresh Kosher recipes on our easy-to-use website.



**HUGE KOSHER SELECTION**  
Our personal shopper will select the finest Kosher items, gourmet takeout, and freshest produce, just for you.



**DELIVERY ON YOUR SCHEDULE**  
We deliver your handpicked groceries right to your apartment door. No more lines and no more lugging bags.

**START** *your order* @ **GLATTEXPRESS** *Online.com*



Ready to **#ExpressYourself?**



**Instagram**

Tag @GlattExpress in your food pics & you could win a **FREE GIFT CARD!**



**GET OUR WEEKLY DEALS FIRST! @ Glatt-Express.com/Deals**



\* Washington Heights and Upper West Side delivery orders must be placed before 9 AM Wednesday mornings. \$75 order minimum. \$7.75 delivery fee. While supplies last.

**Pompeo to Netanyahu: Syria Pullout 'In No Way Changes' Commitment to Israel's Security**

(JNS) U.S. Secretary of State Mike Pompeo promised that the United States would stand by its commitment to Israel's security amid a planned withdrawal of American forces from Syria.

"The decision by the president on Syria in no way changes anything that this administration is working on alongside Israel," Pompeo told Netanyahu during a joint press conference prior to their meeting in Brazil, where the two men are attending the inauguration of Brazilian President Jair Bolsonaro.

Since U.S. President Donald Trump's abrupt announcement late last month that he would be removing some 2,000 U.S. troops from Syria, some Israeli officials and experts have expressed concern that the pullout would embolden its regional foes

such as Iran, Turkey and Russia, while putting the Jewish state's own security at risk. The U.S. forces in Syria are part of an effort to defeat the Islamic State terror group in the country.

"The counter-IS campaign continues, our efforts to counter Iranian aggression continues, and our commitment to Middle East stability and the protection of Israel continues in the same way it did before that decision was made. So we have a lot to talk about today.

"We will work closely together to make sure we get this right," said Pompeo.

Earlier this week, it was reported that Trump would gradually pull U.S. troops out of Syria over a four-month period. Previous reports had suggested that Netanyahu had asked Trump to stagger his planned withdrawal from Syria.

Additionally, Pompeo expressed support for Israel's "Operation Northern

Shield," which was launched in early December to find and destroy Hezbollah tunnels under the Lebanese-Israeli border. So far Israel has found and destroyed five Hezbollah tunnels.

"We understand the threat that violation of Israeli sovereignty presents to the region and the country, that threat from Iranian Hezbollah," said Pompeo.

Netanyahu said that he will discuss with Pompeo the U.S. pullout from Syria, as well as cooperation on blocking Iranian aggression.

"We're going to discuss the intense cooperation between Israel and the United States, which will also deal with the questions following the decision, the American decisions on Syria—on how to intensify even further our intelligence and operations cooperation in Syria and elsewhere to block Iranian aggression in the Middle East, to roll it back."

"That's a common aim, and I have to say that I'm also very appreciative of the support, strong support and unequivocal support that you and the president gave our efforts at self-defense against Syria and Hezbollah just in the last few days."

**Netanyahu: Trump Won't Roll Out Mideast Peace Plan Before Israeli Election**

(Israel Hayom/JNS) The Trump administration will not present its long-awaited Middle East peace plan before the Israeli election, set for April 9, Israeli Prime Minister Benjamin Netanyahu has said.

The rollout for the plan, which U.S. President Donald Trump has dubbed the "deal of the century," has been postponed several times. The deal is being crafted by Trump's son-in-law and senior adviser

➔ CONTINUED ON P. 7

**PASSOVER 2019**

**BOCA RATON, FLORIDA**



**Boca Raton Resort & Club**

- A WALDORF ASTORIA RESORT
- Gorgeous half-mile stretch of Private Beach • 2 Championship Golf Courses
- 30 Clay Tennis Courts • Enjoy the exciting Surfing Simulator
- Fantastic Scholars-in-Residence • 40,000 sq. ft. World Class Spa
- Haute Gourmet Cuisine by the Waldorf Astoria Resort Chefs & Prestige Caterers
- Scholar in residence Rabbi Shai Finkelstein, Baka, Jerusalem
- International Kosher Mehadrin (IK) Glatt Kosher Supervision

**PALM BEACH, FLORIDA**



**PGA National Resort**

- Entire Hotel Kosher for Pesach • AAA 4-Diamond Resort
- All Rooms Have Private Balconies
- 5 Tournament-Ready Golf Courses
- 19 Har Tru Tennis Courts
- Fantastic line up of Scholars-In Residence
- Exceptional Cuisine by Foremost Caterers
- ORB Glatt Kosher Supervision

**FLORENCE, ITALY**



**Four Seasons Florence**

- Entire La Villa building Kosher for Pesach • Luxury 5-star Resort
- Hotel set amidst a 350,000 sq.m. Botanical Gardens
- Gourmet cuisine by Michelen rated Four Seasons chefs
- Professional Day Camp
- Scholar-in-Residence: Rabbi Yisrael Meir Lau, Chief Rabbi of Tel Aviv
- Glatt Kosher Supervision by Rabbi G.M. Garelik

**FIUGGI (ROME), ITALY**



**Grand Hotel Palazzo Della Fonte**

- Entire Hotel Kosher for Pesach
- Haute Gourmet Italian Cuisine
- Beautiful Spa, Indoor & Outdoor Pools
- Free Daily Shuttle to Rome • Optional Amazing Day Trips
- Professional Day Camp
- Scholar-In-Residence: Rabbi Lord Jonathan Sacks
- Glatt Kosher Supervision by Rabbi G.M. Garelik of Milan

**RYE BROOK, NEW YORK**



**Hilton Westchester**

- Entire Hotel Kosher for Pesach
- Only 30 Minutes from New York City
- Hotel Beautifully Renovated
- Spectacular Lineup of Scholars-in-Residence
- Fantastic Entertainment & Daily Activities • Professional Day Camp
- Exceptional Gourmet Cuisine by Prestige Caterers
- ORB Glatt Kosher Supervision

OUR 61ST YEAR

**LEISURE TIME TOURS**

www.leisuretours.com 718-528-0700  
 info@leisurett.com

**JEWISH LINK**

**TABLE OF CONTENTS**

World Newsbriefs ..... Pages 4 & 7  
 Editorial ..... Page 8  
 Letters to the Editor ..... Page 8  
 Op-Ed ..... Pages 9-13  
 Community News ..... Starting on Page 14  
 Bergen Newsbriefs ..... Page 20  
 Essex & Union Newsbriefs ..... Page 34  
 Middlesex... Community News ..... Page 35  
 HEALTH LINK ..... Pages 36-54  
 Torah Inspiration  
 By Rabbi Dr. Avi Kuperberg ..... Page 56  
 Sephardic Corner  
 By Rabbi Haim Jachter ..... Page 57  
 Timely Torah Insights  
 By Rabbi Baruch Bodenheim ..... Page 58  
 Bringing the Prophets to Life  
 By Rabbi Neil Winkler ..... Page 59  
 Rabbi's Musings and Amusings  
 By Rabbi Dani Staum, LMSW ..... Page 59  
 Text Insights  
 By Mitchell First ..... Page 60  
 Coaching  
 By Rabbi Dr. Naphtali Hoff ..... Page 66  
 Israel Spotlight ..... Page 70  
 New in the Neighborhood  
 By Rabbi Mordechai and Nina Glick .... Page 73  
 Option Z  
 By Rachel Zamist ..... Page 74  
 Destination Kosher ..... Pages 76-79  
 Minyan Directory ..... Pages 80-81  
 Family Matters  
 By Rabbi Shlomo Slatkin, MS, LCPC... Page 82  
 Organized and Clutter Free  
 By Eileen Bergman ..... Page 89  
 Letter From Israel  
 By Teddy Weinberger ..... Page 90  
 Personal History  
 By Norbert Strauss ..... Page 93  
 The World According to Schmutter  
 By Mordechai Schmutter ..... Page 94  
 Oy Vey!  
 By Jon Kranz ..... Page 95  
 Fun & Games ..... Page 96  
 FOOD & WINE LINK ..... Pages 97-98  
 SCHOOLS ..... Pages 100-108  
 SPORTS ..... Pages 109-113  
 Classified Ads ..... Page 114  
 Community Calendar ..... Page 114  
 REAL ESTATE ..... Pages 115-123



# OUR FOCUS IS YOU!

YOUR EYES. YOUR HEALTH. YOUR NEW FRAMES.

RESIDENT EYE CARE IS PROUD TO OFFER  
COMPLETE EYE CARE FOR THE ENTIRE FAMILY.

*Complete evaluations with the latest equipment.  
Experts in contact lenses.  
The greatest selection of frames.*

**CALL US AT 201-797-2747**  
**GET THE BEST EYE CARE. TODAY.**



**RESIDENT CARE ASSOC.**  
EYE CARE PROVIDERS



Jack Sol Mermelstein, O.D. Lic. 3650  
Lesley Kraus, O.D. Lic. 5708  
Kyle Hrymack, O.D. Lic. 6391  
Jennine Dorse, O.D. Lic. 6628

Robert Sholomon, O.D. Lic. 5742  
Harryjohn Panaretos, O.D. Lic. 5935  
Mary Ann Hodle, O.D. Lic. 6397  
Jeslyn Hwang, O.D. Lic. 6535

Dong Hyun Kim, O.D. Lic. 6688

**VISIT OUR NEW HD EDUCATIONAL VIDEO GALLERY ON OUR WEBSITE!**  
4-14 SADDLE RIVER RD SUITE 202 FAIR LAWN, NEW JERSEY 07410  
FAX 201-797-5809 [WWW.RECAEYES.COM](http://WWW.RECAEYES.COM)

# MODMOUTH

has come to Bergen County at the Garden State Plaza Mall



## STRAIGHT BEAUTIFUL SMILES

60% less than Invisalign

## MODMOUTH CLEAR ALIGNERS

Most Clear – Most Comfortable – Most Affordable – PERIOD!

Wanting to have straight white teeth is **smart**.  
Doing it for 60% less, is **brilliant**.

VISIT OUR BRILLIANT BAR FOR A  
FREE SMILE SIMULATION AND CONSULTATION

Brilliant Bar services also include  
our gentle stain exfoliation  
and teeth whitening.

MOD MOUTH FOUNDERS

Dr. Steven Davidowitz

Dr. Gary Davidowitz

CALL US AT 1-844-MODMOUTH

OR VISIT US ONLINE AT

[www.mod-mouth.com/link](http://www.mod-mouth.com/link)



WHERE TO FIND US:



### Paramus

The Garden State Plaza Mall  
Paramus, NJ

*Brilliant Bar Hours*  
11:00 a.m. – 7:30 p.m.  
No appointment necessary

### Hoboken

34 Newark Street  
2nd Floor Suite C  
Hoboken, NJ 07030

*Hours: By appointment only*

### Mahwah

Sheraton Crossroads Hotel  
1 International Boulevard, Route 17 North  
Mahwah, NJ 07495

*Hours: By appointment only*

## WORLD NEWSBRIEFS

CONTINUED FROM P. 4

Jared Kushner, and U.S. Special Representative for International Negotiations Jason Greenblatt.

Netanyahu, who is on a state visit to Brazil, told reporters that Washington seeks to present the plan "at a time they believe would be the most conducive to its success. They believe that presenting it during election time would undermine its chances."

A senior official on the prime minister's entourage to Brazil told Israel Hayom that there are growing assessments in Israel that the strikes on Iranian assets in Syria, which foreign media often attribute to the Israeli Air Force, have been successful in pushing the Islamic republic out of the war-torn country.

He also said that it appears that "Operation Northern Shield" to eliminate the grid of Hezbollah terror tunnels snaking under

the Israel-Lebanon border has prevented a war with the Iranian-backed Shi'ite terrorist group.

### Israel Announces That It Is Officially Leaving UNESCO

(JNS) Israel is officially no longer a member of United Nations Educational, Scientific and Cultural Organization, or UNESCO.

"Israel will not be part of a body that continually rewrites history, including by erasing the Jewish connection to Jerusalem," Israeli Ambassador to the United Nations Danny Danon told JNS. "UNESCO is manipulated by Israel's enemies and continually singles out the Jewish state for condemnation."

The U.N. agency has been subject to criticism of anti-Israel bias and distortion of historical sites such as Jewish ties to the Western Wall and Temple Mount.

In September, Israel declined to partake in UNESCO's conference on anti-Semitism "due to the organization's persistent

and egregious bias against Israel," said Israeli Prime Minister Benjamin Netanyahu.

The United States is also expected to leave UNESCO. The State Department did not return a request for comment.



### Hennie Eisen

Health and Accountability Coach

Providing nutritional guidance and a great support structure

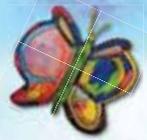
*Weight loss is not a physical challenge. It's a mental one.*

917-650-7071

299 Market Street, Suite 140, Saddle Brook, NJ

"Who will give me wings...I will fly..."

"מי יתן לי אבר...אעופה"  
~ Tehillim/Psalms 55:7 ~



**SINAI SCHOOLS**  
A Uniquely Special Education®

**ANNUAL BENEFIT DINNER**

**SUNDAY EVENING, FEBRUARY 24, 2019**

Marriott Glenpointe Hotel, Teaneck NJ

*Honoring*



Dr. Robert & Shari ALTER



Dr. Bin & Penina GOLDMAN



Rabbi Michael & Ayelet HOENIG



**cross river® 2019 COMMUNITY PARTNERSHIP AWARD**



Special tribute in memory of our beloved Associate Director **Rachel Schulman, A"H** and dedication of the Rachel Schulman Memorial Fund

**IT IS ONLY THROUGH YOUR COMPASSION AND GENEROSITY THAT OUR VITAL WORK CAN CONTINUE!**  
We accept gifts of appreciated securities

Special education for children with a wide range of developmental, intellectual, and complex learning disabilities

[www.sinaidinner.org](http://www.sinaidinner.org) • 201-833-1134 x106

**The power, resources and experience of a multi-state law firm with 49 years of success.**

**R** THE **ROTHENBERG** LAW FIRM LLP

**InjuryLawyer.com®**

**800-624-8888**



NEW YORK | HACKENSACK | LAKEWOOD | MONSEY | CHERRY HILL | PHILADELPHIA



# New York Times Ends the Year With an Epic Israel Smear

A 4,700-word story with multiple images and online videos cannot even manage to report the nature of violence in which a Palestinian woman was entangled, nor of the murderous and implacable hatred of Israel fueling it.



By Andrea Levin

The New York Times' 4,700-word story on the death of a young Gazan woman in June 2018 during border riots is a powerful reminder of the depth and breadth of bias at the paper.

The hagiographic Dec. 30 account spans a remarkable three and a half full pages of the paper, tracing Rouzan al-Najjar's personal life and sad end. Yet it manages, in all the words and images (and online videos), not to report the nature of the violence in which she was entangled, nor of the murderous and implacable hatred of Israel fueling it.

The rioters hurling fire bombs, rocks, burning tires and flaming kites—some embellished with swastikas—and ripping down the fence wherever they can are not termed "rioters" by the Times, but "protesters." The rants of "death to Israel" and threats that the "army of Muhammad" is coming delivered by Hamas leader Ismail Haniyeh to chanting mobs are excluded.

The riots are termed instead a "kind of nationalist circus," which they may be,

but genocidal bigotry fuels this circus and its frenzy week after week to overrun the fence and invade Israel.

The Times has a longstanding aversion to reporting straight-on demonization of the Jewish people, so there is also no mention of Hamas leader Yahya Sinwar vowing last April before the death of the young medic: "We will take down the border, and we will tear out their hearts from their bodies."

The effort broadly to obscure Palestinian violence against Israel also includes blurring the most serious threat: the chronic rocket and missile fire from Gaza into Israel. The Times' David Halbfinger and his colleagues

relay that the young medic had hoped to study medicine abroad, observing, "But then came the rockets, the blockade, the wars."

The blockade and wars resulted from thousands of rockets and missiles from Gaza. The onslaught has also necessitated bomb shelters and concrete-protected schools and public spaces throughout Israel's south; safe rooms in every home; and elaborate anti-missile systems to protect against the bombardments. No mention is made of the millions of Israelis who live under missile threat from Gaza.

2018, the year of the weekly "March of Return" riots along the Gaza border, saw a



A view of the offices of The New York Times in Manhattan. (CREDIT: SERGE ATTAL/FLASH90)

sharp upsurge of rockets, with 1,000 fired into Israel. In comparison, a total of 71 were fired in the previous three years.

Halbfinger likewise wrote: "Before 2005, Gaza residents could work in Israel.

➔ CONTINUED ON NEXT PAGE

## Weather Forecast

<b>FRI</b>	January 4	
Mostly Sunny, 47°/38°		
<b>SAT</b>	January 5	
Rain, 43°/38°		
<b>SUN</b>	January 6	
Sunny, 48°/33°		
<b>MON</b>	January 7	
Mostly Cloudy, 43°/35°		
<b>TUE</b>	January 8	
Few Showers, 41°/35°		
<b>WED</b>	January 9	
AM Showers, 41°/30°		
<b>THU</b>	January 10	
Mostly Sunny, 39°/29°		

AARON TEITELBAUM

ORCHESTRA & PRODUCTIONS

REIMAGINED

718.256.7200 | AARONTEITELBAUMPRODUCTIONS.COM

**Epic Israel Smear**

CONTINUED FROM PREVIOUS PAGE

But rocket attacks and bombings after the Second Intifada erupted in 2000 prompted Israel to cordon off the strip and eventually abandon its settlements there.”

“Rocket attacks and bombings”? By whom? From where?

And this tiny, odd reference to modern Gaza history, including an Israeli withdrawal that might have allowed better lives for Palestinians but for the tyranny of Hamas, is all there is in the 4,700 words.

In the Times’ rendition, it’s trigger-happy Israelis who are the issue. They’re depicted as crouching in the dunes and shooting harmless protesters. A huge two-page diagram depicts sniper sight-lines striking al-Najjar.

And this, too, is deceptive—the characterization of al-Najjar’s actual fate. For 80 percent of the story she’s reported to have been killed by a bullet “fired by an Israeli sniper into a crowd,” implying she’s struck directly by rifle shot. And there’s commentary on targeting protesters and rules of engagement.

Only near the end do readers learn the woman was killed when a bullet struck the

ground a distance from her and ricocheted, with fragments striking three people, the others injured but not fatally. That is, despite the elaborate diagrams, online videos and poignant portrait, al-Najjar wasn’t targeted by a sniper but was the victim of an unintentional ricochet.

Though the Times’ story is exceptional in its dramatic length, its tropes featuring romanticized Palestinian victims of hard-bitten Israelis have long graced the pages of the newspaper. In myriad similar stories, one-dimensional, victimized Palestinians with no agency of their own are acted upon by Israelis. Their families and communities are opaque and unknown, defined only in relation to Israel and only as victims.

Halbfinger, who is relatively new to the post, also offers up a thread-worn insight regarding the death of the medic: “It also shows how each side is locked into a seemingly unending and insoluble cycle of violence.”

What is shown is the Times drifting ever further into a seemingly unending cycle of bias where Israel and Jews are concerned, as recent weeks underscore. An uproar over the paper just weeks ago featuring an anti-Semitic book—recommended by Alice Walker, herself an anti-Semite—has fueled intensifying dissatisfaction with the publication.

The continuous hectoring of Israel—in a region where vast cruelties have been inflicted on peoples who need the light of

journalistic attention but are ignored—can be weighed in the context of the Times’ greatest past professional failure.

“The century’s bitterest journalistic failure” is how former New York Times executive editor Max Frankel described his publication’s coverage of the extermination of 6 million Jews in World War II. The characteristics of that “staggering, staining failure” included obscuring the horror befalling the Jewish people by blurring the singular Nazi aggression against them, burying reports of their slaughter in the millions deep in the paper to minimize public awareness, and rarely ever giving front-page attention to the catastrophe.

It’s notable that back then, when European Jews were under assault and largely helpless to save themselves, the publisher and editors essentially ignored the story of their plight and denied them the publicity that might have spurred action on their behalf.

Today, as the Jewish state comes under grotesquely hypocritical propaganda attack in the world arena, often by blatantly biased and bigoted forces, the Times is once again denying full, honest and serious coverage of the threats to the Jewish people, instead itself stigmatizing the nation through its incessant bias.

Andrea Levin is executive director and president of CAMERA.

**THE Judaica House, Ltd.**

**תפילין**  
 גסות-מעור אחד \$700.00 and up.....  
 פשוטים מהודרים עם כנפיים \$395.00....

**PRE-PURIM SPECIAL**  
 ALL מגילות אסתר 10% OFF!

**ועד משמרת סת"ם**  
 Vaad Mishmereth STaM  
 The Center for international activities to preserve & promote the halachic integrity of Torah Scrolls, Tefillin and Mezuzos

Public Awareness, Information & Consultation on the Validity & Quality of STaM  
 Halachic Research & Publications • Tests for Scribes and Examiners & Certification  
 Supervision on Imported STaM • Computer Scanning for Textual Accuracy of STaM

\*(Personalization Available)

478 Cedar Lane, Teaneck, NJ, 07666 • 201 801 9001 • info@judaicahouse.net

# JOIN NOW & GET \$100 OFF

& A MASSAGE OR PERSONAL TRAINING SESSION FOR EACH ADULT!\*



Not just a gym,  
A Family Wellness Center

**SWIM YEAR-ROUND IN INDOOR/OUTDOOR AQUATIC CENTERS**

**HI-TECH CARDIO FITNESS CENTERS**

**NEARLY 100 COMPLIMENTARY GROUP EXERCISE CLASSES**

**FULL BASKETBALL, RACQUETBALL AND OUTDOOR TENNIS COURTS**

**DEDICATED YOUTH/TEEN FITNESS CENTER**

**COMPLIMENTARY BABYSITTING**

**LUXURIOUS FULL-SERVICE SPA CENTER**

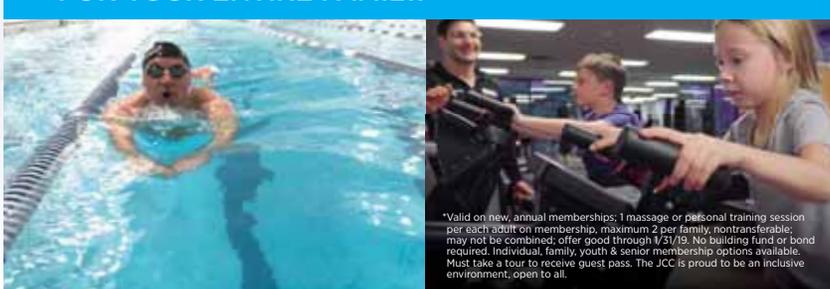
**RED CROSS SWIM LESSONS FOR ALL AGES**

**RENOWNED NURSERY, MUSIC, DRAMA & DANCE SCHOOLS**

**ACCESS TO EXTENSIVE YOUTH PROGRAMMING, SUMMER CAMPS & INFANT CENTER FOR BABIES 3 MONTHS+**

**SHOMER SHABBAT KOSHER CAFE**

**TAKE A TOUR & GET A ONE-WEEK PASS FOR YOUR ENTIRE FAMILY.\***



\*Valid on new annual memberships; 1 massage or personal training session per each adult on membership, maximum 2 per family, nontransferable; may not be combined; offer good through 1/31/19. No building fund or bond required. Individual, family, youth & senior membership options available. Must take a tour to receive guest pass. The JCC is proud to be an inclusive environment, open to all.

 **KAPLEN JCC on the Palisades TAUB CAMPUS**  
 411 EAST CLINTON AVENUE, TENAFLY, NJ 07670 | jccotp.org



WARM UP WITH THESE

# HOT DEALS

*in West Orange*

FULL TAKEOUT & DELI NOW OPEN. COME BY FOR FREE TASTINGS!

EFFECTIVE SUNDAY, JAN 6 - FRIDAY, JAN 11

CHICKEN BROILERS CUT IN 1/8'S

**\$2.79 LB**



BABY CHICKEN PARGIOT

**\$5.29 LB**



GROUND CHUCK FAMILY PACK

**\$3.79 LB**



AMERICAN BLACK ANGUS BEEF FILLET STEAK

**\$7.99 LB**



PICKLED 2ND CUT CORNED BEEF

**\$9.79 LB**



BREADED TILAPIA

**\$5.99 LB**



**DELI**  
SESAME CHICKEN

**\$9.99 LB**



ASIAN BABY CHICKEN

**\$10.99 LB**



GM CHEERIOS 8.9 OZ, HONEY NUT CHEERIOS 12.25 OZ, CINNAMON TOAST CRUNCH 12 OZ, REESE'S PUFFS 11.7 OZ

**2/\$4**



JASON BREAD CRUMBS ASSORTED 15 OZ

**2/\$4**



SNAPPLE ASSORTED 64 OZ

**\$1.79**



FRESH GREEN CABBAGE

**\$.69 LB**



FRESH ICEBERG LETTUCE

**\$.89 EACH**



FRESH CAULIFLOWER

**\$1.69 EACH**



SWEET YELLOW PEACHES

**\$1.99 LB**



FRESH BLUEBERRIES 1 PINT

**\$2.99 EACH**



CLEMENTINES GIFT BOX 5 LB

**\$5.99 EACH**



SEAPOINT FARMS EDAMAME EXCEPT ORGANIC 14 OZ

**\$2.29**



INTERNATIONAL DELIGHT CREAMERS ASSORTED 16 OZ

**\$1.99**



SIMPLY ORANGE JUICE ASSORTED 52 OZ

**2/\$6**



## EVEN MORE WILD DEALS IN OUR WEEKLY CIRCULAR!

Text "awo" to 22828 to receive aron's money-saving emails!



629 EAGLE ROCK AVE, WEST ORANGE, NJ 07052 | ARONSWESTORANGE.COM - 973-736-5000

WHILE SUPPLIES LAST - NO RAIN CHECKS - DEALS APPLICABLE IN WEST ORANGE LOCATION ONLY - ENJOY!

FOLLOWING OUR FABULOUS SUCCESS IN JAMAICA

**NO OTHER  
PESACH PROGRAM  
GIVES YOU MORE!**

**MORE ALL STAR CHEFS**



ASHER AVITAN MORDY JOFFE PAZIT SAPIR ASSAF BEN MOSHE

**MORE RIVETING SPEAKERS**



AMBASSADOR RON PROZOR PROFESSOR ALAN RECHTSCHAFFEN RABBI SAMUEL FRANKEL

**MORE MUSICAL PERFORMANCES**



SUPERSTAR YAAKOV SHWEKEY SUPERSTAR GAD ELBAZ SOUL SINGER ELI LEVIN CANTOR YAAKOV MOTZEN

**MORE PERFECTION**



**MORE MAGIC AND LAUGHTER**



**MORE ALL INCLUDED EXCURSIONS**



**PUERTO  
2019  
RICO**  
A CARIBBEAN  
DESTINATION



royalpassover.com Follow us >   
Tel: (201) 474-2155 E-mail: contact@royalpassover.com

**Lost Votes Could Sink the Israeli Right**

CONTINUED FROM P. 1

will allow Bennett and Shaked to distance themselves from moves that they themselves have spearheaded on issues including separation of religion and state; military conscription for the ultra-Orthodox; the attitude toward Reform Jews and more. Until now, they could claim that their stance on these questions reflected the leaders of the religious Zionist camp, which is no longer relevant.

The big question is what target audience Bennett and Shaked are trying to reach. Are they trying to get at the right-wing voters who are considering supporting former IDF chief of staff Benny Gantz, Yesh Atid leader Yair Lapid or MK Orly Levy-Abekasis, as they said when they announced their new party on Saturday night? Or are they after voters who would otherwise cast ballots for the National Religious Party or the Likud? These are two separate groups, each of which requires a different campaign and different messages to woo.

For Prime Minister Benjamin Netanyahu, the question has been decided. The denigration of the new party by Likud ministers and the Likud Party indicate that Netanyahu's major concern is that the New Right will steal votes from the Likud, not from Gantz or Levy-Abekasis.

Netanyahu can handle the latest split in one of two ways. The first is to go into battle, like we saw Likud ministers Miri Regev and Yariv Levin do on Sunday, attacking Bennett and accusing him of being behind a plot to bring down Netanyahu. The second way would be to embrace the new party, as he embraced Bennett ahead of the 2015 election—a warm, suffocating and neutralizing embrace. An embrace that caused Habayit Hayehudi to lose votes, which went back to the Likud. But that will happen only if Bennett announces that he will recommend that Netanyahu serve as prime minister of the next government. As long as that doesn't happen, he will be a target.

But one thing bothers Netanyahu more than the Likud losing votes: the possibility that Bennett could gobble up the small parties on the right and take a big bite out of the nationalist camp. A situation in which Habayit Hayehudi, Finance Minister Moshe Kahlon's Kulanu Party, Yisrael Beytenu and Shas are all hovering near the minimum electoral threshold would be a dangerous one. So dangerous that the right could lose power. One of those parties failing to make it into the Knesset could bring down the entire right-wing camp and allow the center-left and the Arabs to form a successful opposition bloc.

Mati Tuchfeld writes for Israel Hayom.

Compassionate Care  
for our Community

**BACK TO HEALTH**  
PHYSICAL THERAPY ASSOCIATES



**State of the Art Clinic | In-Home Rehabilitation**

- Back, Neck and Joint Pain
- Arthritis Rehabilitation Protocol
- Balance and Neuro Specialists
- Post Orthopedic Surgery/Joint Replacement
- **NEW!** Cold Laser Treatment
- Medicare and Most Insurances Accepted



**Mitch "Mordy" Simpson, PT, MS, OCS Owner/Director**  
Board Certified Orthopedic Specialist



**201.833.0234** [www.BTHREHAB.COM](http://www.BTHREHAB.COM)  
1060 Main Street, River Edge, NJ 07661  
(Right off Route 4, across from Total Wine)

**PESACH WITH FFH EVENTS**  
OUR FAMILY & YOURS...  
**PESACH 2019**

BACK FOR A FOURTH AMAZING SELLOUT SEASON  
AT THE VILLA ROMA RESORT, CALLICOON, NY  
ENTIRE HOTEL EXCLUSIVE AND KOSHER FOR PESACH! ONLY TWO HOURS FROM NEW YORK CITY.

**FFH PRESENTS:**

- TOP NOTCH GOURMET MENU
- COMPLETE BUY OUT OF LUXURY RESORT
- ATTENTION TO DETAIL
- NON-GE BROK TZ & CHASSIDISHE SHECHITA
- NUSACH SEFARD & NUSACH ARI MINYANIM
- CHAZANOS
- DAILY DAF YOMI
- PRIVATE DINING AVAILABLE
- PUBLIC SEDER OPTION
- SINGLE PROGRAMMING & SHADCHAN
- ALL STAR ENTERTAINMENT & SPEAKERS
- PROFESSIONAL DAY CAMP + KIDDIE CAMP + BABYSITTING
- FINE WINE CHOICES
- LAVISH TEA ROOM
- COFFEE BAR
- ICE CREAM PARLOR
- PARTIAL STAYS WELCOME
- PAY WITH POINTS OPTION

**VILLA ROMA RESORT:**

- ZIPLINE + ROCKWALL + GO CARTS + PAINT BALL
- BOWLING & HORSEBACK RIDING
- PGA 18 HOLE GOLF COURSE
- STATE OF THE ART GYM & FITNESS CLASSES
- GAMEROOM & ARCADE CENTER
- INDOOR POOL + JACUZZI + SAUNA
- FULL SERVICE SPA
- BASKETBALL + TENNIS + VOLLEYBALL COURTS
- INDOOR/OUTDOOR PLAYGROUNDS & SOFT PLAY
- BOUNCE HOUSE ACTIVITY CENTER
- HARD KEYS + LOW FLOORS + WI-FI
- SPACIOUS GUEST ROOMS & SUITES
- WALKING PATHS & BEAUTIFUL GROUNDS
- NEARBY THE DELAWARE RIVER

**FFH EVENTS:**

- RABBI YACOV BARBER
- ASHER & SARA ESTHER CRISPE
- COMEDY BY ASHLEY BLAKER
- 8TH DAY IN CONCERT
- NEW! BENNY FRIEDMAN
- BORUCH SHOLOM BLESOFKY

**TABLE ONE CATERING** **FFH Events**

THE PROGRAM WITH THE ABSOLUTE BEST VALUE FOR YOUR MONEY!

212-901-2000 | [PESACHWITHFFH@GMAIL.COM](mailto:PESACHWITHFFH@GMAIL.COM) | [FFHEVENTS.COM](http://FFHEVENTS.COM)

**Friendly URGENT CARE**

**Get Well Quick**  
Because we value your time as much as your health.

**HOURS**

- Monday-Thursday ..... 9am-9pm
- Friday ..... 9am-Sundown
- Saturday ... 1 hour after Sunset-10pm
- Sunday ..... 9am-7pm

1428 Teaneck Road, Teaneck, NJ 07666  
201-351-9941  
[Info@FriendlyUrgentCares.com](mailto:Info@FriendlyUrgentCares.com)  
[FriendlyUrgentCares.com](http://FriendlyUrgentCares.com)

Stop by Friendly Urgent Care for professional level care - quickly, efficiently and always with a smile.

**Rabbi Ephraim Simon of Teaneck**

CONTINUED FROM P. 1

experience in saving the life of his kidney donor had been positive and he knew that liver donation was also possible.

In the past there have been many people who have donated a portion of their liver, which is unique among all human organs in that it regenerates in both the donor and the recipient. Fewer people have done it altruistically, but it has been done. But Rabbi Simon is the *third person* at the Cleveland Clinic to have ever made a liver donation after also donating a kidney; most hospitals consider such a donation high-risk and wouldn't consider doing the surgery. Transplant programs create their own inclusionary and exclusionary protocols, and few, if any, other transplant programs are known to take donors who have previously donated a kidney.

In October, Lipschutz came through as a liver-donation matchmaker, connecting Rabbi Simon with Levitz, who was on liver registries in New York, Pennsylvania and Florida. Rabbi Simon had initially been directed by Lipschutz to Cleveland Clinic to test for another recipient, which didn't work out. He later learned that no other transplant program wanted him as a liver donor because of him having previously donated a kidney. But the Cleveland Clinic was willing and happy to work with him, and are seeking to expand and stretch the limits of their living kidney donor program, said Donna Ferchill, the clinical nurse manager for Cleveland Clinic's liver transplant program and living liver donor coordinator. Of the 156 donations they did in 2018, just 19 of the donations came from living donors.

"We are a very-high-volume program and we would like to expand our criteria. For that reason we are almost considered a high-risk program; for example, we take re-



Rabbi Simon and Adam Levitz found they shared a love of football. (COURTESY OF STEFANIE LEVITZ)

ipients for liver donation who have cardiac complications," she explained.

Other donors have generally not publicized their donations, said Ferchill. But Rabbi Simon came in as a directed donor, i.e., he came in asking to be tested for someone specific. She said she thinks the publicity his donation will bring bodes well for the program and for liver donation. "Just to see the true generosity of someone who put his life on hold and to have this surgery, something that they don't need to have. It's so rewarding to be a part of this process. This is a bigger story because, for me, it's part of educating the public. Most people don't know you can give a part of your liver and that it regenerates. Rabbi Simon's donation will make people more aware that this can be done," she said.

Rabbi Simon's reasons for donating a portion of his liver were, in some ways, the same as for donating his kidney. "To save a person's life," he told The Jewish Link. "God gives us all various blessings, resources in life. Thank God, I was blessed with the gift of good health. If I can share that with someone who wasn't blessed with that, then that is our mandate," he said.

Rabbi Simon lamented that sometimes there are situations where a person is dying and there is nothing medically that can be done. "You have only prayer. But here you have a situation where this person is dying. In the case of my liver recipient, all he needs is a liver and he can live.

"I felt this is something I can do. A week of pain, two weeks of pain? But another person can have a long, healthy life," he said.

"In the end, our lives are fleeting. Eighty, 90 years. The most we can do is leave a legacy behind us of caring. I want my life to have made a difference in the lives of others," he said.

Rabbi Simon also wants his congregation and his children to see him walk the walk as well as talk the talk. A rabbi's greatest sermon is how he lives his life. He wants people to make real efforts to do chesed. "As much as I want to inspire my community and the world, I want to inspire my children to live good, meaningful, caring lives. It's not as if I am telling people to donate their liver. You don't necessarily have to donate your liver to make the world a better place. Just strive to make the world better."

"Life's greatest blessing is *chesed* (kindness). I think other people can leave their comfort zone and sacrifice to do chesed. True chesed involved sacrifice."

Rabbi Simon explained that the liver donation was a much bigger operation than the kidney donation, which was laparoscopic. That entailed, according to Rabbi Simon, "discomfort for several days, but pretty much controlled... In a couple of days I was back to myself, though I also learned that opioid-based pain medications have no effect on me."

The liver donation was invasive. He has a scar from the sternum down to his belly button and extending to the right hip, like an elongated "J." He had 35 staples to close the wound, and inside there are sutures as well, because they had to cut through muscle.

CONTINUED ON P. 16

Please join us at the  
**36th ANNUAL DINNER**

HONORING



**Rabbi Joel Grossman**  
*Faculty Service Award*



**Nomi & Yechiel Rotblat**  
*Guests of Honor*



**Aaron Safer '01**  
*Alumni Tribute Award*

In support of the Bruce  
Ritholtz z"l Scholarship Fund

**SUNDAY | FEBRUARY 10, 2019 | 6:30 PM**

- at -

**CONGREGATION KETER TORAH**

600 Roemer Avenue, Teaneck, NJ

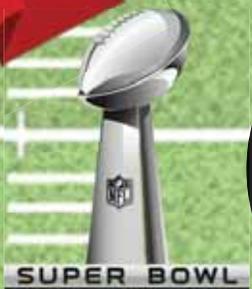
To RSVP and/or donate, please visit [www.tabc.org/annualdinner](http://www.tabc.org/annualdinner)

For questions or more information, please contact Sharon Rifkind  
Director of Development, [sharon.rifkind@tabc.org](mailto:sharon.rifkind@tabc.org) / 201-837-7696 x123



ROAD to SUCCESS

**UNDER NEW MANAGEMENT**



# CHICKIES SUPER BOWL PACKAGES

172A West Englewood Ave Teaneck NJ 07666



**EXTRA POINT PACKAGE\***  
(8-10 PEOPLE)

- 3 FT HERO
- 9X13 TRAY OF WINGS
- 9X 13 TRAY OF FRENCH FRIES
- 2- 8 OZ CONTAINERS OF SAUCE
- 2- 2L BOTTLES OF SODA

**\$160**

**2POINT CONVERSION PACKAGE\***  
(12-15 PEOPLE)

- 3 FT HERO
- 9X13 TRAY OF WINGS OR POPCORN CHICKEN
- 9X13 TRAY OF FRENCH FRIES
- 9X13 TRAY OF ONION RINGS
- 4- 8 OZ CONTAINERS OF SAUCE
- 3- 2L BOTTLES OF SODA

**\$265**

**FIELD GOAL PACKAGE\***  
(18-25 PEOPLE)

- 2 X 3 FT HEROES
- 13X 20 TRAY OF WINGS
- 13X 20 TRAY OF FRENCH FRIES
- 13X 20 TRAY OF ONION RINGS
- 6- 8 OZ CONTAINERS OF SAUCE
- 5- 2L BOTTLES OF SODA

**\$450**

**TOUCHDOWN PACKAGE\***  
(30-40 PEOPLE)

- 3 FT HERO
- 6 FT HERO
- 13X20 TRAY OF WINGS
- 13X 20 TRAY OF POPCORN CHICKEN OR CHICKEN FINGERS
- 13X20 TRAY OF FRENCH FRIES
- 13X20 TRAY OF ONION RINGS
- 13X20 TRAY OF BITE SIZE BURGERS
- 13X20 TRAY OF SNACK WRAPS
- 25 LB COLESLAW
- 8- 8 OZ OF SAUCE
- 8- 2L BOTTLES OF SODA

**\$799**

**SUPERBOWL SPECIAL PRICING\***

- 3 FT HERO -\$115
- 6 FT HERO - \$225
- WRAP PLATTER - \$90
- 9X13 FRENCH FRIES \$38
- 9X13 ONION RINGS \$47
- 9X-13 OF SNACK WRAPS \$47
- 9X13 BITE SIZE BURGERS \$38
- 9X13 OF CHIPIES CHICKEN SLIDERS \$38
- 9X 13 TRAY OF WINGS \$62
- 9X13 TRAY OF POPCORN CHICKEN \$65

ALL PACKAGES COME WITH SERVING UTENSILS, PLATES, CUTLERY, NAPKINS & CUPS.  
\* NO SUBSTITUTIONS ON ABOVE PACKAGES

**TO PLACE YOUR ORDER  
CALL CHICKIES OFFICE  
1-(201)-820-1555  
OR  
ORDER ONLINE: CHICKIESTEANECK.COM**



**Rabbi Ephraim Simon of Teaneck**

CONTINUED FROM P. 14

Because he knew that pain medications didn't work on him, he admitted he was worried about the pain. "Because I knew about it, the Cleveland Clinic gave me a different pain protocol, including a pain block in the muscle that extended until Day 3 after the operation," but the next several days he had the most pain. On Day 6 he was released from the hospital. Speaking from Cleveland on Day 12, he said he was feeling only a small amount of pain. And that pain paled when thinking of his recipient, Levitz, who was brought back to his family.

"This is one of God's miracles. The liver started working immediately in him, on the operating table," he said.

Levitz, for his part, wasn't sure how to express his emotions to the "friendly guy with a great sense of humor" he just met, whom he "clicked with" and talked about

football, he told The Jewish Link.

Father to Ryan and Sydney, 17-year-old twins, and 11-year-old Austin, and husband to Stefanie, Levitz didn't know if he would see his children's high school or college graduations. Sick with Crohn's disease since he was 15, and with PSC for the past six or seven years, he has been on liver transplant lists in three states for close to two years, since March 2017.

For the past year, Levitz, a credit and finance analyst, has been unable to work. "I was very jaundiced, fatigued; I had chronic pain, no energy. My body was shutting down. The liver filters everything and mine was filtering nothing. I was very foggy every day, couldn't think straight, I had trouble driving. It didn't just affect me; obviously it affected my wife and kids. Thankfully, I have a great support system of family and friends and they have been wonderful," Levitz said.

And now, 12 days post surgery, how does Levitz feel? "My chronic pain is completely

gone; the only pain I have is surgical. I am still weak and need to build up strength. In liver failure, you lose so much protein and can't hold muscle tone," he explained. For now, his directive is to exercise every day and follow immunocompromisation protocols, like staying away from crowds and avoiding viruses or illnesses of all kinds.

So he feels better physically, but how's his mood? How does he feel about what Rabbi Simon did? "He should be the Time Magazine Man of the Year. There is no greater human being than him," enthused Levitz. "I'm going to see my kids graduate high school and college, see them get married. My brother-in-law, he had the best response: He is never speechless, but he is speechless at this guy. Living donation is the most unbelievable thing. I have to find a way to pay it forward," he said. Levitz added that he was especially heartened to hear how Rabbi Simon asked to be wheeled to see him in the ICU and continually checked on him during their hospital stays.



Adam Levitz gets ready to embrace his donor. (COURTESY OF RABBI EPHRAIM SIMON)

Chabad of Teaneck's youth director, Rabbi Michoel Goldin, stepped in during Rabbi Simon's absence to assist at the Chabad House. He said he was happy to help and doubly inspired by Rabbi Simon's gift. "His tremendous humility and kindness is something we all can learn from. He loves to help people and has tremendous patience and knowledge of how to deal with many situations that come up in our community. As a young rabbi I couldn't find a better role model in all areas of the work we do."

Inspired by Rabbi Simon's kidney donation, "Rabbi Simon's Gang" was created by Juda Engelmayer, who started a GoFundMe page to benefit the Friends of Lubavitch of Bergen County. The campaign's goal is to raise \$100K, but any small amount will help Rabbi Simon continue to share his goodness and kindness with the Teaneck community.

To contribute to this campaign, visit <https://tinyurl.com/yadndsfr>.

**LETTERS TO THE EDITOR**

CONTINUED FROM P. 8

We now have a man in the White House who has been a great friend of Israel. Israelis love him, both civilian and military. He has done more for Israel than any or all Democratic presidents combined in our history. Do I really care that he is "not presidential." Do I really care that he is a braggart, do I really care that he had relations with prostitutes prior to his assuming the office of president? No, I do not. After all, 100 percent of the Democratic senators in office at the time could not find the courage to vote against Clinton, who totally disgraced the office of the president and who lied about it as well. Remember: "I did not have sex with that woman." Where were their ethics and concerns then?

In 2009, Schumer supported a wall and spoke up for it. Now he is against it only because Trump proposed it and was actually trying to keep his promise.

It's time for us Jews to support those politicians who are good for us and for Israel. *Im ain ani li, mi li*, If I am not for myself, who is for me? Unfortunately, all too often, Jews are so worried about the rest of the world that we fail to be for ourselves.

**Rabbi Bob Mark**  
Clifton, NJ

SAVE THE DATE  
**FRISCH DINNER 2019**  
*Soaring*  
 WITH FRISCH

 **RUTH AND EDWARD LUBAT**  
*Guests of Honor*

 **JENNIFER WOLF SEIDEL '87**  
*Alumni Recognition Award*

 **NATIE FOX**  
*Nediv Lev Award*

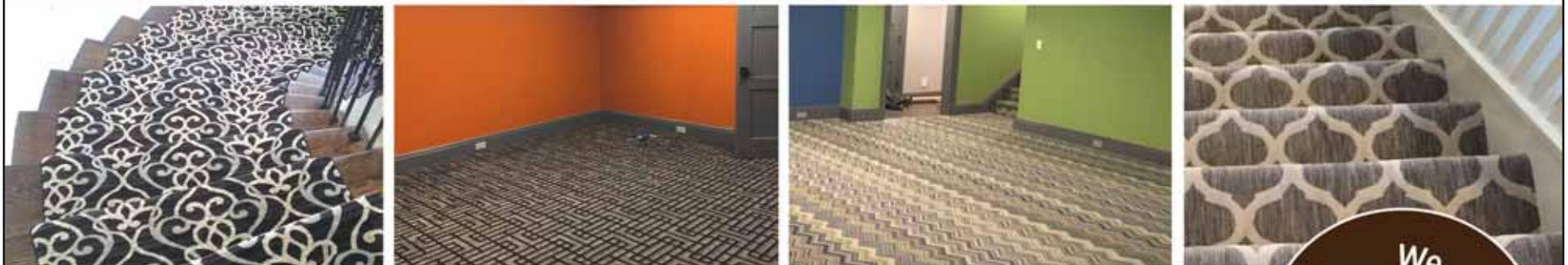
 **RABBI NEIL FLEISCHMANN**  
*Rav Shlomo Kahn  
 Memorial Educator's Award*

FEBRUARY 9, 2019 · ה' אדר א' תשע"ט  
 8 PM · TEANECK MARRIOTT AT GLENPOINTE  
 WWW.FRISCHDINNER.COM

THE FRISCH SCHOOL  
 ישיבת פריש  
 The Henry & Esther Swieca Family Campus

# Vinyl & Hardwood Floors

*Tons of styles and colors to choose from!*



## DIRECT • LINE CARPET

We  
sand & refinish  
your existing  
hardwood  
floors!

**New  
Location!**

VINYL | CARPET | HARDWOOD

553 Cedar Lane, Teaneck, NJ | Call or Text: (201) 357-4027

Store Hours: M-Th 10:30-5, Fri 10-12, Closed Sunday

**Questions?** Email us at [nathan@directlinecarpet.com](mailto:nathan@directlinecarpet.com) or call to set up an appointment.



# Swaddles baby

**BIGGER  
SELECTION IN  
STORE**



Bugaboo Fox Stellar

**FREE  
WARM MUFFS  
ON SELECT  
ITEMS**



Uppa Baby Vista



Stokke



Baby Monster Denim



Mima Zigi



Silver Cross Jet Special Edition



Valco

**WE OFFER DELIVERY  
& ASSEMBLY**



**AUTHORIZED DEALER OF  
LEADING BRANDS OF BABY  
FURNITURE & STROLLERS**



500 CEDAR LANE | TEANECK, NJ, 07666 | 201-614-2700 | WWW.SWADDLESBABY.COM | @SWADDLES\_BABY



Furniture



**Strollers**



Play



Travel



Bath



Feeding



Safety



Accessories

# Englewood Community Unites to Help Local Family After Devastating Fire

By Mike Dube

On Thursday morning, I was looking at Facebook when I noticed a post in the Englewood Today group about a local family who lost everything in a fire at their home in Englewood on Christmas Day. The charity I volunteer for, Sharing Seats ([www.sharingseats.org](http://www.sharingseats.org)), receives requests from kids facing adversity all over the United States, so I have seen and heard it all, but for some reason this situation hit very close to home. I immediately made the decision that I would do everything I could to help this family raise their spirits and get back on their feet.



Mike Dube with his Englewood neighbors.

I knew that the Englewood Jewish community, that I have been a part of for over 15 years, would rally together for the greater community. The scripture says, "Greater is the person who gets other persons to do good deeds than for them do it themselves." Therefore, I decided I would not only get my temple, Keshet, involved, but I would invite all of the Orthodox shuls in the area to participate in this effort. I was able to get the ages and sizes of all the family members and sent the information to the three Orthodox temples in the area. Within a matter of hours, I got a huge response from people wanting to help. I reached out to Cheryl Rosenberg, Englewood's First Ward Council Woman, who was eager to help and was able to connect me with the family directly.

Through Keshet Center and Sharing Seats, we were able to secure four great seats, a parking pass, field passes and spending money for the family to attend the New York Giants game at MetLife Stadium on Sunday, December 30. I surprised the family in person, on Saturday evening, with the tickets and let them know that there would be more special gifts to come. Congrega-

tion Ahavath Torah started a collection of clothing and supplies for the family. One family from East Hill Synagogue saw the email and took the family on a shopping spree at Target. Another local family, who is always asking me for ways they can help, answered my call even though they were deplaning from Israel. The family immediately got off the phone with me and connected with the family in need about what they could buy for them as they waited for their luggage at the airport.

Chesed starts in your own backyard and community first. We saw a family in need and despite being strangers to us, we all came together to help them and started a relationship built on kindness. There are so many opportunities to do good in this

world; sometimes you find them, and sometimes they find you. Either way, if you want to see or feel real happiness, getting involved is the first step. We teach our kids through our actions and when they see us doing chesed and bringing joy to other people they want to get involved too. If you find yourself reading this and want to give back in some way, please consider making a donation to Sharing Seats. A little goes a long way.



The family with their new friend, Seth Gribetz, at their Target shopping spree.

Mike Dube is a resident of Englewood and co-founder of Sharing Seats.

## earn your MSW at Touro a career that counts

*Apply Now for Spring 2019!*

**Eden M.**  
Touro MSW '20  
*Career goal: working with the elderly*



Manhattan or  
Brooklyn campus



Separate classes  
for men & women



100+ clinical  
placements



Financial Aid &  
Scholarships



Caring faculty



**TOURO COLLEGE**  
**GRADUATE SCHOOL OF SOCIAL WORK**  
*Where Knowledge and Values Meet*

**DR. STEVEN HUBERMAN, DEAN**  
**GSSW.TOURO.EDU | ATTEND AN OPEN HOUSE!**  
Miriam Turk, LCSW • [miriam.turk@touro.edu](mailto:miriam.turk@touro.edu) • 646.630.1471  
Alan Singer, PhD, LMSW • [alan.singer4@touro.edu](mailto:alan.singer4@touro.edu) • 347.532.6348

**Englewood Mayor-Elect Michael Wildes to Be Sworn In**



Michael Wildes

Mayor-Elect Michael Wildes invites the community to take part in his swearing in by New Jersey Governor Phil Murphy.

The ceremony will be held on January 7 at 7 p.m. at the Municipal Public Safety Complex (73 South Van Brunt Street, Englewood).

**Congregation Rinat Yisrael Hosts Multimedia Presentation on Holocaust**

On Sunday, January 6, at 8:00 p.m., Cong. Rinat Yisrael Adult Education Presents

“Lost & Found: Adventures of a Family Photo Album Rescued From the Holocaust” with Jacob Wisse, director, Yeshiva University Museum.

This multimedia presentation explores the remarkable history of a family photo album that was assembled in the decades before World War II, smuggled out of the wartime Kovno ghetto by its Jewish creator, hidden for three generations by a non-Jewish Lithuanian family, re-discovered and, after sleuthing spanning multiple continents, returned in 2016 to the family’s descendants. The album’s photographs evoke the rich Jewish cultural life that flourished in the urban centers of Eastern Europe between the wars. The re-discovery of the album and of the lives of the people depicted in it shed light on the important role of photography in strengthening family bonds and preserving memories for future generations.



Jacob Wisse

Jacob Wisse is director of the Yeshiva University Museum and associate professor of art history at Stern College for Women. A Montreal native, he earned his BA from McGill University and his MA and

PhD from the Institute of Fine Arts of New York University, where he specialized in late Medieval and Renaissance art and architecture. He earned a Curatorial Studies Certificate from The Metropolitan Museum of Art, where he was twice awarded the Theodore Rousseau Curatorial Fellowship. His book “City Painters in the Burgundian Netherlands” is to be published next year by Brepols Press. This talk is based on an exhibition that

Wisse co-curated at the Yeshiva University Museum that is on view until April 28, 2019.

**Shani Taragin to Speak at Beth Aaron on Sunday**

Shani Taragin will speak at Congregation Beth Aaron this Sunday, January 6, at 7:30 p.m. Her topic will be “Moshe, Miriam and Aharon—Dynamic Duo and Triumvirate.”

Shani Taragin received her BA and MA in Tanach and Talmud from Bar-Ilan University and is a graduate of Nishmat’s Keren Ariel Program for certification as a halachic adviser (Yoetzet Halacha) in issues of family purity law. She is the educational director of Matan Eshkolot—the Tanach teachers’ education program—and of the Morot



Shani Taragin

l’Halacha program in Matan Renana. Shani serves on the advisory committee for the Mizrahi Olami Shalhevet program for shlichim, and lectures throughout Israel and North America on topics of Tanach, Jewish education and Jewish law. She is a senior lecturer in Matan and is the curriculum coordinator for the Matan Bnei Akiva program (MTVA).

Congregation Beth Aaron is located at 950 Queen Anne Road in Teaneck.

**Bris Avrohom Plans a Shabbat of Learning, Laughter and L’chaim**

Join Bris Avrohom on January 11, for a community Shabbat experience with internationally acclaimed guest speaker, psychotherapist, humorist and scholar Dr. Edwin Susskind, PhD. His topic will be “Women Are From Mars, Men Are From Venus, Jews Are From Sinai.”

Enjoy a four-course, traditional, gourmet Shabbat dinner with select wines and plenty of spirit.

To register, visit [www.jewishfairlawn.org](http://www.jewishfairlawn.org) or call 201-791-7200.

# Passover 2019

at the Hyatt Regency Orlando

Celebrating our 10<sup>th</sup> Year

**We Make Passover Memorable and Orlando Unforgettable**

Mordechai Ben David

Yeedle

Yumi Lowy

Shira Choir

Lior Suchard & Friends

Comedian Ashley Blaker

Magician Shlomo Levinger

Rabbi Moishe David Lebovits

Tevi D. Troy

Rav Hamchshir Rabbi Marcel

Camp - Director Rabbi Aron Rabin

Your host Novie

- ◇ Non-Gebrochts
- ◇ Tennis Courts
- ◇ Cholov Yisroel
- ◇ Ashkenaz & Sfardic Minyanim
- ◇ Shmura Matzo
- ◇ 20 Minutes from Disney & Universal
- ◇ Delectable Yom Tov Meals
- ◇ World Class Entertainment
- ◇ Around-The -Clock Tearoom
- ◇ Inspirational Speakers
- ◇ Luxurious Hyatt Spa
- ◇ Swimming Pools, Waterslides & Waterfalls

Under the strict supervision of the

Lavish & exemplary cuisine by

all – the area’s major theme parks are only a few minutes away

For more details on activities amenities services and more visit [www.PassoverGetaway.com](http://www.PassoverGetaway.com) Follow us >

718-508-4440 | [info@passovergetaway.com](mailto:info@passovergetaway.com)



“ Understanding the innovations that power the business and science of biotechnology positions students for success ”

Dr. Rana Khan

Director, Biotechnology Management and Entrepreneurship  
The Katz School

## ACCELERATE YOUR CAREER

Success starts with an M.A. in Biotech Management from Katz

Develop a specialized skillset by fusing scientific understanding with business aptitude

Join our innovation lab to take your idea from concept to market

Access highly rewarding professional opportunities through our Career Center.

Learn More at [www.apply.yu.edu/katz/BME](http://www.apply.yu.edu/katz/BME)



Yeshiva University  
THE KATZ SCHOOL

BUILDING TOMORROW, **TODAY**



YESHIVA UNIVERSITY HIGH SCHOOLS  
ANNUAL DINNER OF TRIBUTE

## JOIN OUR JOURNEY

MONDAY, JANUARY 7, 2019 • ב' שבט תשע"ט  
6:30 P.M. • MARINA DEL REY

### HONORING



Nazila and Robin  
Baradaran  
Guests of Honor, YUHSG



Jessica and Jonathan '91  
Landa  
Guests of Honor, YUHSG



Shuey Jacoby '02  
Alumni Achievement Award  
YUHSG



Rabbanit Shani Taragin '91  
Alumni Achievement Award  
YUHSG



Liora Haibi  
Faculty Award  
YUHSG



Leah Moskovich '07  
Ethel Dworetzky Morrow z"l  
Faculty Award, YUHSG

### #JOINOURJOURNEY

The Marsha Stern Talmudical Academy/  
Yeshiva University High School for Boys  
2540 Amsterdam Avenue, New York, NY 10033

Samuel H. Wang Yeshiva University High School for Girls  
86-86 Palo Alto Street, Holliswood, NY 11423

For information or to RSVP, please visit [www.yu.edu/hsdinner](http://www.yu.edu/hsdinner)  
or contact Elissa Schertz at 212.960.5223



Yeshiva University High Schools

## COMMUNITY NEWS

# Four Hundred Public Schoolers Attend NCSY's NJ Yarchei Kallah



NJ NCSY participants. (CREDIT: ETAN VANN/NCSY)

(Courtesy of OU/NCSY) For the last few days of 2018, the Ocean Place Resort and Spa on the Jersey shore became a center of Torah learning for over 400 teens coming together from across the United States, Canada and South America.

NCSY's annual Yarchei Kallah program, a signature event for almost 30 years, has capitalized on the December public school vacation period to inject an authentic, religiously inspired week of Torah learning and unity into the lives of teens. NCSY is a division of the Orthodox Union (OU).

This year's Yarchei Kallah was designed and led by NCSY's education director, Rabbi Dovid Bashevkin. The teen participants, including many with limited previous exposure to Jewish texts or traditions, enjoyed one-on-one, group and lecture learning with dynamic speakers from around the world with whom they discussed the central theme: the life of Moshe.

"Our theme allowed us to focus on some of the characteristics of Moshe's leadership that can best be emulated by our teens: self-sacrifice necessary to lead, pursuit of justice and ultimately trust in God," said NCSY International Director Rabbi Greenland.

The scholars-in-residence for the program were NCSY's Mashgiach Ruchani, Rabbi Menachem Nissel; its Mashpia, Rabbi Judah Mischel; and senior educator Rabbi Israel Lashak. The students also heard from OU leadership including its president, Moishe Bane, and executive vice president, Allen Fagin. Other speakers included

world-renowned musician Alex Clare and Israeli thought leader Hillel Fuld, who is also the brother of Ari Fuld, HY"D, recently killed in a terror attack.

Maya G., of Fairlawn High School, said, "I was nervous and scared on the first day. It was overwhelming, but I loved it. I loved bonding with people from all over the world and connecting to our religion... I learned how to daven here with an advisor. I never davened before and I had a chance to really take the time out to experience it. I got an



Among the students are Sarah M. of Hillsdale and Maya G., Taice B. and Dennis V. of Fairlawn and Eitan H. of Teaneck. (CREDIT: ETAN VANN/NCSY)

NCSY siddur and want to use it every day."

"The Orthodox Union takes enormous pride in NCSY, specifically all of the teens and advisors who chose to spend their winter vacations studying Jewish texts together at Yarchei Kallah with great energy and enthusiasm," said Fagin. "The OU is committed to ensuring Jewish education and experience is made accessible and engaging for every Jew."

"Yarchei Kallah represents the very essence of NCSY," said Bane. "Every moment of Yarchei Kallah was meticulously designed to allow teens to discover, on their own terms,

the joy of Jewish learning and community. Yarchei Kallah is about a united, non-judgmental, encouraging environment devoted to developing both individual and shared connections to our religious texts and shared investment in our religious future."



(Left, with guitar) Reuven Lebovitz, Bergen County JSU director. (CREDIT: ETAN VANN/NCSY)



Yair A., right, from Teaneck, with Rabbi Gormin. (CREDIT: ETAN VANN/NCSY)



“ Students master the intricacies of data privacy, security, and information law. ”

Dr. Felix Wu, J.D., Ph.D.  
Faculty Director, Cardozo Data Law Initiative  
Benjamin N. Cardozo School of Law

# ACCELERATE YOUR CAREER

Success starts with an M.S.L. in Data and Privacy Law at Cardozo

Navigate the regulatory frameworks of emerging legal fields.

Understand the compliance and GDPR issues that businesses face today.

Leverage the expertise of Cardozo's pioneering and world-renowned faculty experts

**Learn More at [apply.yu.edu/katz/DPL](https://apply.yu.edu/katz/DPL)**



**CARDOZO**  
Benjamin N. Cardozo School of Law

BUILDING TOMORROW, **TODAY**

# Children Begin a Lifelong Love of Learning at Gan Rina Nursery

By Bracha Schwartz

When Rena Taubes opened a preschool in 1978, her goal was to give young children an education, not just a safe place to be while their parents were at work. That philosophy still guides Gan Rina today.

Curriculum isn't a term usually associated with preschool but it's the driving force for Gan Rina's child-centered program. "Young children are capable of learning so much," said Rue Taubes, Rina's granddaughter and director of the school. "Our goal is to give them a strong foundation so they can grow and learn so much more." The children learn both secular subjects and Torah values: tefillah, brachot, Shabbat, chagim, tzedakah and midot tovot.

The focus on learning is very individual at Gan Rina. The teachers get to know each child's ability and help all the students pro-

gress at their own level. "A child who thinks he will be successful, will be," said Taubes. "We want them to have a love of learning and believe that it can be instilled as young as infancy. We talk positively to them and give them positive feedback. They feel capable of learning because 'my morah told me I can.'"

The balance of warmth and education is what parent Penny Samuel likes most about Gan Rina. "All of the morot truly care for each child and nurture their individuality," she said. "Every child is made to feel important, and they look forward to happy days filled with stimulation and friendship."

Gan Rina has programs for children from 6 months through 3 years old. Classes are divided by age but with an understanding that children develop at varying rates; some have delays and some are gifted. The teachers are attuned to these differences and adjust teaching to the child. They can also spot red flags to recommend outside evaluations when needed.



Rue Taubes  
(CREDIT: COURTESY OF RUE TAUBES)

Taubes says projects are carefully crafted and designed to teach and reinforce a lesson and not just end up on the refrigerator. And the children can practice with their families at home. "Today our parent body works long hours, and following up with children can be difficult," Taubes said. "We want to help them participate in a meaningful way. For example, if we learn colors for Parshat

them learn so I can better tailor our programming and give feedback to parents." Taubes isn't the only one who knows all the children. Each teacher and floater can step right in to any classroom when there's a need and the children feel a connection to them.

Taubes knew she wanted to be a teacher since she was a young child. She got her first lessons from her family where she saw how teachers worked with her autistic younger brother to help him progress. She started volunteering with children in fifth grade and babysat in high school, including for children with special needs. After high school she spent a year in Israel and earned a teaching certification. She returned to attend Stern College, majoring in both art and education. While in college, she worked for a law firm on cases advocating for special needs. She worked on children's IEPs, Individualized Education Programs, making sure they got the services they needed and funding for them from the state.

Rina Taubes passed away shortly after Rue's bat mitzvah. By the time she was older and working, her grandfather



Story time with Morah Rue.  
(CREDIT: COURTESY OF RUE TAUBES)

Noach, we mix English and Hebrew and they take home a matching game they can play on Shabbos. The parents can interact and hear about what their children learned, see what they know and follow what's going on in the classroom."

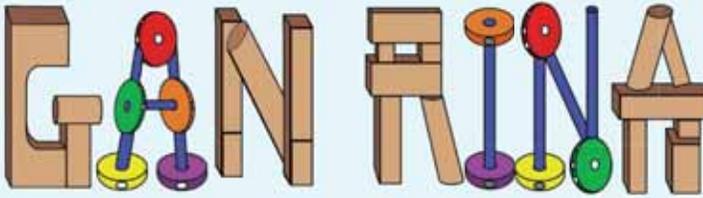
This is the first year Taubes hasn't taught her own class since joining Gan Rina in 2010. Instead, she's involved in all of them. "I never sit down," says Taubes. "I do circle time and projects in all the classrooms. I know each child's cries, who their parents are, who's getting which support services, how each one is learning. I have to be in every room, sitting with them, watching

Full Service  
**Commercial Litigation & Collection Law Firm**  
Serving New York & New Jersey



**JSK The Law Offices of Jeffrey S. Kimmel**  
Jeffrey Kimmel, Esq. | Kelly Griffin-Fromm, Esq. - Of Counsel  
jk@jklawnyj.com | tristatecollectionlawyers.com | (800) 401-7375

➔ CONTINUED ON P. 27



**Over 40 years of experience with excellence in early childhood care and education**

- Carefully crafted curriculum
- Individualized education from highly trained teachers
- Great teacher to student ratios
- Extended hours and vacation day mini camps
- 12 month programming



Registration Now Open!

Summer 2019 • Fall 2019-2020

[ganrinanursery@gmail.com](mailto:ganrinanursery@gmail.com)  
[www.ganrinanursery.org](http://www.ganrinanursery.org)

354 Maitland Ave. Teaneck  
**(201) 833-0458**

Convenient location, right in your back yard!

# RALPH

THE MOST BEAUTIFUL WIGS IN THE WORLD  
Since 1966

## Major Wig EVENT

Wednesday, January 16th

11:45 am - 9:30 pm at Ahavas Israel  
181 Van Houten Avenue  
Passaic, NJ 07055

### 2018 COLLECTION

**WIGS 50% OFF!**

\$1200 ONLY \$599

\$2400 ONLY \$1199

\$2800 ONLY \$1399

**BAND FALLS**

\$1000 ONLY \$399

\$1500 ONLY \$599

\$2200 ONLY \$899

**FREE CUT ON PREMISES**

Every purchase gets entered into a raffle for a FREE RALPH WIG!

### 2019 COLLECTION SPECIAL

With every purchase receive  
\$250 forward enhancements

(baby hair, rooting, low lighting, highlighting, cap size adjustments, balayage highlighting, cut, etc.)



**WINTER CLEARANCE UP TO 50% OFF!**

TRENDY & CLASSIC HEADWEAR. HUGE SELECTION. INCREDIBLE PRICES.

Beanies • Pompom Hats • Berets • Headbands • Baseball Caps •  
Winter Legwear • Snoods • Scarves • Tichels • & More

CHAYA MILCHMAN FANCYTHATHAT@GMAIL.COM 917.957.6334

RALPHWIGSINTL@GMAIL.COM • 848.210.3121 • INSTAGRAM @RALPH\_WIGS • FACEBOOK RALPHWIGS

LOOKING FOR DISTRIBUTORS IN THE USA & NATIONWIDE

השיעור בפאה זו באישור בד"ץ  
"חניכי השיבות"  
בראשות הגאב"ד  
הגאון רבי מרדכי גרוס שליט"א

# the suitstore

-outlet-



Over 5,000  
suits for Men & Boys  
starting at

**\$99**

**GREAT PRICES**

**LARGE SELECTION**

**PERSONAL SERVICE**

ANDREW MARC

Ermenegildo Zegna

john varvatos

RALPH  LAUREN

CALVIN KLEIN

**DKNY**

TALLIA

**MICHAEL KORS**

(201) 880-0382 • [www.thesuitstore.com](http://www.thesuitstore.com) • 328 Route 4 East Paramus, NJ 07652

## COMMUNITY NEWS

### Gan Rina Nursery

CONTINUED FROM P. 24

began thinking it was time to close the preschool his wife had worked so hard to create. "The teachers wanted to keep it open, both for themselves and for her," Taubes recalled. "I said, 'Don't close it, I'll do it!'"

She started as a teacher with the 2-year-olds, learning the techniques and getting to know the faculty. She gradually took over the administrative part of the school, giving tours, meeting parents, managing the financial picture and keeping up with the requirements for licensing and certification of accreditation from the state. Rue Taubes became the director in 2014.

Gan Rina is still guided by Rena Taubes' philosophy, but Rue Taubes keeps it current. "We're very child-centered here. When I was little, a child asked my grandmother where pumpkins come from. She said 'let's find out,' and drove them all to a farm. They brought back pumpkins, toasted the seeds and cooked it. I've done the same thing. If we're talking about winter, and a child wants to know when snow or ice will melt, we'll test it—warm it up in the classroom and watch."

Every year, Taubes introduces a new program. She started a greenhouse so the kids can see how plants grow. Basil, mint, onions and carrots were recently planted. Even math and science are introduced with new and age-appropriate lessons.

Getting the children ready for kindergarten is an important goal and parents are pleased with the way Gan Rina prepares their children. "Our older son was completely prepared for pre-K academically, socially and emotionally," said Dina Silverberg. "Our younger son is there now and he is thriving. We love the school's mindful approach to the curriculum and social wellbeing of each child."

All the teachers have a background in early education. But the qualification Taubes looks for most in a teacher is dedication and love of children. "We are very passionate about what we do," said Taubes. "No one here feels this is just a job."

The warmth extends to the parents as well. "Gan Rina is a special place for me and my family," said Daphne Galla. "Every year since we moved to Teaneck we've had a child enrolled and we couldn't be happier. The teachers are warm and nurturing and the quality of the education continues to exceed my expectations. I am grateful to have found a place where I could fully feel confident that my children are well taken care of and loved every day."

Taubes' children are all graduates of the school. "I was very emotional when my daughter Rina came," she said. "She was in the school that her great-grandmother started."

For more information about Gan Rina Nursery, 354 Maitland Avenue Teaneck, email: ganrinanursery@gmail.com or call: 201/833-0458.



**ELIE TANOUS SALON**  
Enhance Your Inner Beauty

We now style, color, cut  
and sell wigs and extensions

**25% OFF**  
first time clients

**HAIR & MAKEUP**  
for all events or even just a night out!

201.489.7300

WWW.ELIETANOUS.COM

ELIETANOUSSALON@GMAIL.COM

1 RIVERSIDE SQUARE MALL  
HACKENSACK, NJ 07601

OPEN  
7 DAYS



Elie Tanous Salon

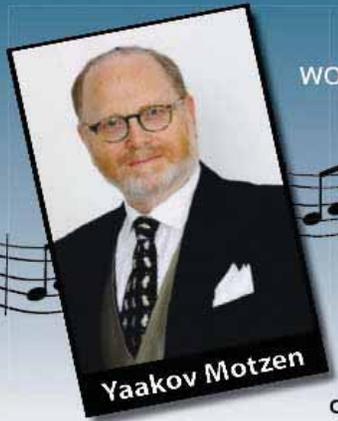


ElieTanousSalon

LOCATED ON THE 2ND  
FLOOR NEAR ARH AUS

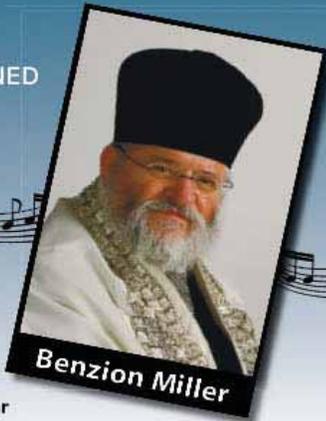
## YESHIVA WEEK WINTER BREAK IN MIAMI GALA TU B'SHVAT CONCERT

FEATURING  
WORLD RENOWNED  
CANTORS



Yaakov Motzen

At the Piano:  
Cantor Daniel Gildar



Benzion Miller

SUNDAY, JANUARY 20, 2019  
7 PM

THE SHUL OF BAL HARBOUR  
9540 Collins Avenue • Surfside, FL 33154

Presented by Project Yeshuah  
Assisting financially stressed families and individuals in Miami-Dade County  
www.yeshuah.org • 786.512.8784  
12490 NE 7th Ave. Ste. 217 • North Miami, FL 33161

"THE ACT OF CHARITY SAVES LIVES"  
(Shlomo Hamelech)

Contributions\* for tickets:

**PATRONS: \$180**  
(1st rows, main and upper galleries)

**SPONSORS: \$100**  
(2nd rows)

**GENERAL ADMISSION: \$54**  
(3rd, 4th and 5th rows)

\* tax deductible subject to U.S. tax laws



JOIN US FOR THE  
FESTIVITIES

Repast:  
Fruits of Israel  
& More

Project Yeshuah is a 501(c)(3)  
non-profit organization. Federal identification  
number #27-3441735

RAMADA  
BY WYNDHAM  
JERUSALEM

Celebrate Pesach in Israel  
with **RAMADA JERUSALEM**



### AFFORDABLE LUXURY

Spacious, well appointed rooms ♦ Family friendly atmosphere  
Strictly Glatt kosher & delicious food ♦ Selection of restaurants  
Indoor & outdoor pools and health club ♦ Workshops and entertainment  
Easy access to the Old City  
**and so much more!**

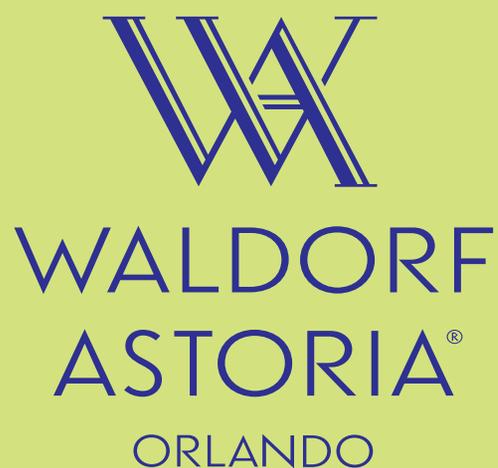
BOOK NOW AND SAVE!

jerusalemramadahotel.com  
reservations@herzlhôtel.com | +972 2 659 9950



*Grand Getaways*

## PASSOVER 2019



**Alan Berger**  
*Owner and Director*

**Robyn Hartman**  
*Co-Director*

For reservations or more information,  
please contact our team at:  
**1-877-PESACH4** (1-877-737-2244)  
or 516-734-0840  
info@passovergg.com  
www.passovergrandgetaways.com

- Featured Scholars in Residence include:
  - Rabbi Kenneth Hain
  - Rabbi Dr. Jacob J. Schacter
  - Rabbi Shmuel Hain
  - Rabbi Dr. Joshua Joseph and Dr. Julie Joseph
  - Greg Zuckerman
  - Dr. Aliza Septimus
  - Dr. Steven Dyckman
- Fabulous entertainment including **Benny Friedman** in concert and a musical Shabbat with **Simcha Leiner**
- 3 Daily Gourmet Glatt Kosher Meals along with Daily Poolside Barbeques and Lavish Tea Room artistically executed by Grand Getaways and the Waldorf Astoria culinary team
- Professionally run Day Camp & Teen Program
- Rees Jones-Designed Championship Golf Course
- Three Exquisite Pool Areas, Lazy River and Waterslide
- Ashkenaz and Sephardic minyanim
- Luxurious Waldorf Astoria Spa and Fitness Center
- Onsite Emergency Room Doctor to assist with family needs
- Complimentary Motor Coach Transportation to all Disney Attractions
- Allergy and Special Dietary Consultant available at all Meals
- Professional fitness instructor offering a variety of classes daily

# Anshei Lubavitch to Offer Course On Jewish Approach to Criminal Justice

*(Courtesy of Anshei Lubavitch of Fair Lawn)* With criminal justice reform center-stage in the United States, the Rohr Jewish Learning Institute (JLI)—the world’s largest adult Jewish education network—is launching a course that explores the Jewish approach to the challenging questions of crime, punishment and justice. “Crime and Consequence” is a six-part series that will be offered beginning on February 10 at Anshei Lubavitch of Fair Lawn, as well as at more than 400 locations worldwide.

The United States of America has the highest rate of incarceration in the world. There are 2.3 million Americans in prisons and jails; almost a quarter of the world’s prisoners are in America.

A bipartisan bill, the “First Step Act,” has passed the Senate and is soon expected to become law. Among other provisions, the bill gives prisoners new ways to earn early release, expands compassionate release for terminally ill prisoners and will keep inmates closer to their families. The bill has brought the debate about criminal justice into sharp focus; Americans are discussing the value of tougher or smarter reforms, fairness of mandatory minimum sentencing as opposed to judicial discretion, and whether prison is at all effective in reforming criminals.

“Crime and Consequence” will tackle these questions from a Jewish perspective, addressing topics such as “What’s the purpose of prison: punishment, deterrence or rehabilitation?,” “What’s Judaism’s position on the death penalty?” and “Can criminals ever make amends, and if so, how?” The course draws deeply on ancient Jewish sources, while using contemporary materials to give a modern context to the discussion.

Students of the course will discover that the Jewish approach to justice goes well beyond the reforms in the First Step Act, providing alternative sentences for non-dangerous criminals that are tailored to fit the crime, and advocating for rehabilitation programs that continue well after punishment has been served.

“The debate over the First Step Act shows that Judaism’s timeless truths and insights about human nature, society and wrongdoing are as relevant today as ever before,” said Rabbi Avrohom Bergstein of Anshei Lubavitch of Fair Lawn. “JLI’s ‘Crime and Consequence’ course brings these important Jewish perspectives home to our own community.”

The program has won early endorsements from distinguished law professors and criminal justice campaigners.

Dr. John H. Laub, University Professor, department of criminology and criminal justice, University of Maryland, welcomed the course. “Questions about the causes of crime and the appropriate governmental response have challenged and bedeviled social thinkers for centuries.



Indeed, such big questions have no easy answers. In light of the current bipartisan support for criminal justice reform, especially at the state and local level, the course is timely and important. I am glad to see the Rohr Jewish Learning Institute take on this topic in a thoughtful and productive manner,” he said.

“We are now at a moment of changing attitudes among policymakers and the

general public regarding the world-record prison population in the United States. With increasing calls for a change in our approach to crime and punishment, the JLI course is quite timely in helping to frame these issues for a broad audience,” noted Marc Mauer, executive director of the Sentencing Project.

The course is also accredited for Continuing Legal Education in most states.

Two of JLI’s other adult education courses—“How Happiness Thinks” and “Living With Integrity”—are on a list of just 66 programs recommended to prison wardens nationwide as recidivism-reducing by the Federal Bureau of Prisons as part of the new prison reforms.



Rabbi Avrohom Bergstein of Anshei Lubavitch.

## SHADE CONTROL

### WINDOW TREATMENT

~~~~~ Serving NY & NJ Since 1979 ~~~~~

**FREE  
Installation**

Open  
Sun-Fri

**Convenient  
Shop@Home  
Service**

**CALL FOR YOUR FREE ESTIMATE**

# 1.845.738.2116

[shadecontrols@gmail.com](mailto:shadecontrols@gmail.com)

## Kaplen JCC Displays Artwork by Dr. David Zomick

*(Courtesy of Kaplen JCC on the Palisades)*  
The Kaplen JCC on the Palisades Waltuch Art Gallery, located at 411 E. Clinton Avenue in Tenafly, presents "Reality Enhanced," an exhibition of 40-plus portraits, still lifes and streetscapes by artist David Zomick. The varied subjects and styles reflect the unusually varied interests and background of the artist. The show will be on display through January 31.

After experimenting with pastels and oils, David Zomick discovered acrylics and developed his skills in this vibrant and accessible medium. His paintings are generally realistic, though he occasionally paints something that is abstract or decorative. Despite the fact that David only began painting when he retired as a successful leader in aerospace technology 15 years ago, his work has been met with significant



David Zomick with one of his acrylic paintings.

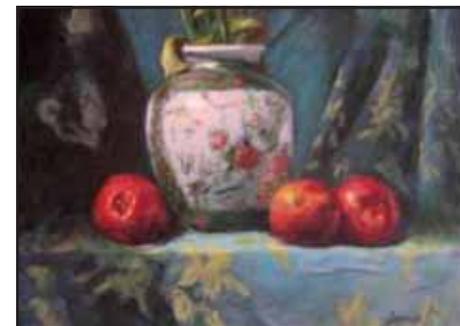
critical acclaim. His paintings and sculptures have won dozens of awards in juried competitions. He recently won first place awards in the Focus New Jersey Open Jur-



ied Art Show, Celebrating Bergen County's Diversity Exhibit and the New Jersey Juried Senior Art Competition. He is a member of the Northern New Jersey Art Affiliates and

has had one-man exhibits at Fairleigh Dickinson University's Weiner Library and the Kaplen JCC on the Palisades in 2011. His work has also been exhibited at Marcella Geltman Gallery and local public libraries in Teaneck, Englewood and Dumont.

"My objective, when I begin a painting, is to portray reality in a way that will make the painting more interesting to the viewer than reality itself," said David. "I may try to make it more beautiful by varying color or form, more mysterious by exaggerating the lights and darks or more interesting optically by creating a balanced (or disconcerting) composition. As I proceed with a painting, it is a constant struggle. My education as a physicist and my career as an aerospace technologist would have me portray precisely what I see, in excruciating detail, with no embellishment or personal commentary. I need to constantly remind myself that my camera can achieve that far more efficiently and effectively than I can. When I look at a finished painting and conclude that my camera could 'never do that,' I am happy."



David continues to study at the Art Center of Northern New Jersey, primarily with John Varriano and Cesar Jarez. He also sculpts in marble and alabaster, with artist/instructor Natalie Frier, and studied ceramic sculpting with Martin Glick at the JCC. He's been a member of the JCC since 1991. David holds a PhD in theoretical physics and a masters in both physics and business administration. He spent his entire career with Honeywell International—the world's largest producer of aircraft and spacecraft electronic systems. Among the positions he held were VP of engineering, chief scientist, and VP of program management. A resident of Teaneck and a member of Congregation Bnai Yeshurun, David and his wife live within walking distance of their three married children. They have 13 grandchildren and four great grandchildren, all of whom have been the subjects of David's paintings and drawings. David's hobbies include playing the piano and tennis.

The Waltuch Art Gallery is a community space that exhibits thematically Jewish artwork, or art produced by Jewish artists. All gallery exhibits and receptions are free and open to the community; JCC membership is not required. Gallery hours are Monday-Thursday, 9 a.m.-10 p.m.; Friday and Sunday, 9 a.m.-4 p.m. (in winter); closed Saturday and Jewish holidays. For more information on gallery exhibitions, contact Nina Bachrach at 201-408-1406 or nbachrach@jccottp.org.

**Miri**  
ENGLEWOOD BRIDAL  
NEW EXCLUSIVE  
\$1800-\$2500  
37 North Dean Street  
Englewood Exclusive 201.608.5550

# Celebrating our fifth summer in New Jersey!

fraydesign1@gmail.com

Early Bird Price: SAVE \$100!

Boys Currently in 3<sup>rd</sup> - 8<sup>th</sup> Grade



2 Amazing Overnights Trips Everyday

**BASED IN TEANECK**



# BOYS NEW FOR 2019!

Don't forget about the GIRLS program

For more info: 718-755-1299

[www.alhaderech.com](http://www.alhaderech.com)

Directors:

Rabbi Michael Merrill & Malkie Merrill

MAKE A SPLASH WITH  
**AL HADERECH TOTS**  
TEANECK



**CAMP AL HADERECH DIVISION FOR TOTS!**  
3, 4, 5 YEAR OLD BUNKS  
(BORN IN 2014, 2015, 2016)

LOCATION: CONG. SHAARE TEFILLAH  
510 CLAREMONT AVE  
MON-THUR: 9-3:30  
FRI: 9-3

DAVENING, LEARNING, ARTS & CRAFTS, SPORTS, WATER FUN, & PLAYGROUND  
EXPERIENCED, ENERGETIC, & RESPONSIBLE STAFF

FOR MORE INFO:  
CALL 718 755 1299  
[WWW.ALHADERECH.COM](http://WWW.ALHADERECH.COM)

**DIRECTORS:**  
**RABBI MICHAEL & MALKIE MERRILL**



fraydesign1@gmail.com



WHY TRAVEL TO LAKEWOOD

WHEN YOU CAN HAVE YOUR

# wedding

IN YOUR OWN BACKYARD?



**\$59**  
per person  
MINIMUM  
300 PERSON

**CONGREGATION KETER TORAH**

**600 ROEMER AVE. TEANECK**

SEPARATE CHUPPAH ROOM

GLASS ATRIUM LOBBY

FULL HOT AND COLD SMORGASBORD

VALET PARKING ADDITIONAL CHARGE

**LARGEST BALLROOM IN BERGEN COUNTY- SEATING FOR UP TO 600 PEOPLE**

**PLEASE CALL TODAY 973-812-0329**



UNDER THE SUPERVISION  
OF THE ORTHODOX UNION



CHAYAMURIK.COM

# Diplomats Discuss Israel's Role at the UN at Touro Law

(Courtesy of Touro Law Center) Touro Law Center invited global diplomats to explore Israel's relationship with the United Nations at a recent discussion at The Jewish Center on the West Side of Manhattan. Justice Elyakim Rubinstein, former vice president of the Supreme Court, and Professor Irwin Cotler, former minister of justice and attorney general of Canada, discussed Israel's history with the United Nations and shared their views on how to move forward. The program was moderated by Touro Law Center Dean Harry Ballan and sponsored by the Touro College and University System.

Dean Ballan opened the program with a quotation from President Franklin Delano Roosevelt's famous "four freedoms" speech of January 1941, delivered 11 months before the United States entered World War II. Ballan outlined FDR's description of freedom of speech and worship, and freedom from want and fear as what we would now call the "human rights" that were at stake in the war.

"The 'four freedoms' formed the basis of the preamble to the first draft and every draft of the Universal Declaration of Human Rights, the world's definitive human rights document. This was adopted by the United Nations General Assembly in 1948, three years after the U.N. charter in 1945 and seven years after FDR's speech," said Ballan.



(l-r) Justice Elyakim Rubinstein, Touro Law Center Dean Harry Ballan, Professor Irwin Cotler.

The question of the evening was whether the U.N. has lived up to the lofty goals of the Universal Declaration of Human Rights, particularly in regard to Israel, and what Israel's relationship with the U.N. should be.

Rubinstein reminded attendees of the significance of the date November 29, 1947—the day the state of Israel was recognized by a resolution of the General Assembly. "There was dancing in the streets," he said. Israel's acceptance as a member of the U.N. in 1949 was also a cause for celebration. However, the relationship deteriorated, reaching its nadir in 1975 when the General Assembly passed a resolution equating Zionism with racism. While the climate has improved in recent years with

strong support from the United States, building pro-Israel support at the General Assembly remains a Herculean challenge.

The speakers expounded that the secretary-general and Security Council, which is the rule-making body of the United Nations, have taken a balanced approach toward Israel, for example in Security Council Resolution 242,

while the General Assembly and U.N. specialized agencies have not. The climate in the General Assembly has improved somewhat. The "Zionism is racism" resolution was reversed in 1991, and a majority of General Assembly members voted in favor of the recent resolution declaring Hamas a terrorist organization. Nevertheless, building support for Israel at the General Assembly and specialized agencies remains a challenge.

With that in mind, speakers turned their attention to a question from the audience—why doesn't Israel give up on the U.N.? Ballan pointed to multilateral alternatives such as NATO and the G8, whose members are primarily democratic, as opposed to the U.N. The question was then

asked whether these organizations offer greater potential for positive action.

Cotler and Rubenstein shared their belief that staying engaged with the U.N., from the Secretariat and the Security Council to the General Assembly and the specialized agencies, is the best way to encourage the U.N. to live up to the high ideals of the Universal Declaration of Human Rights.

Speaking about one of the U.N.'s specialized agencies, the United Nations Human Rights Council, Cotler said, "When you prepare to adopt 20 resolutions condemning one state but give cover to major human rights violators like Syria, Libya and North Korea, you undermine the authority of international law," he said.

Quoting Woody Allen, Cotler pointed out, "Eighty percent of moving forward is showing up." Israel needs to push for recognition as a defender of human rights in order to protect itself but also to safeguard global human rights.

Rubinstein concurred, sharing examples of Israel's international relations accomplishments in countries like India. Israel opened a consulate in Mumbai in 1953, but did not have an embassy in Delhi until 1992. "Engagement doesn't mean accepting. It also means fighting. We can't be afraid to bang our fist on the table, to raise our voices. We need to engage and advocate for what is right," concurred Rubinstein.

SAVE THE DATE • SUNDAY, MARCH 10, 2019  
At Congregation Ahavath Torah 240 Broad Ave Englewood NJ

## The Inaugural Shaarei Orah Dinner

Binyanei Orah  
*Heidi & Jack Varon*



Guests of Honor  
*Susan & Ezra Douek*



*Amy Elfman & Richard Schulz*



Community Service Award  
*Shalom Shushan*



For more information, email [dinner@sephardicteanek.org](mailto:dinner@sephardicteanek.org)  
To RSVP for the dinner please visit:  
[www.sephardicteanek.org/dinner2019](http://www.sephardicteanek.org/dinner2019)

SEASON 2

# Talking in Shul

**FRIDAY NIGHTS**  
AT CONGREGATION BETH AARON

Congregation Beth Aaron welcomes all members of the community to participate in **open discussion forums, with a focus on contemporary issues** that affect our community. Discussion and dialogue will enable participants to reflect, process, and better understand differing views and perspectives. These thought provoking discussions will be led and moderated by Rabbi Larry Rothwachs. All adults and teens are invited to participate!

**January 11 at 7:45 p.m.**  
**From a Distance:**  
When Family and Friends Leave Orthodoxy

**February 1 at 8:00 p.m.**  
**If My Memory Serves Me Correctly:**  
The Limitations of Human Memory and Why it Matters

For more information, please contact Congregation Beth Aaron at [office@bethaaron.org](mailto:office@bethaaron.org)

**Judge Ruchie Freier to Speak at Chabad of West Orange Annual Women's Dinner**

Chabad of West Orange is proud to welcome the Honorable Ruchie Freier, who will be speaking at their Annual Women's Dinner, entitled "Encourage. Empower. Inspire." on Tuesday, January 8, at 7:30 p.m.

Freier, a civil court judge in Brooklyn's fifth district and the first chasidic woman to serve in public office in U.S. history, was born and raised in Brooklyn, New York. Judge Freier will share her incredible journey of inner strength and determination.

"Judge Freier is the quintessential person when it comes to empowering wom-



Judge Freier

en the right way, and we are so grateful to be able to host her as the keynote speaker for our special annual event for the women of our community and beyond," said Al-

tie Kasowitz, co-director of Chabad of West Orange and the host of the Annual Women's Dinner. "Many of us have seen the video clips, pictures and articles of her fascinating life story and we can't wait to meet her in person."

The dinner will be held at Chabad of West Orange, located at 401 Pleasant Valley Way, West Orange, NJ 07052. For more information and to make reservations, please visit [www.chabadwestorange.com/dinner](http://www.chabadwestorange.com/dinner), call us at 973-325-6311 or email [altie@chabadwestorange.com](mailto:altie@chabadwestorange.com).

For information on Chabad of West Orange events, programs, classes and services please visit [www.chabadwestorange.com](http://www.chabadwestorange.com).

**Chabad of West Orange Gives Havdalah Lesson**



Chana'le Kasowitz (middle in light gray) teaches the art of Havdalah candle making after a lesson about Havdalah was led by her mother, Altie (to her left), co-director of Chabad West Orange, on a recent Saturday evening.

Chabad of West Orange invites all wom-



en to participate in a Rosh Chodesh Society Lesson once a month. This year's theme, "Larger Than Life," shines a spotlight on the Torah view of our social and ethical responsibilities. The lessons are often accompanied by a craft like candle making, or an activity/mitzvah like challah baking.

Find out more about CWO's programs and events by visiting [www.chabadwestorange.com](http://www.chabadwestorange.com).

**Union Y Screens Documentary**



A 50-plus crowd turned out for "Fifty-Plus" on December 25 for "Chinese Food & A Movie." The movie screened was "The Last Laugh," a documentary by Ferne Pearlstein.

**SWIM PASS SALE! CALL FOR PRICING. ENJOY SWIMMING ALL YEAR ROUND!**

|                     |                         |                             |
|---------------------|-------------------------|-----------------------------|
| <b>MALE HOURS</b>   | <b>LIFEGUARDING/CPR</b> | <b>FEMALE HOURS</b>         |
| Sun. 3-6:30pm       | <b>PRIVATE POOLS</b>    | Mon, Wed, Fri. 12:15-2:15pm |
| Sun. 10:05-12am     |                         | Sun. 9:30-3pm               |
| Tues. 9-12am        | <b>SWIMMING LESSONS</b> | Sun. 6:35-10pm              |
| Thurs. 9-12am       |                         | Mon. 9:30-12am              |
| Sat. 8:05-12am      |                         | Wed. 9-12am                 |
| (Depending on Zman) |                         | Sat. 7-8pm                  |

**MONSEYSWIMSCHOOL.COM 845-578-1888** 145 College Rd, Suffern, NY, 10901

*Have Your Cake*  
**And Eat It, Too!**

Nothing makes a party quite like the perfect cake. Let Aron's West Orange create a mouthwatering custom cake just for you.

**ARON'S**  
west orange

**SEE DEALS ON PAGE 11!**

**Great News!**  
The Therapy Place is going in network for speech and occupational therapy!

OSCAR QUALCARE

**THE therapy place**

Offering Occupational & Speech Services  
Weekday, Sunday & evening appointments

Accepting most major insurances  
We are not accepting UHC Community Plan at this time  
Treating in our beautiful clinics and in your child's school

LEAH GROSS OTR/L GILA KAPLAN MS CCC-SLP

27 South 5th Street, Highland Park, NJ 732.813.HAND (4263) INFO@THERAPYPLACENJ.COM





Published the  
First Issue of  
Every Month

# THE HEALTH LINK

## Making a Case for Medication



By Heather Feigin

Picture the following scenarios:

Eleven-year-old Daniel has been suffering from impulsivity, inability to focus and other behavioral and mental health symptoms for years. He has few friends, tense relationships with his siblings and performs poorly in school, despite being very bright.

Recently, 15-year old Rivky has become withdrawn and unhappy. She is no longer interested in hanging out with friends or playing piano, which she used to love. Rivky has a lot of trouble sleeping and is often irritable during the day. Her grades are good, but she doesn't seem to take pride in them anymore.

What started as a harmless quirk has turned into a dangerous habit for 24-year-old Rebecca. She used to enjoy playing with her hair and twirling it around her fingers. Now, she has noticed that she will pull hair out of her head and pick at her mosquito bites. She is terrified of elevators and dogs.

After an evaluation by a psychiatrist, these individuals are left with a diagnosis and a prescription for psychotropic medication.

It can be stressful and confusing to be faced with the dilemma of whether or not to medicate yourself or your child. There are many hesitations:

- You don't want you/your child to become overly dependent on the medication or foster a need to be medicated for life.

- You are concerned about short/long term side effects that you/your child may suffer.

- You are concerned that you/your child will view him/herself as sick, a failure, defective or weak.

- You are concerned that others will view you/your child as sick, a failure, defective or weak.

- You do not want you/your child/family to be stigmatized or labeled.

- You want to try a holistic or naturopathic method first.

- Psychiatry appointments and medication can be a large expense that isn't always covered by insurance.

The above concerns are valid, and choosing to begin a course of medication

is a decision that takes time and research. One important theme to keep in mind, when making the decision, is do the costs outweigh the benefits? This is a question we contemplate many times a day, every day. I have an hour commute each day, but I do it because I need to work to support my family. I'm nice to my mother-in-law even though she is a difficult woman because ultimately it's best for my marriage. I take my blood pressure medication even though it makes me tired and gives me headaches because I don't want to go into cardiac arrest. Many things in life have side effects, but we do them because we calculate that ultimately, it's more beneficial to us to "take the medicine."

So why is psychiatric medication any different?

Here are some points to consider:

Medication can reduce your suffering. Chances are, if you are considering talk therapy or medication, you've already been suffering for quite a while. So many people will think, "I'll wait for this to pass" or "I'll just stick it out" or "I don't even take Tylenol when I have a headache, so there's no way I'm going to try psychiatric medication."

I've also heard, more than a few times, "I guess this is just what I have to deal with in life right now." With the right medication, you can begin to live your life again, instead of just existing in it. Remember Rebecca? Once she started a course of medication for her anxiety and OCD, she began to feel much calmer and she no longer pulls out her hair when she's feeling anxious.

Medication can improve your quality of life. Once Rivky began taking an antidepressant for her depression, she began feeling more like herself. Hanging out with her friends was fun again, just like it used to be, and she had a renewed sense of enjoyment from making music.

The right medication can improve your interpersonal relationships. It's difficult to be around someone who is often miserable, irritable or anxious. In Daniel's case, starting a course of stimulant medication for ADHD greatly reduced his hyperactivity and impulsiveness. As a result, his relationships with his siblings and his peers improved. For the first time, Daniel felt like he had close friends.

➔ CONTINUED ON P. 39



450 Hackensack Ave, Hackensack, NJ 07601  
**(201) 450-9663**  
studio0261@orangetheoryfitness.com  
hackensack.orangetheoryfitness.com



# 7 STEPS TO A HEALTHIER YOU

1



## MANAGE YOUR STRESS

Don't let stress get the best of you — emotionally or physically. Take a yoga class, try acupuncture, learn to meditate. Our Graf Center for Integrative Medicine offers all of these services in a clean, safe, and comfortable environment.

2



## LEARN TIPS FOR EATING BETTER

Eating better is about more than willpower. Learn ways to cook easy and “clean” meals for you and your family at one of our cooking classes. Or learn to become a savvy grocery shopper with a guided tour of a local supermarket, led by our nutritionists.

3



## QUIT SMOKING

We don't need to explain why. If you're finally ready to kick the habit for good, we've got a smoking cessation program that combines group sessions with acupuncture.

4



## LOSE EXCESS POUNDS

Losing weight is about more than looking good. It's about your health. If you've struggled to lose weight, come to our weekly info session to meet our experts and see if weight loss surgery is right for you.

5



## GET CHECKED OUT

Whether you need a routine visit with a primary care doctor, or want to get something checked out by a specialist, the Englewood Health Physician Network has more than 100 office locations throughout northern New Jersey. We also have an executive wellness program, where you can spend a full day getting a head-to-toe assessment while pampering yourself in the process.

6



## AWAKEN YOUR SENSES

Lavender, vanilla, citrus, and sage — learn the power of aromatherapy to support your well-being. Or spend an hour listening to chimes and gongs at our sound therapy workshop. Let the gentle touch of a Reiki master relax your mind and restore your energy, or participate in an art therapy project.

7



## EDUCATE YOURSELF

Knowledge is power — our lectures and workshops cover topics from cancer screening to joint replacement, CPR training to the benefits of acupuncture. Get relevant and expert tips from our doctors and therapists, so you can make 2019 a healthy and happy one for you and your family.

Learn more about any of these resources at [englewoodhealth.org](http://englewoodhealth.org)

**GRAND RE-OPENING Sunday, February 3<sup>rd</sup>**

**ENGLEWOOD, NJ**

**New Owners Yael & Elnatan Rudolph**



**3 CLASSES  
& FREE GLOVES**



**\$9.99**  
Regular \$19.99

**USE PROMO CODE:**

***LINK50***

**AT ILOVEKICKBOXING.COM**

**35 Nathaniel Place, Englewood, NJ  
In the ShopRite parking lot**



## Making a Case for Medication

CONTINUED FROM P. 36

Taking medication can improve your functioning. Suffering from anxiety or depression can sap you of so much energy because you are constantly fighting the crushing and negative feelings. Chances are you may be having trouble sleeping as well. Consider all of the time wasted just trying to manage the overwhelming feelings. The right medication can help soothe your nervous system so that you are free to use your energy for your relationships, hobbies, career or whatever else is important to you.

Medication can keep you from falling further behind behaviorally and emotionally. When a person is suffering from an untreated mental health or behavioral disorder, they will use maladaptive methods to cope with their pain and overwhelming emotions. When Caitlyn felt depressed, she'd lie in her bed with the lights off, and her blanket over her head. Each time a person deals with a negative emotion maladaptively, it's a missed opportunity for them to practice adaptive coping tools. The longer a person deals with their emotions using unhealthy coping, the more entrenched their dysfunction becomes, and the harder it is to retrain oneself to cope in a healthier way. Medication can put you in the best frame of mind to learn healthier ways of coping.

Medication can help you utilize talk therapy more effectively. Sometimes a person can be so anxious/depressed/unfocused that they cannot grasp or use the tools and skills being given to them. Medication can get them to a place where they are focused enough to benefit the most from therapy.

Taking prescription medication reduces the likelihood of using illegal drugs. Individuals with a diagnosis of ADHD are 10 times more likely to abuse illegal substances than their non-ADHD counterparts. Additionally, those suffering from mood disorders have an increased vulnerability to drug abuse because they turn to illegal substances to self-medicate their pain and suffering. Taking prescription medication under the care of a trained professional largely reduces this likelihood.

To conclude, medication doesn't have to be your first course of action. But when you've tried other approaches, or talk therapy alone has yielded little or no success, perhaps medication can be part of the solution. There's no reason to suffer needlessly when there are so many effective options available today. Psychiatry is far from a perfect science and sometimes it takes perseverance to find the medication that is best for you. But so many times clients who made the decision to try medication will say, "Wow, I feel so much better—I just regret that I didn't try this sooner."

Heather Feigin, LCSW, is a psychotherapist with a private practice in Passaic, New Jersey. For appointments call 973-348-5279. Got a question for Heather? E-mail [heather.feigin@gmail.com](mailto:heather.feigin@gmail.com).

## Leslie Simon Breast Care and Cytodiagnosis Center at Englewood Health Earns National Breast Center Certification

*(Courtesy of Englewood Health)* The Leslie Simon Breast Care and Cytodiagnosis Center at Englewood Health has been recognized as a certified quality breast center by the National Consortium of Breast Centers (NCBC) as part of their National Quality Measures for Breast Centers™ program (NQMBC); it is the only breast center in Bergen County to earn the certification.

The NQMBC program offers facilities providing breast health care the ability to track and measure quality performance measures in more than 30 individual quality indicators, and compare their performance with other centers across the United States and beyond.

"Earning this certification is a testament to the ongoing efforts of our doctors, nurses and other staff to bring the safest, highest-quality and most technologically advanced care to our community," says Warren Geller, president and CEO of Englewood Health. "The Leslie Simon Breast Care and Cytodiagnosis Center at Englewood Health remains committed to ensuring that our patients have the best possible experience and receive the best possible outcomes."

The Leslie Simon Breast Care and Cytodiagnosis Center is at the forefront of breast-care treatment in northern New Jersey. With private waiting rooms, a spa-like environment, rapid diagnosis with an opportunity to discuss results with a physi-

cian, and an in-house team of specialized pathologists and radiologists whose primary focus is on breast disease, each patient is treated with a unique, custom-tailored experience. And in the event that a patient has a positive finding, it is reviewed by a multidisciplinary team of surgeons, medical oncologists, radiation oncologists, pathologists, radiologists, nurse practitioners, genetic counselors and other breast-care specialists to tailor a treatment plan specific to the patient.

For more information or to make an appointment at The Leslie Simon Breast Care and Cytodiagnosis Center at Englewood Health, visit [englewoodhealth.org/breast](http://englewoodhealth.org/breast) or call 201-894-3622.





Create  
**The Smile  
You've Always  
Wanted**

Providing a comfortable and caring environment in a state of the art facility.  
Complimentary cosmetic and implant consultations.





- Nitrous Sedation
- Porcelain Veneers
- Teeth Whitening

- Implant Dentistry
- Orthodontics
- Sleep Apnea

- Oral Surgery
- Periodontics
- Facial Cosmetics

Mention this ad  
and receive  
**50% off**  
Zoom Whitening  
or 50% off first  
new patient  
cleaning

## Jody Z. Bardash, D.M.D.

Are You Ready To Smile?  
**(201)797-1555**  
[www.drbardash.com](http://www.drbardash.com)  
10-06 Saddle River Rd, Fair Lawn, NJ 07410

**We offer 24 Hour  
Emergency Care**

Weekend and Evening Hours Available



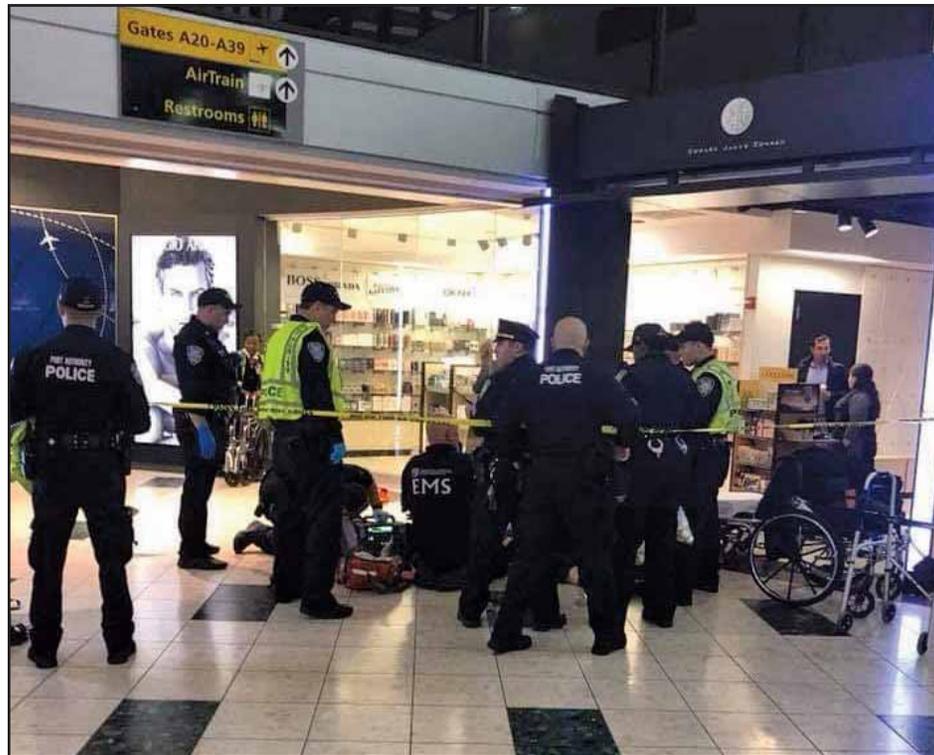
## Israeli First Responder Faces Emergency at Newark Airport

*(Courtesy of United Hatzalah)* United Hatzalah volunteer EMT and Regional Coordinator Gavy Friedson was traveling through Newark Airport on his way back from a speaking engagement in Vancouver, Canada. Friedson had been talking about how the organization saves lives by having volunteers spread across the country. These volunteer first responders are trained to recognize an emergency situation and react in seconds to provide medical aid and intervention. Friedson was not expecting to have to put his training to use so soon after his speaking event. But as is often the case with first responders, they are in the right place at the right time.

Friedson was in the airport when he noticed an 86-year-old woman in a wheelchair being pushed by her daughter and granddaughter through the terminal.

Friedson noticed that the matriarch was not being responsive as her daughter called her name. The older woman was turning red and quickly losing consciousness.

Friedson immediately signaled the airport police officers to get him a defibrillator and to call an ICU ambulance. The police officers helped him get the woman out of the wheelchair and lay her gently down on the floor where he began chest



Scene of the incident in Newark Airport. (CREDIT: GAVY FRIEDSON)

compressions. Friedson, together with the first responders in the airport, continued CPR for approximately eight minutes until an ambulance arrived.

Minutes before this situation occurred Gavy was telling the people next to him on his flight all about his experiences as an EMT first responder. He had told fellow

passengers that “We never know when an emergency will take place. We never know where it will happen and we certainly will never know why.”

Friedson, therefore, encouraged his fellow passengers to take CPR courses so that they will have the basic skills needed in the moment when an emergency takes place. “We may not be able to predict the when and the where, but we can certainly train ourselves to know how to respond. We can definitely know how to do basic CPR, which can help save a life,” he added.

Just a few minutes after the wheels touched down on the tarmac, Friedson found himself performing CPR.

“It is incredibly important to know what to do in this type of situation,” Friedson said. “I cannot emphasize enough how important learning and performing CPR properly is. A bystander can quickly turn into a lifesaver if they know what to do and act quickly during an emergency even before ambulances and first responders arrive. That is the idea that United Hatzalah is founded upon (having volunteer responders arrive ahead of ambulances to cut down response time). That is the message that I am trying to share with everyone I meet across the globe. Hopefully, my efforts will result in many lives being saved.”



## FACIAL • BODY TREATMENTS MASSAGE • CLEAR + BRILLIANT

*New!*

State-of-the-art Laser Hair Removal Machine

Alma Sopranoice



WE BOOK SUNDAYS BY APPOINTMENT

WWW.DELDORDAYSPA.COM

201-816-1130 | deldordayspa@gmail.com | 32 Washington Street, Tenafly, NJ 07670





## Selective Mutism: Silence Isn't Golden

By JLNJ Staff

*Shira is a 5-year-old petite and pretty redhead. She looks fragile and exudes vulnerability standing stationary and silent amid a swirl of activity and noise in her bustling, effervescent preschool class. Every child (and there are many) seems to be talking or laughing or shouting or complaining, and most are in motion. Shira is still; she has never spoken in class. At home, she is full of life and talks constantly to her parents and siblings—sings, chats, complains and comments, yet in kindergarten she is frozen; she speaks to no one and participates in nothing.*

Does the above vignette remind you of someone? Shira is suffering from selective mutism (SM)—a childhood and teen anxiety disorder that is often under-diagnosed and under-treated. SM is a disorder in which children can talk in some places and with certain people, yet in other places, they are unable to speak. Typically (but not always—each child presents with their own constellation of causes and symptoms) he/she will be able to talk to her nuclear family, or within the home, yet have difficulty speaking to strangers or in the school setting. Each child with SM has their own set of “rules” that determines with whom and where they talk, and the degree to which their social communication is impaired varies as well. Some children have a “deer in the headlights” reaction to being approached by someone with whom they can’t talk—they shut down, can’t react even with gestures and have no facial expression—as if they have a mask on their face. Other children have such honed social skills that it isn’t even apparent that they don’t talk—they play with other children, communicate nonverbally and seem to be happy and integrated in school—until they are required to talk. Then they may respond with gestures or with a lowering of their eyes and silence.

The selective inability to speak is a source of tremendous suffering. It can impair social and general functioning and development, as well as impact the child/teen’s self-confidence and make him or her vulnerable both to external hazards such as bullying, and internal mental health-related difficulties, such as other anxiety disorders and depression.

Early detection and treatment are paramount. Frequently, 3-4 year olds can be successfully guided from silence to speech in weeks. Older children may have undergone years of discomfort and distress, and this may have affected their self-confidence, and the SM may be firmly entrenched and harder to dislodge and overcome. Other adverse consequences of lack of early intervention can be social difficulties, as well as parents and teachers focusing on the SM, and not seeing the child as a whole person, with skills, abilities, preferences and struggles.

The good news is that effective, evidence-based treatment exists. As with other anxiety disorders, selective mutism is



Ruth Perednik



Mark Lehrman

best treated by cognitive-behavioral methods, with a central focus placed on implementing treatment in the child’s real-life settings, within social group settings,

wherever the symptoms exist. The child or teen can learn strategies to contend with his or her anxiety and gradually move from silence to speech. One of the popular treatment methods for SM has been therapeutic summer day camps, in which thousands of children have been helped. This summer, a team of mental health and camping professionals is planning a groundbreaking seven-day sleepaway camp experience, Camp Kol-Ram, run according to Halacha (kosher food, davening, Shmiras Shabbos etc.) in a resort/re-

wherever the symptoms exist. The child or teen can learn strategies to contend with his or her anxiety and gradually move from silence to speech.



treat center on the East Coast of the US. The camp program is designed to treat SM in a wholesome and holistic environment using the highly effective approach pioneered by senior psychologist Ruth Perednik, the clinical director. It will be run by Mark Lehrman, a veteran administrator with over 20 years’ experience involved with and directing special needs and other Jewish camping programs.

➔ CONTINUED ON P. 46

# Tenafly Pediatrics P.A.

Pediatrics and Adolescent Medicine



## Visit one of our 7 office locations!




We're closer than you think!

Evening hours for checkups

Weekday Walk-In Hours!  
8:30 am – 9:30 am  
All Offices

Open weekends for sick visits

Equipped with an in-house lab and the latest in visual/hearing testing.

TenaflyPediatrics.com

201.569.2400

TENAFLY • CLIFTON • OAKLAND  
FORT LEE • PARAMUS • PARK RIDGE • HOBOKEN

Coming Soon...  
Teaneck and Closter




# AVIsrael and Shaare Zedek Medical Center Improve Quality of Life for Individuals With Hearing Impairments

By Pearl Markovitz

Israel is the land of opportunity in every sense. Its opportunities extend to tourists as well. We were the fortunate recipients of an opportunity to attend an inspiring event that took place at the Jerusalem Theater last week. At the invitation of our cousins from Karnei Shomron, formerly of Toronto, we attended the marking of the 10th anniversary of the partnership between AVIsrael and the Shaare Zedek Medical Center in providing services to individuals with hearing impairments. This partnership allows these people to be included as equals in the hearing world.

Our cousins Josie and Nathan Eisner (whom some of you may know from Mos-hava Canada) made aliyah in 1990 with their

three children: Uri, 16; Chaya, 14; and Amnon, 10. Chaya and Amnon were born with profound hearing loss but, because of the proactivity of their devoted and creative parents, upon their arrival in Israel they were immediately mainstreamed into the Israeli educational system.

In Toronto, the Eisners had discovered the Auditory-Verbal approach for the hearing deficient and, through a great deal of lobbying and networking, were able to bring the system to the local day schools that their children attended. Thus at ages 14 and 10, Chaya and Amnon were fully mainstreamed and speaking as well as their Israeli classmates. Today, Chaya, 42, is a mother of seven, including one set of triplets and one set of twins.

She and husband Tuvia reside in Karnei Shomron. Chaya was trained as a special educator and currently works as a family therapist. Amnon, now 38, is a married father of



three, resides in Karnei Shomron and works as a building contractor. Both Chaya and Amnon are recipients of cochlear implants but only as of a few years ago. Their successful integration into Israeli society is the result of their early training in the AV system.

When Josie Eisner arrived in Israel, she was determined to introduce the Israeli medical profession to the AV system, which had worked so miraculously for her own children. Through networking, she connected with a former Torontonionian, Elaine Matlow, herself a mother of twin daughters born with hearing loss. Together they banged on doors to have the AV system recognized as an alternative therapy to those being offered. Currently known as Ayala

Matlow Tal-El, Matlow serves as the executive director of AVIsrael, whose headquarters are located in the Yad Sarah building in Jerusalem. The Eisners as well as their extended family continue to work tirelessly on behalf of the organization.

The gala event held last week marked the celebration of 10 years of a successful partnership between AVIsrael and Shaare Zedek Medical Center. The collaboration began when Dr. Roni Peretz returned from his sabbatical in the US, where he had seen the successful results of the AV system. He presented his findings to the Shaare Zedek director general, Professor Jonathan Haveli, who agreed to incorporate the methodology into their hearing center. Today Shaare Zedek offers therapeutic services to children with cochlear implants within the hospital as well as at sites throughout the country. Latest estimates show that the partnership between AVIsrael and Shaare Zedek treats over 700 patients per year.

The results speak for themselves. According to recently published research conducted by the National Insurance Institute and the Ministry of Welfare and Social Services, the success rate of completing Israel's matriculation exams, bagruyot, among AVIsrael

➔ CONTINUED ON P. 46

**24 CT FITNESS**

**Carol (Chani) Teigman**  
FITNESS TRAINER

Boutique Fitness Studio  
Personal Trainer • Small Group Classes

*"You don't have to be great to start. But you DO have to start to be great."*

**(201) 321-1827 • 24CTfitness.net**



**CENTER FOR DERMATOLOGY & SKIN SURGERY**

**201-857-4200**  
**www.CenterForDermatologyNJ.com**  
1 W. Ridgewood Avenue, Suite 103, Paramus, NJ  
129 Washington Street, Suite 100, Hoboken, NJ

**MEET OUR EXPERT TEAM**



Michael Wiederkehr, MD, FAAD



Carmen Garcia, MD, FAAD



Eduard Raklyar, MD, FAAD



Lisa M Micik, MPAS, PA-C



Miriam Fox, PA-C

**WE ACCEPT MOST INSURANCE PLANS**

|                                                                                                                                       |                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Dermatological Conditions</b>                                                                                                      | <b>Cosmetic Services</b>                                                                                                                                 |
| <ul style="list-style-type: none"> <li>Acne</li> <li>Warts</li> <li>Psoriasis</li> <li>Eczema</li> <li>Alopecia</li> </ul>            | <ul style="list-style-type: none"> <li>Rosacea</li> <li>Cysts</li> <li>Fungus</li> <li>Moles</li> <li>Skin Cancers</li> </ul>                            |
| <ul style="list-style-type: none"> <li>Botox®</li> <li>Dysport®</li> <li>Restylane®</li> <li>Juvederm®</li> <li>Voluma® XC</li> </ul> | <ul style="list-style-type: none"> <li>Radiesse</li> <li>Volbella</li> <li>Laser Veins</li> <li>Laser Brown Spots</li> <li>Laser Hair Removal</li> </ul> |

**SYNERGY HomeCare**



*Alzheimer's & Dementia Care • Companionship  
Light Housekeeping • Medication Reminders • Personal Care  
Errands & Shopping • Transportation • Bathing Assistance  
Meal Preparation • Respite Care • Daily Living Assistance*

**Long Term Care Insurance Welcome**

**Did you know Synergy Home Care caregivers and aides receive training in Dementia and Alzheimer's care?**

Caregivers are trained to create and reinforce an atmosphere of reassurance by subtly cluing individuals during conversation in order to re-orient them to current circumstances and situation.

**CALL FOR YOUR FREE CARE ASSESSMENT!**  
**201.833.1500**

[www.synergyhomecarebergencounty.com](http://www.synergyhomecarebergencounty.com)  
[info@synergyhomecarebergencounty.com](mailto:info@synergyhomecarebergencounty.com)



Owned by Ethan Keiser, Sarah and David Berson (L-R)



## Mandatory Paid Sick Leave for Employees: Are You a Business Owner in New Jersey?



By Mark Herschlag

Now that the busy and stressful holiday season is over, I'm sure everyone is trying to get back in the swing of things and back to their norm, and some may be focusing on their New Year's resolution goals.

Back in the day, insurance brokers would walk into a business annually just to discuss health insurance premiums and rates, using a spreadsheet, making little to no changes. Now brokers are more involved with employee benefits than ever before. They will keep you updated with any changes involving employee benefits. For example, our office during the renewal process will include conversations with payroll companies, accountants and HR representatives, etc. A new hot topic that all business owners are talking about is Governor Murphy's new mandatory paid sick leave.

New Jersey has now become the 10th state in the nation to enact statewide mandatory paid sick leave. Governor Phil Murphy signed into law the New Jersey Paid Sick Leave Act, which took effect October 29, 2018. This prohibits employers from discriminating against employees for requesting or using sick leave. Employers are required to pay employees for earned sick leave at their regular rate of pay.

### Which Employees Are Eligible?

This act applies to almost every person employed in New Jersey—except for employees in the construction industry employed under a collective bargaining agreement, per diem healthcare employees, and public employees who already have sick leave benefits.

### How Is Sick Leave Accrued?

In each benefit year, an employee will accrue up to forty (40) hours of sick time at a rate of one (1) hour of paid sick leave per thirty (30) hours worked. For example, if an employee works 30 hours, they now have accrued 1 hour of paid sick leave.

### How Can Sick Leave Be Used?

Employees may use earned sick days for:

- The medical needs of an employee or employee's family member(s) such as: diagnosis, care, treatment of or recovery from the employee's mental or physical illness, injury or other adverse health condition, or for an employee's preventive medical care.
- Closure of the workplace, school, or childcare due to a public health emergency.
- A child's school-related conference, meeting, function or other event.

Employers may not require an employee to find coverage for their absence.

The act defines "family member" to include individual related by blood to the

employee or whose close association with employee is the equivalent of a family relationship.

### What Notice and/or Documentations Are Required?

- Foreseeable absence: Employers may require advance notice up to seven (7) days if an employee's intention is to use earned sick leave.
- Unforeseeable absence: Employers may require notice of intention to use leave as soon as practicable.
- Absence of three or more days allows employers to request documentation.

### This Is Time Consuming! How to Pass the Responsibility to Someone Else?

Having a PEO can protect you with every question and concern you may have with your business. PEOs take responsibility for all employee benefits and government changes. Like having a HR in house, they are responsible for making employee handbooks, time and attendance, and they will keep track of employee paid sick leave hours—which will leave you available to take care of other business needs. PEOs are trusted business partners for small- and medium-sized business employers. PEOs deliver cost-effective, outsourced services for health benefit administration. PEO providers know you need Fortune 500-level benefits to win top tal-

ent in a competitive marketplace, and you want cost-effective, flexible benefits that fit into your business plans. Having a PEO can come with lots of benefits. If PEO isn't the option for you, we have various other options to save you money that can be a great fit for your business.

This is where Cosmo Insurance Agency comes into the picture. We can help you find a PEO or be the insurance broker you need for your business. Give us a call!

Mark Herschlag is the founder and CEO of Cosmo Insurance Agency, which is based in Ocean County. Cosmo Insurance Agency offers personalized solutions for individuals and businesses looking to obtain health, life, dental, long-term care or disability insurance. For more information or for a free, no-obligation quote, please call (201) 817-1388 or email info@cosmoins.com.

## Get your premium refunded by your health insurance carrier.

Yes, you read right!

Self-Employed?  
JOIN EMPLOYER HEALTH ASSOCIATION AND SAVE BIG TODAY!

Our special business group plans do not only cost **30%-40% less** than similar products on the market. The insurer will **refund a portion of your premium.**

\*Based on claims history. \*\*Applies to groups of 6 or more employees

## Call now for more details!

Mark Herschlag

Health Insurance Specialist

201.817.1388

Visit us on online at [www.cosmoins.com](http://www.cosmoins.com)

Serving NJ, NY & PA

MEET US AT OUR OFFICE OR AT YOURS

Creative Solutions. Unparalleled Service.

- **Health Group**- Small (2-50), Large 50+, Individual Health
- **Life Term**, Permanent Life (UL, VUL), Whole Life
- **Employee Benefits** Disability, LTC, Dental, 401K, IRA
- **Personalized Service**

Claims, Cobra Administration, Enrollment and Billing



## Holy Name Medical Center Selected to Tackle Health Equity Gaps Among Different Patient Populations

Newly formed hospital-community partnerships participate in pilot program offered by the American Hospital Association and the Institute for Diversity and Health Equity.

(Courtesy of Holy Name Hospital) Studies reveal that ZIP code—even more than genetic code—is a strong predictor of health, well-being and lifespan. In short, where you live may influence how long and how well you live. For many communities, a small distance can add up to large health equity gaps and disparities.

Hospitals and health systems are in a unique position to close this health divide. In response, the American Hospital Association (AHA) and its affiliate, the



Institute for Diversity and Health Equity, with generous support from the Aetna Foundation, are launching the Hospital Community Cooperative (HC<sup>2</sup>), a nation-

al program dedicated to closing gaps in health equity.

Holy Name Medical Center is one of just 10 hospital teams in the country and the only hospital in New Jersey to participate in the HC<sup>2</sup> program. With the AHA's support, Holy Name will launch two projects targeting cancer disparities and access to care difficulties experienced in Asian-American communities through screening, education and linkage to care over the next 10-12 months.

The first project focuses on preventive screening for colorectal cancer among Asian-Americans through the distribution of 300 FIT (Fecal Immunochemical Test) kits during community events, with the expectation of connecting those with positive results to a primary care provider or gastrointestinal specialist. The second project involves the study of high-risk stomach cancer among the Asian-American population, with the goal of identifying 1,000 people eligible to complete a risk-assessment questionnaire distributed at community outreach events. High-risk individuals from the survey will be linked to a physician for follow-up care.

"We believe it is our responsibility to not only treat sick people, but to also keep people healthy through education and preventive care programs," says Kyung Hee Choi, vice president of Asian Health Services at Holy Name Medical Center. "Through the support and guidance of the AHA's Hospital Community Cooperative, we know we can help advance health equity and address disparities in our communities, especially among the Asian-American patient population. This aligns with our focus on improving cultural competency in health care for every patient."

Dr. Sung Kwon, a surgical oncologist and the lead physician of the project, notes, "Despite many identification and early detection methods available, cancer still stands as the leading cause of death amongst Asian-Americans. Due to many barriers to care, the population that should be seeking cancer screening and care often goes unnoticed until it reaches a stage where treatments are more involved and less curative. Through this project, we want to further promote the preventive approach to cancer care for our Asian-American communities."

Each team selected for the 2018-19 program comprises members from an AHA hospital and the community. The yearlong inaugural program recently kicked off in Chicago with an intensive three-day learning lab featuring nationally recognized population health and community care experts to provide customized technical assistance to the teams.

A national advisory committee consisting of multisector health improvement subject matter experts will contribute high-level guidance and decision-making support throughout the life of the program. The AHA and partners will complete an evaluation and report the findings in late 2019.

"The 2018-19 program is a pilot to help us strengthen our understanding of how

### SUBACUTE CARE AT DMC Trust The Team That Knows Your Needs

Daughters of Miriam Center/The Gallen Institute, a Jewish Senior Continuum of Care Facility, has provided care to the seniors of our community since 1921. Who better, then to understand their specialized rehabilitation needs? Our experienced postacute care team uses the latest advances in therapies to provide the highest quality care. Individualized care plans are designed for each patient. Whether getting back on your feet after a fracture or recovering from surgery or a stroke, DMC has the most experienced staff to help seniors achieve the best results.

The rehabilitation team at the 5-star CMS-rated Daughters of Miriam Center/The Gallen Institute is here to bring you the best in rehabilitation and subacute care. Our interdisciplinary team of physicians, therapists, nurses and social workers can meet all of your rehabilitation needs.

#### We offer intense short-term rehabilitation for:

- amputations
- hip and knee fractures
- hip and knee replacements
- post stroke recovery

#### Our team can also provide you with medically complex services such as:

- cardiac rehabilitation
- comprehensive wound care
- enteral nutritional therapy
- extended IV therapy
- nutritional diabetic counseling
- pain management
- post surgical stabilization
- urology/ostomy care
- wound care management

Therapy is provided/available up to 7 days a week



Daughters of Miriam Center/The Gallen Institute is a Glatt Kosher Facility.

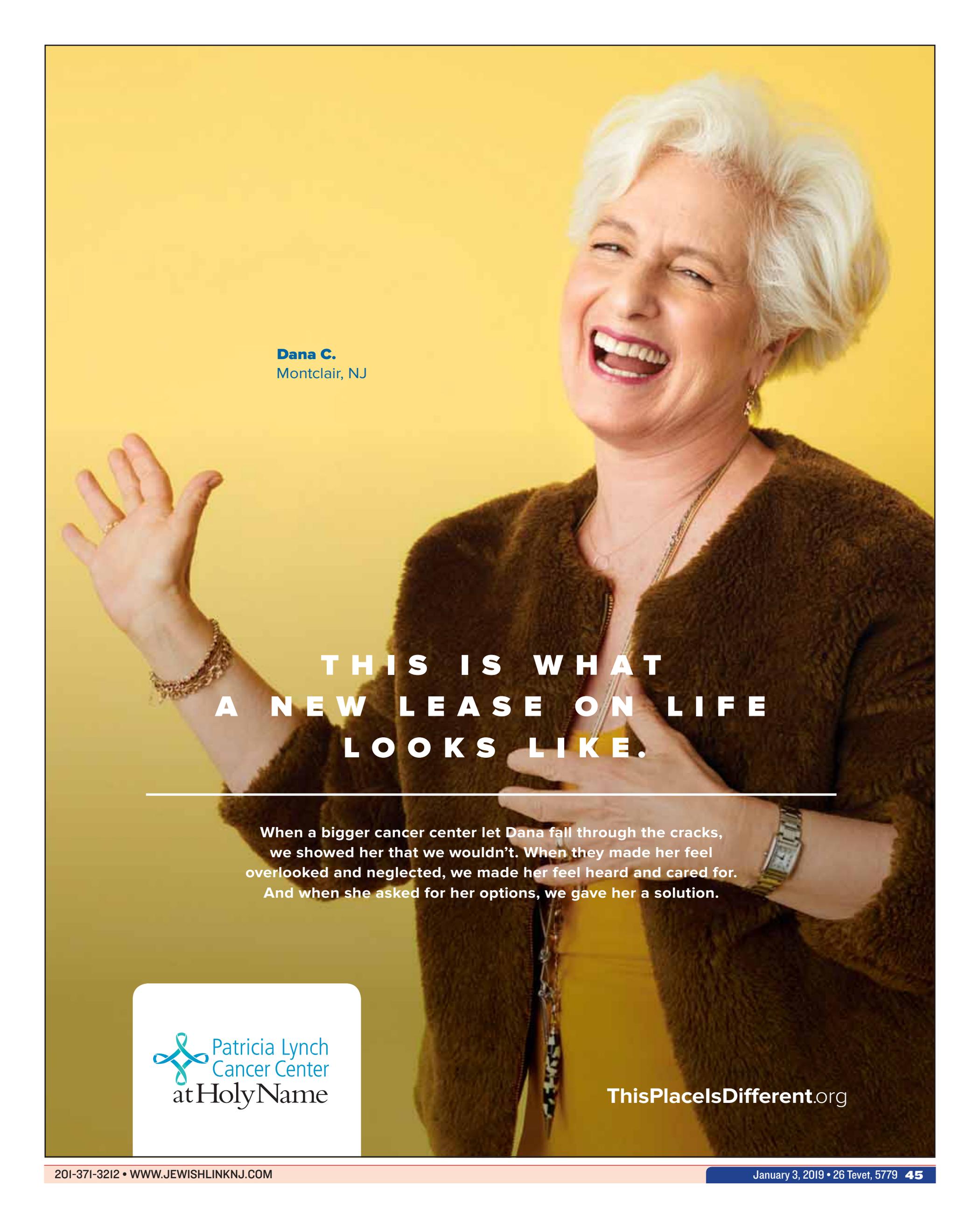
Contact us at 973-253-5358

daughtersofmiriamcenter.org • admissions@daughtersofmiriamcenter.org

Joint Commission accredited

Daughters of Miriam Center/The Gallen Institute is a beneficiary agency of the Jewish Federation of Northern NJ





**Dana C.**  
Montclair, NJ

**THIS IS WHAT  
A NEW LEASE ON LIFE  
LOOKS LIKE.**

When a bigger cancer center let Dana fall through the cracks,  
we showed her that we wouldn't. When they made her feel  
overlooked and neglected, we made her feel heard and cared for.  
And when she asked for her options, we gave her a solution.

 Patricia Lynch  
Cancer Center  
at HolyName

[ThisPlacelsDifferent.org](http://ThisPlacelsDifferent.org)



# THE HEALTH LINK



## Quality of Life

CONTINUED FROM P. 42

graduates is double that of hearing impaired graduates of other rehabilitation programs that do not include AV treatment—and significantly higher than the national average for all students.

“These exciting results support AVIsrael’s vision for young people with hearing loss to attend regular educational frameworks, pursue their dreams and fulfill their potentials. As a result of their AV education, youngsters with hearing loss can effectively contribute to society as independent and equal individuals.”

Included among the attendees at the evening were young people who are former and current recipients of the AV system, along with their grateful parents. They range in age from kindergartners to college students. Seeing them interact confidently

and fluently with each other and the adults around them was inspiring.

The articulate emcee of the evening was Shachar Weinfeld, 25, one of the earliest cochlear implant recipients to be rehabilitated through the AVIsrael-Shaare Zedek collaboration. Currently he is a second-year student at IDC in Herzliyah pursuing a BA in law and government. At 7 months old, Shachar contracted meningitis, which resulted in his loss of hearing. Now the recipient of two cochlear implants and extensive rehabilitation therapies through AVIsrael, he is a fully functioning citizen. “My dream is to have a family and see my aspirations come true, to discover the world and enjoy every minute,” Weinfeld noted.

To learn more about AVIsrael and the joint program with Shaare Zedek Medical Center visit [info@avisrael.org](mailto:info@avisrael.org). To donate go to [jgive/avisrael](http://jgive/avisrael).

## Holy Name Medical Center

CONTINUED FROM P. 44

to build a meaningful national community of practice for health care organizations that supports the cultivation of strong, sustainable partnerships through local health equity interventions,” said Jay Bhatt, AHA senior vice president and chief medical officer. “HC<sup>2</sup> aims to help shape the narrative around diversity and health equity by generating a new class of AHA Equity of Care champions, providing models of success for other hospitals and health systems, and opening the door for bolder approaches that move resources, policies and practices upstream.”

## About Holy Name Medical Center

Holy Name Medical Center is a fully accredited, not-for-profit health care facility

based in Teaneck, New Jersey, with off-site locations throughout Bergen County. Founded and sponsored by the Sisters of St. Joseph of Peace in 1925, the comprehensive, 361-bed medical center offers leading-edge medical practice and technology administered in an environment rooted in a tradition of compassion and respect for every patient. Holy Name provides high-quality health care across a continuum that encompasses education, prevention, early intervention, comprehensive treatment options, rehabilitation and wellness maintenance.

## About the Institute for Diversity and Health Equity

The Institute for Diversity and Health Equity, a 501(c)(3) nonprofit organization, works closely with health services organizations to advance health equity for all and to expand leadership opportunities for ethnic minorities in health management. For more information, visit [www.diversityconnection.org](http://www.diversityconnection.org).

## About the American Hospital Association

The AHA is a not-for-profit association of health care provider organizations and individuals that are committed to the health improvement of their communities. The AHA is the national advocate for its members, which include nearly 5,000 hospitals, health care systems, networks, other providers of care and 43,000 individual members. Founded in 1898, the AHA provides insight and education for health care leaders and is a source of information on health care issues and trends. For more information, visit the AHA website at [www.aha.org](http://www.aha.org).

## Silence Isn't Golden

CONTINUED FROM P. 41

The camp will feature separate boys’ and girls’ sessions for 4-18 year olds. All groups will be limited to 15 participants with one-on-one counselors to help maximize the effectiveness of the therapy. Training and support sessions will be provided to participating parents as well. Follow-up support services will ensure that progress achieved during camp will be carried over to the home and school environment.

This intensive therapeutic approach integrated within a traditional camping environment can enable the campers to achieve great success in applying and internalizing the skills they learn in their therapy sessions. It is well known that a camp experience as a whole has a tremendous impact on the participants regardless of background, all the more so for campers presenting with selective mutism.

If your child or family member or someone you know is suffering from selective mutism and you would like more information about this camp program, contact [camp@selective-mutism.org](mailto:camp@selective-mutism.org) and their team will be happy to get in touch with you.



## Don't let pain stop you from living your life to the fullest.

**Suffering from back, neck, shoulder, knee, hand, or foot pain?**

The hallmark of The Center for Musculoskeletal Disorders is our individualized approach to patient care. You are not subjected to a cookie cutter solution, nor is your pathology. Therefore we take the time to listen to you, to view your studies, to diagnose accurately, and to come up with a personalized plan.

**FULL RANGE OF SERVICES INCLUDING:**  
Foot and Ankle Treatment • Hand and Spine Treatment • Interventional Pain Management • On-site X-ray

**DOCTORS YOU CAN TRUST**

|                                                                                                                                                                |                                                                                                                                                                       |                                                                                                                                                                                                    |                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>JONATHAN LEWIN, MD</b><br><i>Orthopedic Spine Surgeon</i>            | <br><b>SETH GROSSMAN, MD</b><br><i>Orthopedic Spine Surgeon</i>                    | <br><b>RAZ WINIARSKY, MD</b><br><i>General Orthopedic Surgeon<br/>Total Joint Replacement Specialist</i>       | <br><b>DON HEITMAN, MD</b><br><i>General Orthopedic Surgeon<br/>Sports Medicine</i>                            |
| <br><b>VAGMIN VORA, MD</b><br><i>Orthopedic Spine Surgeon</i>               | <br><b>MICHAEL HOROWITZ, MD</b><br><i>Hand &amp; Upper Extremity Surgeon</i>       | <br><b>STEVEN HOROWITZ, MD</b><br><i>Pain Management Specialist<br/>Physical Medicine &amp; Rehabilitation</i> | <br><b>JONATHAN SIMHAE, MD</b><br><i>Pain Management Specialist<br/>Physical Medicine &amp; Rehabilitation</i> |
| <br><b>DANIEL POPOWITZ, DPM</b><br><i>Podiatrist<br/>Foot/Ankle Surgeon</i> | <br><b>HAYDEE BROWN, MD</b><br><i>Orthopedic Surgeon<br/>Foot/Ankle Specialist</i> | <br><b>MARC COHEN, MD</b><br><i>Pain Management Specialist<br/>Anesthesia</i>                                   | <br><b>JACOB PEACOCK, MD</b><br><i>Pain Management Specialist<br/>Sports Medicine</i>                          |
|                                                                                                                                                                |                                                                                                                                                                       | <br><b>ISAAC ABRAMCHAYEV, PA-C</b><br><i>Chief Physician Assistant<br/>Administrative Director</i>            |                                                                                                                                                                                                     |

**FOR ALL APPOINTMENTS AND INQUIRIES, PLEASE CALL 201.510.3777**

|                                                                                                                                                                                 |                                                                                 |                                                                                                                                                 |                                                                                                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>GREAT RESULTS CENTER HERE</b><br><a href="http://www.nynjcmd.com">www.nynjcmd.com</a> | <b>ENGLEWOOD, NJ</b><br>177 N. Dean Street,<br>Suite 301<br>Englewood, NJ 07631 | <b>MANHATTAN, NY</b><br>40 Park Ave. Suite 1<br>New York, NY 10016<br><br><b>FOREST HILLS, NY</b><br>76-65 Austin St.<br>Forest Hills, NY 11375 | <b>OUR BROOKLYN PARTNER</b><br> <b>PREMIER ORTHOPEDICS</b><br><br><b>BROOKLYN, NY</b><br>1414 Newkirk Ave,<br>Brooklyn, NY 11226<br><br><b>BROOKLYN, NY</b><br>142 Joralemon Street,<br>2nd Floor<br>Brooklyn, NY 11201 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

# Lose Weight With Balls

## Phase 1 - Detox / Cleanse



Steven Y. Szklarz, CSP

Phase one of our program is a detox/cleanse. The detox begins with acupressure, where we place small metal balls on specific regions behind the ear. The objective of the acupressure is A) to detoxify fat and toxins around specific organs in the body: stomach, liver, gallbladder, spleen and both the small and large intestines and B) hunger management. Each area that is worked on has a different percentage of weight loss expected. During the first cycle, where we focus on the stomach & liver patients can lose 5-10% of their body weight in just 10 days. The second cycle, where we focus on the intestines, offers approximately 2-4% of weight loss, but a patient can lose a lot of inches (1-2 sizes of clothing). During the third cycle, where we focus on the gallbladder & spleen, the weight loss is approximately 4-7%. A typical 150 lb patient is expected to lose 7.5-15 lbs in the first 10 days and an average of 16-26 lbs in the first 30 days. Once the patient is content with their weight, we move to phase 2, if not, the program continues with the acupressure until the patient reaches their goal. In conjunction with the acupressure, a specific food plan will be put in place. Some days are unlimited fruits and vegetables, some days are protein based, like milk or yogurt or an alternative to help burn fat. For Shabbos, we provide a special plan that includes unlimited fruits & vegetables, in addition to fish, meat, chicken, eggs, and challah. If you want lose 20 lbs, it is typically lost within 30 days (which is 3 visits). 50 pounds takes approximately 3 months and 100 lbs can be lost in approximately 6 months. The program is not only used for weight loss; as we also treat for: high blood pressure, cholesterol, arrhythmia, and diabetes. We also treat for: migraines, hot flashes, sleep apnea, and skin issues like psoriasis and eczema. Use us to detoxify the body and lose weight simultaneously. This is an all natural non-invasive cleanse. A detox is temporary, however the diet or way of life later will be a forever. Use us to lose 10, 20, 50 or 100 lbs or even just as a detox to cleanse out and feel great!



Robert Kohl, CSP



Yosef Landsberg, CSP

## Phase 2 - Transition / Maintenance

Phase 2 is our maintenance part of the program. Once the patient reaches their goal weight, we will then recommend a maintenance. It's a critical phase, with the re-introduction of meals and strategically adding the main food groups together. The 2 weeks of maintenance has acupressure balls to help program the body to find its new comfort level and NOT gain lost weight back.



Ralph Dayan, CSP

## Phase 3 - Diet / Way of Life

Phase 3 is a diet or a way of life. During this phase we test the different food groups, to see what your body is able to consume without gaining weight back; we help our clients find the full diet that they are comfortable with as a way of life. Because every client is unique, we strive to help provide a personal approach by listening to their specific needs in formulating a plan for long term success. This phase is offered FREE of charge, in our offices; nutritional counseling is important and we urge our clients to return to the office every 2 weeks free of charge to help keep them healthy and happy with their weight. Those that use us for FREE nutritional counseling upon completion of program, keep their results, those that revert back to cakes, cookies and the wrong foods for their bodies can gain weight back and ruin their results & hard work. Just as important as using us to lose weight in Phase 1 & maintain in Phase 2, is to use us to help keep you at your happy weight in Phase 3!



Toby Lebovits, CSP

### \$50 OFF Initial Office Visit

Valid in: Monsey, Englewood, Lakewood,  
East Brunswick, White Plains,  
New Rochelle & Toronto

Expires 3.31.19

### Englewood, NJ

100 South Van Brunt Street  
Englewood, NJ 07631  
201.871.0777  
njoffice@sadkhin.com

### Monsey, NY

419 Route 59, Suite 10  
Monsey, NY 10952  
845.213.1036  
monsey@sadkhin.com

### White Plains, NY

277 Martine Avenue, #210  
White Plains, NY 10601  
914.328.7777  
whiteplains@sadkhin.com

### New Rochelle, NY

1279 North Avenue  
New Rochelle, NY 10804  
914.365.7770  
newrochelle@sadkhin.com

### Lakewood, NJ

6520 US Highway 9  
Howell, NJ 07731  
732.523.1770  
lakewood@sadkhin.com

### East Brunswick, NJ

579 Cranbury Road, Suite E  
East Brunswick, NJ 08816  
732.254.3777  
eastbrunswick@sadkhin.com

### Toronto, ON

491 Lawrence Ave W, #204  
Toronto, ON M5M 1C7  
855.716.8743  
bathurst@sadkhin.com

# The Sadkhin Complex

Fast & Effective Weight Loss



Stop dieting.  
Eat what you crave.  
Love your body.  
Live your healthiest life.

## Find Your Food Freedom



RB Nutrition  
201-815-8077

rivkibermannutrition.com  
4-14 Saddle River Rd. St. 203  
Fair Lawn NJ



RIVKI BERMAN, REGISTERED DIETITIAN  
TEEN AND ADULT NUTRITION FOR ALL NEEDS

## — MARGARET RAVITS, M.D. — and Associates Dermatology

Expert Dermatology Care  
for the Whole Family

River Edge, NJ  
201.692.0800

Hackensack, NJ  
201.487.3691



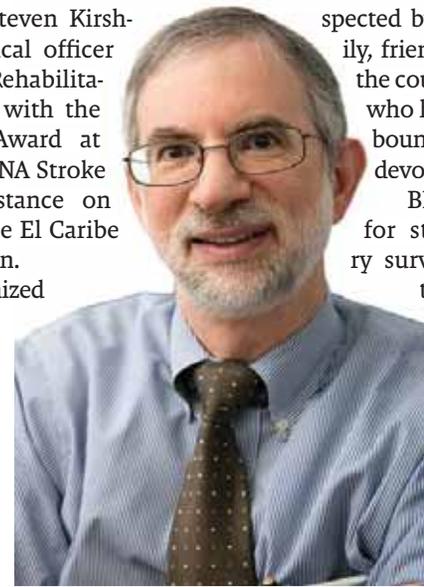
WWW.RAVITSDERMATOLOGY.COM

## Dr. Steven Kirshblum of West Orange to Receive Physician Leadership Award at BINA Dinner

(Courtesy of BINA) Steven Kirshblum, MD, senior medical officer at Kessler Institute for Rehabilitation, will be presented with the Physician Leadership Award at the Annual Dinner of BINA Stroke and Brain Injury Assistance on Sunday, January 13, at the El Caribe Country Club in Brooklyn.

Internationally recognized for his work in spinal cord injury medicine, rehabilitation and research, Dr. Kirshblum is also the chief medical officer at the Kessler Foundation the chair of the department of physical medicine and rehabilitation at Rutgers NJ Medical School. A member of BINA's Medical Advisory Board, Dr. Kirshblum is a highly sought-after speaker and a prolific writer.

Dr. Kirshblum and his wife, Anna, are beloved residents of West Orange, where they are active members of AABJ&D and Ohr Torah. BINA is very proud to recognize Dr. Kirshblum, who is admired and re-



Dr. Steven Kirshblum

spected by a wide circle of family, friends and colleagues and the countless grateful families who have benefited from his boundless compassion and devotion.

BINA is there every day for stroke and brain injury survivors of all ages and their families, providing critical guidance and expertise at each stage of the complex rehabilitation process. Thousands of children, adults and seniors who have nowhere else to turn in the aftermath of a devastating brain in-

jury have benefited from BINA's vital assistance. BINA's mission is to ensure that no brain injury survivor is alone as they struggle to navigate the long and difficult road to recovery.

For more information please go to [www.binausa.org/dinner](http://www.binausa.org/dinner) or contact BINA at 718-645-6400 or [dinner@binausa.org](mailto:dinner@binausa.org).

Anxiety Disorders  
Familial / Marital Issues  
Depressive Disorders

Let's Talk.  
973-348-5279

MORE THAN  
**10**  
YEARS OF  
EXPERIENCE

### HEATHER C. FEIGIN, LCSW

*I can help you gain the insight, tools and clarity you need to overcome your challenges and live a more content, functional and fulfilling life.*

103 THE CIRCLE, PASSAIC, NJ  
WWW.THERAPY-NJ.COM • HEATHER.FEIGIN@GMAIL.COM

MANY INSURANCES ACCEPTED • CALL FOR INFO

Does Your  
Treatment Plan  
Include  
Rehabilitation?



### Sub-Acute Rehabilitation

Daughters of Israel offers a relaxing, safe environment with trained medical professionals.

Our private rehabilitation campus features:

- A Spacious, State-of-the-Art Gym,
- Recovery Suites and Lounge with Luxury Amenities
- Fine Kosher Cuisine
- Expert On-Site Medical Care

For more information or to schedule a private tour call **973-400-3307** or visit [www.DaughtersofIsrael.org](http://www.DaughtersofIsrael.org)

Daughters of Israel is a non-sectarian community.



Daughters  
of Israel  
Plafsky Cooperman  
family campus family building

The Spirit of Community.  
The Traditions of Home.



## Good Inflammation, Bad Inflammation



By Dr. Warren Slaten, M.D.

Inflammation is one of the functions that we require on a daily basis. In other words, we need inflammation to survive. This is good inflammation. On the other hand, when there is increased inflammation throughout the body, an environment for disease is created. This is bad inflammation.

When you get a wound, there is damage to tissue that needs to be repaired. For instance, if you have a small cut in your body, you need good inflammation or you will have a hole or opening that could become permanent. When the wound forms, inflammation starts to heal that wound. First, there are chemical signals that increase the blood flow to the area of the wound. This is followed by the migration of growth factors to the area. Those growth factors lead to the formation of collagen, which is the building block of many of the tissues in our body. When that collagen forms, the tissue starts to heal and the wound fills in. Thus, instead of a hole in your body you will have new tissue formed and the hole is filled in.

I work with this good inflammation when I treat injured tissue in the body. When muscles are injured, they generally heal fairly quickly. Even if a muscle is torn, it will generally heal in a matter of weeks. That is because muscles get ample blood flow, hence their red color. Tendons and ligaments do not get much blood flow, so when they are injured they heal very slowly, if at all. This lack of blood flow is reflected in their whitish-yellow color. Those with tendonitis often experience long-standing pain that is unresponsive to many types of treatments.

Fortunately, there are treatments that work with this "good inflammation" to heal tendonitis, ligament injuries and arthritic pain. One of the best treatments for stimulating this healthy reaction is prolotherapy. By instilling a small amount of a dextrose solution over the tendon and ligament, this creates a mild irritation. This irritation stimulates a healing reaction in the body. Increased blood flow delivers growth factors to the tendon or ligament. These growth factors lead to collagen production and the growth of healthy tissue. With prolotherapy, you are changing an injured tendon that may have tears to a healthy tendon that is able to function normally.

Prolotherapy is not a quick fix. Rather, the treatment stimulates long-term healing. The body has the ability to heal itself, but for

tendons and ligaments this is very challenging for two reasons. One challenge for tendons and ligaments is the decreased blood flow to these tissues, as described above. The other challenge is that these tissues are often injured due to repetitive biomechanical stress that wears away at the tendon. This stress is often persisting because you continue the irritating activity. Thus it becomes hard to heal the tissue when the causative stress continues. A potential third factor is the use of anti-inflammatory medication such as ibuprofen (Advil, Motrin, Aleve). This impedes the body's own healing mechanisms by preventing the increased blood flow and migration of growth factors that lead to resolution of the localized injury. In other words, by using anti-inflammatory medication for an injury, you are blocking the "good inflammation" that can potentially heal the injury. On the other hand, prolotherapy stimulates this good inflammation that nurtures healing of tendons, ligaments and arthritic pain.

Now let's talk about bad inflammation. The inflammation that is unhealthy is systemic inflammation, which circulates throughout the body. A key driver of systemic inflammation is the presence of visceral fat. This is the fat that encases the internal organs such as the liver and intestines. This fat secretes inflammatory cytokines, which leads to diseases. Within the blood vessels, these cytokines lead to clot formation. When clots occur in the heart's blood vessels, this can lead to a heart attack. When the clots occur in

the arteries to the brain, this can lead to a stroke. Also, the increased cytokines in other organs can create an environment for cancer formation.

The good news is that you can reduce your systemic inflammation with lifestyle adjustments. For those with thyroid deficiency (hypothyroidism), taking thyroid replacement will improve metabolism and decrease the bad inflammation. For women who have reached menopause and men who have decreased testosterone, starting bioidentical hormone replacement is a great first step to reducing this "bad inflammation" and reducing the risk of these diseases.

With good dietary habits, with eating whole foods while reducing your carbohydrate intake, especially sugar, you will reduce your inflammatory load. You probably know that many are sensitive to gluten, but you may not know that there are many who are also sensitive to all grains. This sensitivity can lead to increased inflammation and can even contribute to pain conditions. For another group, dairy can stimulate systemic inflammation. For those with a dairy allergy this connection is obvious, but for those with low-grade inflammation from dairy, they may not be aware of this connection until they see how much better they feel when they stop eating dairy.

The third principle of reducing inflammation is maintaining an active lifestyle with an emphasis on aerobic exercise—that is, exercise that increases your heart

rate. Multiple studies have shown that exercise helps clear the unhealthy metabolites that cause inflammation. Many of my patients have challenges with starting an exercise program either due to pain or severe deconditioning. We work together to start gradually. Also, bioidentical hormone replacement will help start the process by giving one more energy to get started, and then when the person can start an exercise program they make dramatic progress in reducing their inflammation and improving their health.

In summary, the body heals wounds and localized trauma with "good inflammation" that rebuilds healthy tissue. For many conditions, the body carries out this good inflammation on its own. However, for tendon and ligament injuries and arthritic joints, the body often needs help to achieve this good inflammation. Prolotherapy helps stimulate the good inflammation that leads to healing of tendons, ligaments and joints. On the other hand, systemic inflammation is "bad inflammation" that circulates throughout the body and creates an environment that leads to heart disease, strokes and cancer. A three-pronged approach of optimizing hormones, healthy diet and a great exercise program can reduce your "bad inflammation" and dramatically improve your health!

Dr. Slaten is a pain wellness physician in Ridgewood, NJ. For more than 20 years he has been practicing regenerative techniques with great skill and an open mind. Dr. Slaten can help you stimulate "good inflammation" to treat injuries and arthritis and can help you reduce "bad inflammation" to improve your health.



**REGENERATIVE HEALING CENTER**  
NATURAL HEALING WITH SCIENCE AND CARE



Warren Slaten, M.D. has been a leading pain physician for the past 20 years. He has been using natural methods to not just fight pain but to heal pain and heal the body.

### Treatments available at Regenerative Healing Center:



- Prolotherapy - Rebuild ligaments, tendons, and joints.
- Neural Prolotherapy - Treat pain by healing nerves.
- Platelet Rich Plasma (PRP) - Using platelets to stimulate healing.
- Neural therapy - Balance autonomic nerves.
- Ozone - Enhance healing.
- Bio-Identical Hormone Replacement - Maintain your health.
- Medical Acupuncture - Chinese and Western techniques.



**89 N Maple Ave, Ridgewood, NJ 07450 • 201.882.1500**

**For More Information See Our Website: [regenerativehealingcenter.com](http://regenerativehealingcenter.com)**

Hours by Appointment (201) 384-0300

Washington Avenue Pediatrics, L.L.C.

Pediatric & Adolescent Medicine

Howard M. Friedman, M.D.

Christopher Weiss, D.O.

Shana M. Kaye, M.D.

Margaret M. Love, M.D.

Early Sick  
Visits  
Available!

Call now  
for your camp  
& school  
physicals!



95 N. Washington Avenue

Bergenfield, N.J. 07621

[www.washingtonavenuepediatrics.com](http://www.washingtonavenuepediatrics.com)



**Bolsters & Balls**  
Occupational Therapy

- Sensory Integration
- Autism Spectrum Disorders
- ADD/ADHD
- Neuromuscular Disorders
- Developmental Delays
- Fine/Gross Motor Skills
- Social Skills Groups
- Handwriting
- Parent Education
- Aquatics

**PEDIATRIC THERAPY WITH A PERSONAL TOUCH**



**COMPLIMENTARY CONSULTATIONS**

Bibi Pavel, OTR/L • 917-579-5399

[bolstersandballs@gmail.com](mailto:bolstersandballs@gmail.com)



**You'll be in  
good hands  
with us.**

**WE TREAT THE FOLLOWING  
HAND DISORDERS:**  
Carpal Tunnel Syndrome  
Trigger Fingers • Tennis Elbow  
Tendinitis • Fractures • Sports Injuries  
Work Injuries • Pediatrics

**TO SCHEDULE AN  
APPOINTMENT AT ONE OF OUR  
OFFICES ONLINE GO TO  
[www.nynjCMD.com](http://www.nynjCMD.com)**

**ENGLEWOOD, NJ**  
177 N. Dean Street,  
Suite 301  
Englewood, NJ 07631  
**201-510-3777**

**BROOKLYN, NY**  
1414 Newkirk Ave.  
Brooklyn, NY 11226  
**718-759-6100**

**BROOKLYN, NY**  
142 Joralemon Street,  
2nd Floor  
Brooklyn, NY 11201  
**718-759-6100**

**FOREST HILLS, NY**  
76-65 Austin St.  
Forest Hills, NY 11375  
**718-509-1900**

**MANHATTAN, NY**  
40 Park Ave. Suite 1  
New York, NY 10016  
**646-455-1564**

**GREAT  
RESULTS  
CENTER  
HERE**

*"Our philosophy centers on expert patient care and satisfaction. From the moment you schedule your consultation, all the way through the process of receiving the care you require, you will be treated courteously and respectfully."*

**Michael Horowitz, MD, Board Certified Hand Surgeon**  
Hand and Upper Extremity Division



## Cardiac Arrest Dos and Don'ts

(Courtesy of Hudson Regional Hospital) In the United States every year, more than 350,000 cardiac arrests occur outside of the hospital. CPR, especially if administered immediately after cardiac arrest, can double or triple a person's chance of survival. Unfortunately, according to the American Heart Association, only about 46 percent of people who experience a cardiac arrest out of the hospital receive the help they need to survive. What these victims need is CPR—or cardiopulmonary resuscitation,

a simple life-saving skill that anyone can learn to perform.

### What Is Cardiac Arrest?

Many people don't know the difference between a cardiac arrest and a heart attack and use the two terms interchangeably. A heart attack occurs when blood flow to the heart is blocked. If the blocked artery is not reopened quickly, the part of the heart that is nourished and oxygenated by the blood flow from that artery begins to "die." Symptoms

of a heart attack can include intense discomfort in the chest, shortness of breath, nausea/vomiting, cold sweats and pain radiating to the jaw or arm. If you or a loved one is experiencing symptoms of a heart attack, call Hatzolah (or 911) immediately—the longer a person goes without treatment, the higher the damage.

Cardiac arrest, however, happens when the heart cannot effectively pump blood to the brain, lungs and other organs due to an arrhythmia, or irregular heartbeat. A person becomes unresponsive, loses their pulse and stops breathing. Irreversible death will occur within minutes if the victim does not receive immediate treatment.

### What to Do

So what do you do if you see a teen or adult collapse in front of you? If you do have Hatzolah, call them immediately—we all know the speed in which Hatzolah reaches a patient (within 90 seconds in Passaic-Clifton), but we still need to take steps to help the patient. If the victim is *not* responding and is *not* breathing, and if you have a defibrillator, use it—the unit will talk you through how to use it.

If you have neither Hatzolah nor a defibrillator, the first step is to call 911, and you're going to perform the simple steps

of hands-only CPR. The dispatcher may have further instructions for you, and it is essential to remain as calm as you can and follow directions carefully. Remember that answering the dispatcher's questions will *not* delay the arrival of help. The dispatcher will help you remember the steps of hands-only CPR. You will be asked to place both hands in the center of the victim's chest. You will need to push down *hard* (about 2-2.5 inches for an adult) and *fast* (100-120 beats per minute). Hands-only CPR is so named because it eliminates the step of stopping compressions to give breaths, as is done in traditional CPR by trained rescuers. While the American Heart Association still recommends CPR with compressions *and* breaths for infants; children; and victims of drowning,



➔ CONTINUED ON P. 53

# Close to Home, Always within Reach



## Choose the Hudson Regional Hospital Emergency Medicine Department



- In-Network with Most Insurances
- Shortest Wait-Times in Northern New Jersey
- Board-Certified Physicians and Highly Skilled Medical Staff



www.HudsonRegionalHospital.com  
55 Meadowlands Parkway, Secaucus, NJ 07094 • (201) 392-3210



## Omega-3s: Do You Really Know What They Are, and If You Are Getting Enough?

(BPT) Each day we are bombarded with heaping helpings of health headlines - the latest, must-know, must-do health advice. Sometimes the tips seem obvious; but often, it's quite difficult to understand what will produce health benefits - especially when headlines and social media can make legitimate advice seem irrelevant in a moment.

Over the years, we've seen more conflicting advice around omega-3 fatty acids such as eicosapentaenoic (EPA) and docosahexaenoic (DHA). Thousands of published scientific studies have shown the benefits, and we know that the human body needs them to function but can't create them on its own. Among their numerous benefits, EPA and DHA have been associated with overall heart health and improving eye, brain and joint performance.

Yet most are confused. Unlike many other important measures of health, most



people have no awareness of their omega-3 levels.

Omega-3s are found in fatty fish such as salmon, sardines and mackerel. But the reality is, many people have difficulty achieving optimal levels with diet alone. And according to one recent study, even among people who believed they were eating a

balanced diet, 98 percent had levels of omega-3s that were below the optimal level.

"I had heard fish oil was critical to a balanced diet," said Schnelle "Nellie" Acevedo, a fitness blogger and mom of three. "As an avid runner and working mom, making smart choices about my health is really important to me. As I learned more about omega-3s and their health benefits, I started worrying that I could be omega-3 deficient and wondering what kind of toll that could be taking on my health."

Today, there are resources available to help us get an answer on where our levels stand - the Omega-3 Index test is a simple blood test that unveils what percentage of red blood cells contain EPA and DHA.

There's also a brief quiz online that provides a general guide for individu-

al omega-3 scores. The five-question quiz at [www.knowyouomega3s.com](http://www.knowyouomega3s.com) was launched by MegaRed, an omega-3 supplement brand dedicated to helping support overall health. By answering the simple questions, you can determine if your levels might be low, and learn helpful tips and actions to ensure you are getting enough omega-3s.

Every health journey is unique, so regardless of the latest trend, it's key to act to determine where you stand and the changes that work for you. Like understanding your cholesterol or blood pressure levels, knowing your omega-3 levels is an important marker of health.

"It's tough to be sure of your health and fitness choices, but I got an answer when it comes to omega-3s. Last year, I sent in a test to check my omega-3 levels. When I got my results, my numbers were not nearly where I want to be. I needed to supplement my diet to get my numbers up!" said Acevedo. "It's important for you to know whether or not you are getting enough omega-3s, and what you can do to fix it!"

## Seniors: How Healthy Feet Can Reduce Your Risk of Falling

(StatePoint) Among older Americans, falls are the number one cause of injuries and death from injury, according to the Centers for Disease Control and Prevention. Not only are seniors more at risk for

falls, when they do so, it poses a greater risk for injuries, hospitalization and complications. For a ground-up approach to fall prevention, seniors should start by examining the health of their feet.

"Painful foot conditions, such as osteoarthritis, corns, bunions, hammertoes and diabetes complications, can make it difficult for seniors to maintain balance and coordination when walking or standing," says Michael Ambroziak, DPM, FACFAS, a board-certified foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgery (ACFAS). "Compounding the issue is that the very exercises intended to correct risk factors for falls, such as lower-body weakness, as well as gait and balance problems, are made difficult to perform when one is suffering from painful foot and ankle conditions."

While the factors causing falls are numerous, experts say that seniors, and everybody for that matter, can take steps to reduce their risk by minimizing or even eliminating foot pain. Doing so will improve balance, coordination and stability when walking or standing.

Foot and ankle surgeons recommend the following ways to help keep feet and ankles healthy:

- Don't ignore pain: Foot pain is not just a normal consequence of growing older, so don't resign yourself to aching and suffering. You likely have a treatable condition. For a proper diagnosis and intervention, be sure to pay attention to your feet and see a foot and ankle surgeon if and when you experience pain.

- Examine your feet: You are the gatekeeper of your own health, making regular at-home foot examinations critical. At the sign of bumps, lumps or other changes in your feet, make an appointment with your foot and ankle surgeon.

- Exercise: Simple stretching exercises can help you maintain strength and mobility in your feet and ankles, as well as provide pain relief. Talk to your physician about appropriate exercises for you.

- Protect: Use padding, insoles or whatever special footwear you are prescribed. Be sure to wear these, along with comfortable, sensible shoes, every day.

- Be flexible: Know that at times, surgery is the most appropriate treatment for a given condition. Fortunately, many simple surgical techniques allow foot surgery to be performed on an outpatient basis.

For more ways for to keep feet and ankles healthy, prevent falls or to find a foot and ankle surgeon near you, visit [FootHealthFacts.org](http://FootHealthFacts.org), the patient education website for ACFAS. Foot and ankle surgeons are experts in providing both conservative care as well as surgical approaches to foot and ankle healthcare.

Remember, just one fall can permanently rob seniors of their independence and dramatically reduce their quality of life. Taking good care of feet and ankles however can reduce the risk of a life-altering slip, trip or fall.



Linking Bergen, Essex & Union Counties

# JEWISH LINK

OF NEW JERSEY

**SUMMER INTERNSHIP**

## INTERNSHIPS AVAILABLE

We are currently offering a Journalism/Media Internship for advanced college students studying English, communications, journalism or a related field.

Learn valuable business & communication skills that will further your career.

Summer internship positions are open to current college students and graduates. Full time and part time positions are available.

If interested please email your resume to [ekratz@jewishlinknj.com](mailto:ekratz@jewishlinknj.com).  
Deadline for applications is Friday, February 1st.

**Cardiac Arrest Dos and Don'ts**

 CONTINUED FROM P. 51

drug overdose or respiratory distress, studies have shown that hands-only CPR is just as useful for most cardiac arrest victims. All you need to remember to save a life: Call Hatzolah (or 911) and Push Hard and Fast!

**Hudson Regional Emergency Medical Services: A Mission to Empower**

When Kristin Hyman, HRH's chief of EMS, learned that up to 70 percent of Americans don't know how to perform the life-saving skill of CPR, she and her team made it their mission to change that in our community. "We started by visiting a program called the Resuscitation Academy in Howard County, Maryland, where they have increased their cardiac arrest survival rate remarkably," she said. There, she and her team developed a plan. "It takes about 30 seconds to learn to perform CPR, so we started going out into the community—street fairs, the public library, local schools—and showing people that this is a skill *anyone* can do."

Next, the EMS team at HRH started to train and drill together to enhance their response to this type of emergency better. "This is arguably the most important type of emergency we ever have to respond to, so we started training to ensure we operate like a well-oiled machine (we answer

911 calls in Secaucus). Everyone from the 911 dispatcher to each EMT has a job to do during a cardiac arrest. We like to look at a well-trained community as just one more assistant to help ensure the best chance of survival for the patient."

Along with the Education Center at HRH, they took their community education program even further by developing a series of free courses taught at HRH and in communities, also going into depth on CPR and even broaching topics such as heart attack awareness and stroke prevention. "So far in 2018, we have taught over 1,000 people how to perform CPR. In 2019, we'd like to double or triple that number," Hyman said. For her, and the rest of the HRH team, empowering the community is a personal mission. "Knowledge is power: Whether with cardiac arrest or any other issue, giving citizens the ability to act as their first responders in a medical emergency is the best step we can take towards a healthier community."

**About Hudson Regional Hospital**

Hudson Regional Hospital is celebrating its first year as a new, premier hospital providing comprehensive care to Northern New Jersey, with exceptional care, sophisticated technology and knowledgeable physicians. Contact HRH at 201-392-3100 or email [info@HudsonRegionalHospital.com](mailto:info@HudsonRegionalHospital.com). For emergencies, proceed directly to the emergency room. The emergency room contact number is 201-392-3210.

**DO YOU OR A LOVED ONE STRUGGLE WITH STAIRS?**



**Get the lift you need.**

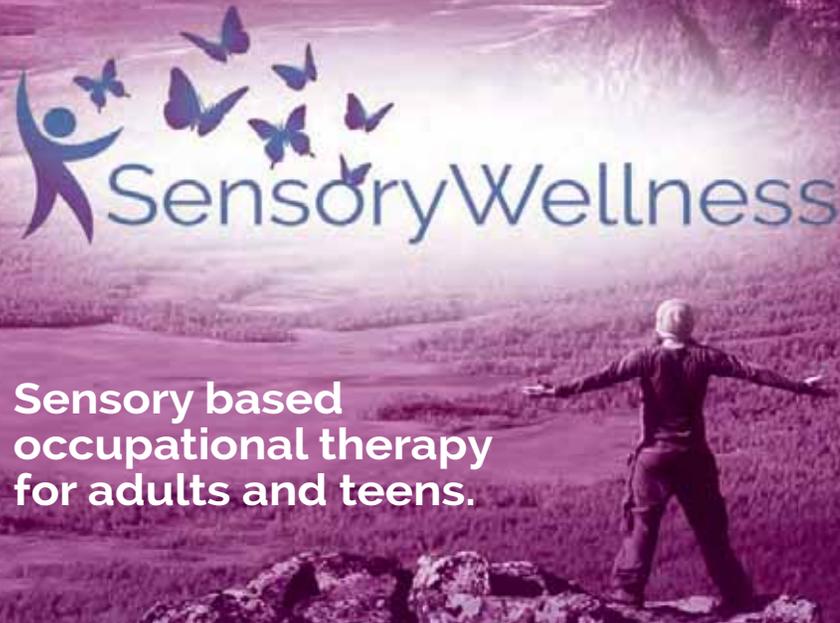
Shabbos mode option available on all our lifts.

|                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>Custom StairLift</b>                                                             | <b>Home Elevator</b>                                                                | <b>Patient Lift</b>                                                                 | <b>Wheelchair Lift</b>                                                              |
|  |  |  |  |

**ShabbosLift Solutions™**

Call for **FREE** consultation (646) 543-8811

Ask about our bonus additional-year warranty and our pre-owned StairLifts



**Sensory based occupational therapy for adults and teens.**

**Do you experience sensory issues similar to those of your child?**

**Does your teenager experience sensory issues that inhibits their social development?**

**Do you experience relationship issues associated with sensitivity to touch?**

Individuals of any age can improve their ability to process sensory information

- Sensory Gym Designed for Adults and Teenagers
- Comfortable and Private Setting
- Individually Tailored Treatment
- Over 15 Years Of Experience
- Experienced Male Therapist on Staff

Live Your Life to the Fullest

**Free 20 minute consultation**



**Danielle Amster, OTR**

**Contact Us**

[www.sensorywellness.com](http://www.sensorywellness.com)  
 (201) 421-6346 | [danielle@sensorywellness.com](mailto:danielle@sensorywellness.com)  
 336 West Passaic Street, Rochelle Park, NJ 07662  
 Located behind the Garden State Plaza Mall (GSP exit 160)



# THE HEALTH LINK



## A New Year, A New You

(BPT) Jan. 1 marks the official start of the new year and is our annual reminder to set resolutions, such as eating healthier, practicing mindfulness, getting organized or finally joining a gym. It's the perfect excuse to hit the reset button to lead a healthier lifestyle.

Whether that's waking up to a glass of celery juice - the go-to drink of 2018 - or taking a spin class, the challenge in getting healthier involves finding a solution that aligns with your everyday lifestyle and personal goals. Every individual's journey is different. Resolving to lose weight on Jan. 1 is the easy part. Sticking with it requires more effort.

What if you could start a weight loss journey that was sustainable? One that helps you build the habits that will carry you through Dec. 31, 2019, and beyond?

### Let's Get Personal

Effective weight loss programs must be highly personalized. Personalization plays a critical role in weight management, serving as the connective tissue between a program and the individual. Inputting height, weight, age and gender into an app or database cannot sustain a successful weight loss experience. Tracking your progress, consistent feedback, personalized coaching and motivational communications are key. These are made possible thanks to advancements in technology; which when combined with personalization can positively impact weight loss behaviors and yield real results.

### Finding the Right Program for You

Losing weight is not one-size-fits-all, hence the importance of finding a pro-

gram that is right for your body, mind and schedule. Experts advise seeking programs rooted in sustainability, personalization and ease of use. Developed in collaboration with Louisiana State University's Pennington Biomedical Research Center, a worldwide leader in weight loss science, Amway's BodyKey(TM) SmartLoss(TM) program makes it easier to embrace smarter, healthier lifestyle choices.

Accessibility is also important. The BodyKey SmartLoss program includes a free mobile app that functions as your digital coach to help you achieve and share your success with family, friends and colleagues along your weight loss journey. The app is available for anyone to download on the iTunes Store and Google Play.

Marrying the use of technology and biological processes, the program features three key elements:

- \* Personalized eating plan: an easy-to-follow eating plan to educate on appropriate portion size
- \* Personalized SmartLoss Graph: to map and track healthy weight loss
- \* SmartTips and SmartLoss Feedback: continual and tailored recommendations to keep users motivated to lose weight

"Personalization is invaluable for any successful weight loss program," said Kerry Grann, Principal Research Scientist, Amway Research & Development. "Each person is

unique and requires different specificities to lose weight. What may be beneficial to one person, may not work for another. Finding a solution based on your individual needs will help you lose weight more efficiently."

### Breaking Barriers

With no tracking or calorie counting required, Amway's BodyKey SmartLoss program effectively drives weight loss by including scientifically proven strategies to help shift away from unhealthy habits that prevent you from losing weight. It is also personalized to

help identify potential barriers such as mindset, sleep, stress and eating habits, and teaches new skills to overcome those barriers.

"Creating healthy habits such as weighing yourself daily and replacing one meal a day with a nutrient-packed shake or bar can lead to long-term success in managing weight," Grann continued. "These habits ensure daily allowances are properly met and that you receive the nutrients your body needs to lose weight."

In addition to meal replacement shakes and bars, Amway's BodyKey SmartLoss program also offers tools, snacks and teas to help make portion control easier.

As we approach a new year, now is the time to evaluate your physical, mental and spiritual health. Managing your weight doesn't have to be a lifelong struggle. Proper weight management can be safely achieved

through programs such as BodyKey SmartLoss. This program, combined with a proper education on the tools and nutrients your body benefits from, can enable you to reap rewards in no time.



## Healthcare Directory

### Dental Care

#### Dental Professionals of Fair Lawn

www.drbardash.com | (201) 797-1555  
10-06 Saddle River Rd, Fair Lawn

#### Dumont Dentist

Dr. Rachel Jacobs & Dr. Herb Schneider  
www.dumontdentist.com | (201) 385-5538  
55 Grant Ave, Dumont

#### Feit & Jonas Dental

www.feitandjonasdental.com  
(201) 569-4535  
19 Franklin Street, Tenafly

#### Knoll Orthodontics

www.knollorthodontics.com | (201) 837-3322  
149 W. Englewood Ave, Teaneck

#### Teaneck Dentist / A Reason to Smile

www.teaneckdentist.com  
1008 Teaneck Rd, Teaneck

### Dermatology

#### Center for Dermatology & Skin Surgery

www.centerfordermatologynj.com  
(201) 857-4200

1 W. Ridgewood Ave, Suite 103, Paramus  
129 Washington St, Suite 100, Hoboken

#### Margaret Ravits, M.D.

www.ravitsdermatology.com  
(201) 692-0800 - River Edge, NJ  
(201) 487-3691 - Hackensack, NJ

### Eye Care

#### Resident Eye Care Associates

www.recaeyes.com | (201) 797-2747-14  
Saddle River Rd, Suite #202, Fair Lawn

### Fitness

#### Kaplen JCC on the Palisades

www.jccotp.org | (201) 569-7900

#### Orangetheory Fitness

hackensack.orangetheoryfitness.com  
studio0261@orangetheoryfitness.com  
(201) 450-9663

#### Teaneck Trainer- Lelia Marcus

www.teaneckpersonaltrainer.com  
(201) 371-3184

### Health Insurance

#### Cosmo Insurance Agency

www.cosmoins.com | (732) 363-3888  
mherschlag@cosmoins.com

### Hospitals

#### Englewood Hospital

www.engagewoodhospital.com | (201) 894-3000  
350 Engle St, Englewood

#### Holy Name Medical Center

www.holyname.org | (201) 833-3000

#### Hudson Regional Hospital

www.hudsonregionalhospital.com  
(201) 392-3100

55 Meadowlands Pkwy, Secaucus

#### RWJ Barnabas

www.rwjbh.org  
718 Teaneck Rd, Teaneck

#### Musculoskeletal Disorders

The Center for Musculoskeletal Disorders  
(201) 510-3777

177 N Dean St, 3rd Fl, Suite 301, Englewood  
1415 Queen Anne Rd, Teaneck

#### Occupational Therapy

#### Sensory Wellness

www.sensorywellness.com  
danielle@sensorywellness.com | (201) 421-0345  
336 West Passaic St, Rochelle Park

### Orthopedics

#### Englewood Orthopedic Associates

(201) 408-6736  
401 S. Van Brunt St, Englewood  
1 W. Ridgewood Ave, Paramus

### Pediatricians

#### Tenafly Pediatrics

www.tenaflypediatrics.com  
Tenafly: (201) 569-2400 | Paramus: (201) 262-1140  
Fort Lee: (201) 592-8787 | Clifton: (973) 471-8600

#### Washington Avenue Pediatrics, LLC

www.washingtonavenuepediatrics.com  
95 N. Washington Avenue, Bergenfield, NJ  
(201) 384-0300

### Physical Therapy

#### Back to Health Physical Therapy

www.bthrehab.com  
loren@bthrehab.com | (201) 833-0234  
1060 Main St, Suite 302, River Edge

#### Prime Orthopedic Rehabilitation

www.Prime-Rehab.com  
info@prime-rehab.com | (201) 503-7173  
111 Dean Dr, Suite 1N, Tenafly

### Radiology

#### University Radiology

www.universityradiology.com | (201) 836-2500  
699 Teaneck Road, Teaneck

### Regenerative Healing

#### Regenerative Healing Center

www.regenerativehealingcenter.com  
(201) 882-1500  
89 N Maple Ave, Ridgewood

### Senior Living

#### Care One at Teaneck

www.care-one.com  
201-862-3300 | 544 Teaneck Rd, Teaneck

#### Daughters of Israel

www.daughtersofisrael.org  
(973) 400-3307

#### Daughters of Miriam

www.daughtersofmiriamcenter.org  
(973) 772-3700

155 Hazel St, Clifton

#### Jewish Home at Home

www.jewishhomeathome.org  
(201) 750-3077

#### Synergy HomeCare

www.synergyhomecarebergencounty.com  
(201) 833-1500

### Weight Loss

#### Sadkhin Complex

njoffice@sadkhin.com | (201) 871-0777  
100 S. Van Brunt St, Englewood

### Wellness

#### Avita Integrative Care

www.avitaicare.com | (888) 242-2732  
440 West Street, Suite 312, Fort Lee

#### Hennie Eisen

(917) 650-7071

#### Wellness Motivations LLC

Beth S Taubes, RN, OCN, CBCN  
btaubes@wellnessmotivationsbt.com  
(917) 748-2956

All levels!

DO SOMETHING  
TODAY THAT YOUR  
FUTURE SELF WILL  
THANK YOU FOR.

# YOGA CLASSES

\$20 PER CLASS. 211 CHADWICK RD, TEANECK

ANNA KEST FEINBERG

917.282.1750

Thursdays 8:30am

CAROL BERLIN

201.960.7408

Tuesdays 10am & 7:30pm

Fridays 9am

# HOPE

Therapeutic Services

- Individual, Couple and Family Therapy
- Certified in Trauma Counseling
- Grief Counseling
- Dating/Relationship Counseling
- Fluent in Hebrew



Shlomit Liz Sanders LMFT, CCTP

Licensed in NY and NJ

500 Prospect Ave. Suite 300 • West Orange, NJ 07052

(973) 337-6519 (862) 505-9191

Info@hopetsllc.com • www.HopeTSLLC.com

# The Gift of Tahara



By Rabbi Mendy Kaminker

I was only 16 1/2 years old. But there I was, seriously considering doing something that even adults dread.

But I had no choice. I was “the rabbi.”

You see, together with my classmate, we were sent to a large town in Russia, where we spent the High Holidays.

“You will need to lead the services during Rosh Hashanah and Yom Kippur”—sure, no problem.

“You will go around town, offering people the opportunity to shake the lulav and etrog”—our pleasure.

“You will dance on Simchat Torah and make sure that everyone is dancing as well”—sounds easy.

But in the middle of all that, we got an unexpected phone call. A Jewish person passed away, and they called “the young rabbis” to arrange a Jewish funeral.

Oh, they never told us about that.

We had some vague knowledge of what needs to be done. The funeral itself was the easiest part—saying the prayers, tearing the garments, making sure that 10 Jews are present and Kaddish can be said—but the preparation...that’s a different story. Doing the “tahara,” the traditional way of bathing

and preparing the body for burial, was not something we knew much about.

We called the office of Chabad in Moscow and spoke to Rabbi Berl Lazar (eventually he became the chief rabbi of Russia). He faxed us (yes, it was during the prehistoric period) 18 pages of detailed instructions and explanations about the tahara. Another helpful Chabad Rabbi informed us that we better hurry up.

“Many local Jews are following the non-Jewish tradition of open-casket funeral,” he said. “If you show up at the family’s house after the deceased is dressed, most likely they won’t agree to have a tahara.”

Indeed, by the time we got to the house, it was too late. The viewing had begun with many family members and friends gathering around the coffin. I am ashamed to admit that I was a bit relieved. The idea of touching a dead body was rather terrifying to me. At the same time, I was also very sad. In those few hours since we were notified about the funeral, I managed to learn about the importance of the tahara, and the positive impact it has on the soul.

I felt bad we didn’t provide this Jewish soul with the gift of the tahara.

Years passed.

I was sitting in a rabbis’ meeting in Cherry Hill when someone mentioned that the local Chevra Kadisha, the volunteer group conducting the tahara and helping to pre-

pare Jewish persons for burial, was facing a shortage of volunteers. The point was for us to look among our congregants for suitable candidates who will be ready to volunteer. But I found myself saying, “I will do it.” Those memories from Russia were still fresh in my mind, 12 years later.

After a quick training, I was added to the volunteers’ list. Soon enough I received the phone call to show up the following evening for a tahara.

I was excited. I was nervous. I was sure that I was going to experience nightmares for at least a couple of nights. I simply didn’t know what to expect.

But walking into the room, I realized that there was no fear in the atmosphere. There was something else I really didn’t expect to find: love. There we were, five people who had never met the deceased in his lifetime, but we all came to care for him, to help him down his last journey on this earth.

We cleaned him, poured the purifying water, dressed him carefully in shrouds and placed him in the pine casket.

One of the most emotional moments came just before we covered the coffin. We all gathered around him, standing silently for a moment before the older volunteer spoke. “Mr. \_\_\_, we want to ask your forgiveness. If we embarrassed you tonight or during your lifetime, please forgive us... Please be a good advocate for your family and for the entire Jewish people.”

And then we walked out.

We knew that tomorrow would be his funeral. People would speak about his life; friends and family would shed a tear. And although none of them will know who we are, we still feel part of his life. We were able to give him the same holy burial that has been done for thousands of years.

Many communities marked a recent Shabbat as TEAM Shabbat (Traditional End-of-Life Awareness Movement), and it saddens me to say how many Jews do not have the tahara and the Jewish burial. And I believe it’s simply because of lack of awareness. People might not be aware of the importance and the positive impact it has on the soul, of the great love and care that is invested in every moment of the process.

This is why I am sharing my story with you.

May Hashem bless us all with health and long life, and may we see the days when God “has concealed death forever, and the Lord God shall wipe the tears off every face.” Amen.

Shabbat Shalom.

Contact [rabbi@ChabadHackensack.com](mailto:rabbi@ChabadHackensack.com) if you have questions about the topic, or if you need any assistance with arranging a Jewish funeral. I and my fellow Chabad rabbis around the world are committed to ensuring that every Jewish person can have access to this special mitzvah.

Rabbi Mendy Kaminker is the rabbi of Chabad of Hackensack and the editorial director of Chabad.org.

## Mazali Gold Pop Up Sale

20% off original prices!

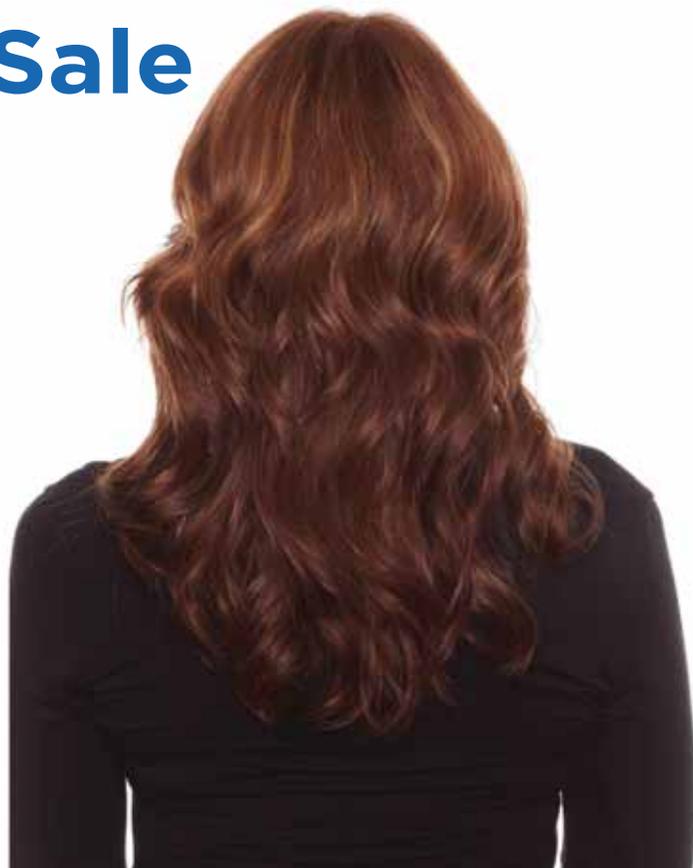
At the home of Michele Major  
996 Columbus Drive  
Teaneck, NJ 07666

**Sunday January 6th**  
from 6pm to 10pm  
**Monday January 7th**  
from 6pm to 9pm

**All Toppers 20% Off Also!**

14" \$950 now just \$760      18" \$1350 now just \$1080  
16" \$1200 now just \$960      20" \$1450 now just \$1160

Michele Major 201.281.3590      [www.fortunewigs.com](http://www.fortunewigs.com)      All wigs certified Kosher by Rabbi Gross of Bnei Brak



# How Far Would You Go for a Bracha?



By Rabbi Dr. Avi Kuperberg  
Part II

Two years ago I wrote about my journey of nearly 3,500 miles to get a blessing (bracha) from a very special gentleman in Manchester, England. It was a pleasure to meet Mr. Chaim Ferster, a 94-year-old man who had common Holocaust experiences with my late father. They had been inmates together in Auschwitz and had been liberated together from Buchenwald. We had lunch and conversed with him, together with his family, for hours. He had clear memories of his various experiences during and after the war. Before we said our goodbyes, Chaim was kind enough to bestow his blessings upon



Rabbi Kuperberg with Joe Wolf.



Rabbi Kuperberg davening with Joe Wolf.

my wife and myself. Several weeks later I was saddened to learn that he had passed away. Our visit with him turned out to be fortuitous in terms of timing.

This past week I remembered to call an old friend, Joe Wolf. I met Joe in Boca Raton years ago when I would come down to visit my parents. His children eventually convinced him to move closer to them, in Rockville, Maryland, and live independently in an assisted living facility. Every Chanukah I would call Joe and wish him a happy birthday. This year I was especially excited to call him. He was turning 100 years old.

Joe is the kind of man you only meet once in a lifetime. He is a Holocaust survivor with a mild accent who is as sharp as a tack. He had outlived three wives. He remembered me quite well and was able to ask about my family, almost picking up on our conversation where we last left off. I had visited the Ring House to daven Shacharit a while back when I was in the area looking for a minyan. I was surprised to see him leading the davening for dozens of men. We were happy to greet each other and we took a “selfie” picture with our tefillin on. Joe is always happy to wish me the best and bestow many blessings upon me.

How important and significant are blessings in Jewish tradition? We see examples of blessings throughout Bereishit. The first mention of a bracha is when God blesses all the creatures, saying “be fruitful and multiply (Bereishit 1:22). Avraham received Hashem’s blessing for the future of the Jewish people, hearing that they would multiply like the stars of Heaven (15:5). Yaakov tricks Yitzchak into giving him the blessing reserved for the firstborn (27:28). Eisav, his older brother, “cried out an exceedingly great and bitter cry,” begging for a blessing too (27:34). Yaakov ends the book of Bereishit handing out blessings (49:1) and Yosef is perplexed when Yaakov switches his hands, blessing the younger grandson over the older one (48:9).

Obviously blessings are serious business. How are we, then, supposed to relate to this concept? What exactly is a blessing and how important is it to seek one out?

Rabbi Berel Wein offers an intriguing insight into this issue. He explains as follows: Blessings are a means to encourage and empower potential to become reality. A blessing is the use of potential to do good things such as to serve Hashem.

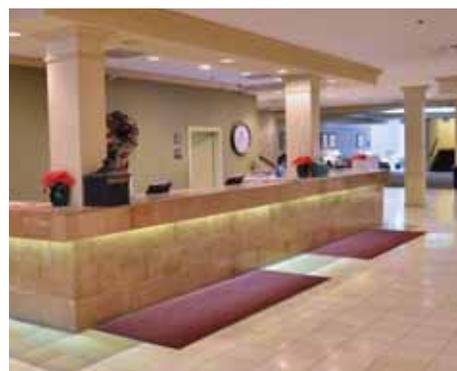
If blessings are a means to encourage and empower, then we all have the power to bless. We have the power to bless and encourage our spouses. As parents, we have the power to bless our children, as is a common Friday night custom, encouraging and empowering them. We especially have the power to bless our own efforts.

The Satmar Rebbe was once asked who is worthy enough in this generation to bestow a bracha. He answered that if we come across an individual who experienced the Holocaust and still wears tefillin, this is a righteous individual whose blessing should be sought.



EXCLUSIVELY FROM PEYD:

**USE YOUR AIRLINE MILES AND CREDIT CARD POINTS TO PAY FOR YOUR PASSOVER VACATION & HOTEL STAY**



888.404.PEYD(7393) | WWW.PEYD.COM | INFO@GETPEYD.COM

CONTACT MARKETING@GETPEYD.COM TO LEARN HOW TO ADD YOUR PROGRAM TO OUR NETWORK & BECOME AN OFFICIAL PWP PARTNER.

CONTINUED ON NEXT PAGE

# Archaeological Evidence to the Sephardic and Ashkenazic Positioning of the Mezuzah



By Rabbi Haim Jachter

Archaeological evidence appears to be relevant in interpreting the Gemara's statement (Menachot 33a) that mezuzot may not be placed "in the manner of carpenters." Rashi (ad. loc. s.v. Avida) explains that this forbids placing mezuzot horizontally, while Rabbeinu Tam (cited in Tosafot ad. loc. s.v. Ha) believes that it forbids placing them vertically. Whereas the Sephardic tradition employs Rashi's vertical orientation (Shulchan Aruch Yoreh Deah 289:6 and Yalkut Yosef, Kitzur Shulchan Aruch Y.D. 285:5), Ashkenazic Jews, following the recommendation of the Tur (Y.D. 289) customarily attempt to compromise between the two opinions, placing their mezuzot on a slant (see Rama ad. loc.). An archaeological perspective on this issue comes from the notches that our ancestors used to etch in their doorways into which they would insert their mezuzot. All the notches that have been found have been vertical or slanted, apparently supporting Rashi's opinion. None has yet been found with horizontal notches, which would accord with Rabbeinu Tam's view.

This evidence should not move Ashkenazic Jews to change their tradition. Firstly, the archaeological data might be inadequate. It is possible that homes where the mezuzot were affixed in accordance with Rabbeinu Tam will be found, just as tefillin have been found that match each of Rashi and Rabbeinu Tam's opinions about the order of the parshiyot (see the Encyclopedia Judaica (15:904); See also Piskei Tosafot (Menachot 92), which records that "In Nehardea and Jerusalem, two pairs [of Tefillin] were found, one in accordance with Rashi and the other in accordance with Rabbeinu Tam)."

A second reason for Ashkenazic Jews to maintain their custom is that one should not abandon his tradition even in light of

archaeological evidence. One may argue that archaeology possibly can play a role when there is no mesorah, but it cannot uproot one.

A final reason is that perhaps the debate between Rashi and Rabbeinu Tam already raged in ancient times, and the Jews who kept their mezuzot on a slant did so as a compromise between the two views, much as Ashkenazic Jews do today. Thus, the fact that some mezuzot were slanted does not indicate that the position of Rabbeinu Tam is unfounded.

## Conclusion

It seems that there is archaeological evidence to both the Sephardic and Ashkenazic traditions regarding how to position the

mezuzah, similar to the archaeological evidence to both Rashi and Rabbeinu Tam's respective manners of inserting the parshiot into the tefillin boxes. What an interesting illumination of Chazal's teaching that *eilu ve'ilu divrei Elokim*, both these and these constitute the word of the Living God!

## Postscript

The discovery that the Rashi-Rabbeinu Tam debate already raged in earlier generations should not surprise us. The Gemara frequently records disputes between the Amoraim about issues that the Tannaim had debated in earlier generations. I encountered this phenomenon in the late 1980s, when I became involved in eruv design and construction. I learned

that poskim in America and Israel debated whether the positioning of a lechi beneath a wire should be determined by plumb line or by eyesight alone (see Gray Matter 1 pp. 182-184). I thought that I could resolve this debate simply by asking older authorities what the practice was in pre-war Europe. To my surprise, I discovered that the same difference of opinion had existed then and merely had reemerged in the 1980s when Jews began building community eruvin in America.

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

**Don't Be Left In The Cold - Warm Up By Natali ♥**

**Come See Our Fabulous New Winter Line**

**Winter Collection**  
up to **30% OFF**

*Natali*

**Teens & Ladies Wear of Monsey**

**Sizes 2-24**

**ATRIUM PLAZA 401 WEST ROUTE 59 MONSEY, NEW YORK 845.356.0999**  
**Hours: Sunday - Thursday 11:00-7:00, Friday - 11:00-1:30**

## How Far Would You Go for a Bracha

CONTINUED FROM PREVIOUS PAGE

This Sunday, Joe and I have a date to go out for breakfast right after Shacharit. I will be in the area visiting my son and his new kallah. Joe will undoubtedly bless me with a long and healthy life, as is his custom. I will treasure his brachot, just like I treasured those of Chaim Ferster whom I met two years ago in Manchester. How far would I go to get a bracha? In this case, the answer is 250 miles.

Rabbi Dr. Avi Kuperberg is a forensic, clinical psychologist in private practice. He is president of the Chai Riders Motorcycle Club of NY/NJ. He leads the Summit Avenue Shabbos Gemara shiur and minyan in Fair Lawn, NJ, and is a member of the International Rabbinical Society. He can be reached at Psychologist@Juno.Com.

## Va'eira: How to Resist Pressures



By Rabbi Baruch Bodenheim

Last week I made an amazing discovery. It's called the silent mode on my cell phone. No ringing for incoming phone calls, no vibrating noises for new emails, no pinging for new texts or WhatsApp messages. I tried it out for an hour while I was studying with my chavrusa. Not surprisingly, my focus and concentration were phenomenal! I did check afterward, and absolutely nothing urgent had transpired. This refreshing revelation made me calmer and more accomplished each subsequent time I employed "cell silence."

I call ours the "not-enough-time generation." We perceive ourselves to be ever so busy. The Bnei Yisrael in Egypt experienced this phenomenon also, but in their case it wasn't mere perception.

There's a huge anomaly in this parsha. The verse says "Vlo sham el Moshe mikotzer ruach umei'avoda kasha" (Va'eira 6:9). They did not listen to Moshe's message—that Hashem will take them out of Egypt—due to shortness of breath and from the hard work. This is quite puzzling, for the Bnei Yisrael had cried out to Hashem to save them and the Torah says Hashem heard their cries. Moshe conveyed the answer to their plea. If they didn't believe Hashem would save them, why did they pray to Him in the first place?

Further, when Hashem told Moshe to go again to Pharaoh to ask him to send the Jews out, Moshe responded that the Bnei Yisrael did not listen to him, so why would Pharaoh be any different? But the logic here seems flawed. The Bnei Yisrael did not listen to Moshe because of *kotzer ruach* and *avoda kasha*—but Pharaoh wasn't short of breath or burdened by hard work, so why the comparison?!

All the commentators are extremely bothered by this very question. I would like to suggest a solution. First, let's look at the Jewish source of their rejection of the message. *Kotzer ruach* literally means shortness of breath. *Avoda kasha* means hard labor. Isn't it really one reason, i.e., hard work made them short of breath? And if so, the order should be reversed—hard work first and then shortness of breath. But the Maharal explains that *kotzer ruach* refers to emotional pressure—just thinking about the bricks quota. *Avoda kasha* refers to the actual hard labor.

Perhaps we can now understand the logic of Moshe's comparison of the Jewish people's rejection of Hashem's message to the way Pharaoh would react

The Ohr Hachaim Hakadosh says the Bnei Yisrael should have listened to Moshe because they believed in Hashem and they would be freed, which they desired! Pharaoh, on the contrary, had strong reasons not to listen to Moshe: he did not believe in Hashem and he did not want the Bnei Yisrael to go free. The logic is clearer now: the Bnei Yisrael were held back from believing Moshe's message from Hashem because of the pressure they were under—which could be overcome. Pharaoh, on the other hand, resisted because he had a huge amount at stake!

For the Bnei Yisrael, it was monumental pressure. Their minds and souls were wound too tightly to listen to anything. For Pharaoh, Moshe represented an existential threat to his throne—Mitzrayim was one big prison for the Jewish people and it had to stay that way.

Today, we are also plagued with our modern, high-tech version of pressure and tension. We feel compelled to access and connect to anyone and anything potentially affecting us, 24/7. This drive is so demanding that it sometimes paralyzes and immobilizes us. This is our *kotzer ruach* and *avoda kasha*: the urge to answer the phone and connect regarding any and all current issues!

But there is a way out.

We need to build for ourselves pockets of free time—free of this plague. A few years ago, a student of mine told

me that when he goes inside a shul for Mincha, he leaves his phone in his car. "I can't answer the phone anyway, so why bring it in?" he told me. Since then, I started to leave my phone outside of shul also. It's up to me—up to all of us—to unequivocally create times when it's just us and Hashem; the world can wait.

We fortunately have "silent times" built into our schedules with Shabbos every week. It's a breath of fresh air. But we need some of that air each day. When we daven, study Torah and spend time with our spouses and children, let it be a time free of outside pressures, when we are connected only to individuals and spiritual matters that truly matter in our lives.

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



HH | HERITAGE HOLIDAYS by Hersh | FIVE STAR KOSHER TOURS

Presents

### Passover 2019

at  JW MARRIOTT LAS VEGAS

Where Luxury and Adventure Converge

**Award-Winning JW Marriott Resort & Spa Las Vegas Features:**

Overly Spacious Guest Rooms with Stunning Mountain and Golf Views • Pool Oasis  
Championship Golf • Pampering Spa and Salon

**Exceptional Programming Includes:**

Fine Dining Presented by Genadeen Caterers • Poolside Barbeques  
Concert by Acclaimed Billy Joel Tribute Band • Our Very Own Jewish Film Festival  
Extraordinary Youth and Teen Program • Five-Star Service

Proudly Welcoming This Year's Rabbis and Scholars:



Rabbi Daniel Lapin



Rabbi Seth Grauer



Dennis Prager

Our Complimentary Excursions Include:

Day Trip to  
The Grand Canyon

Thrilling Day at Wet N Wild  
Water Park

Shuttle To and From the  
Las Vegas Strip



305-714-2160 | info@pesachinvegas.com | Pesachinvegas.com

## Just Punishment



By Rabbi Neil N. Winkler

### Parshat Va'eira

The navi Yechezkel, whose words we read this week as our haftarah, lived in Babylonia during the years preceding and following Churban Bayit Rishon, the destruction of the First Temple, and had the unenviable task of breaking the horrific news of the Churban to the Jewish community in the Diaspora. Like his older contemporary the prophet Yirmiyahu, Yechezkel often speaks harshly to Israel and warns them of the impending doom that awaited them if they did not change their wicked ways. And, like Yirmiyahu as well, he also soothed and reassured the grieving

community, sharing prophecies of comfort and of consolation to them.

After delivering harsh condemnations of Israel's sins and after warning the community of the coming Babylonian invasion, the navi turns his attention to the misdeeds and corruption of Israel's neighbors. Yechezkel spends seven prakim (25-32) condemning the surrounding nations who so cruelly tormented Israel over the years. The navi berates Amon and Moav, Edom and Pleshet (land of the Plishtim), Tzidon and Tzor (Phoenicia). But perhaps the harshest of all his prophecies is saved for the last neighbor, Mitzrayim, Egypt, prophecies that detail the grave punishments that would be meted out to them. And it is the first part of this condemnation that makes up our haftarah, a selection taken from the

28th and 29th chapters of Sefer Yechezkel, and a most fitting selection for our parsha in which seven of the plagues that Hashem brought upon Egypt are detailed.

Yechezkel's nevuah criticizes the haughty Pharaoh and his people who failed to help Israel at the time of her need. He predicts the invasion of the Babylonian king, Nevuchadretzar, and his army that would lay waste to the entire land of Egypt. Not only would this be a military conquest but it would also lead to economic ruin for Egypt as the land itself would be depleted and remain desolate for a full 40 years.

Curiously, this prophecy of destruction—and our haftarah—is introduced by words of comfort directed to Israel, foreseeing a time when Israel would be gathered from the Diaspora, returned to her land and live there securely. One may rightfully wonder why Yechezkel interrupts the series of prophecies condemn-

ing Israel's neighbors with a nevuah of comfort and encouragement for Israel. We can suggest that this was no "interruption" at all. Although Sefer Mishlei reminds us not to rejoice at the defeat of our enemies (24:17), it was an essential part of the consolation process for Israel to understand that Hashem does not single her out from all other nations for punishment. God, the righteous judge, castigates all evildoers and sees that they receive their just rewards as well. Hashem may have loftier standards for His chosen people, but He enforces His justice upon all.

It is a lesson taught to us by the prophets.

And a lesson whose truth we have learned throughout our long history.

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

## RABBI'S MUSINGS AND AMUSINGS

## Fanning the Flame



By Rabbi Dani Staum, LMSW

A few nights ago I was sitting at home when I began feeling cold. When I went to the thermostat to raise the heat, I noticed that

it was colder inside than the heat was set to. I went to the basement to check the boiler and found that the pilot flame had gone out.

I called our devoted neighbor Meir who is always there for us in situations such as these. He came over and relit the pilot, and the heat immediately kicked back on. He cautioned me that if it went out again that night we would have to call a plumber. To my chagrin, within the hour I again felt the house becoming colder. I nervously went back to the boiler where my fear was confirmed—the pilot had again gone out.

I called our plumber who informed me that he would only be able to come by late that night. He needed to head home first because his wife and eighth grade daughter (who was his built-in babysitter) were heading to a high school open house. I was well aware of the event; Chani and our eighth-grade daughter Aviva were about to leave to that event as well.

In the meanwhile, I borrowed Meir's long lighter and he walked me through the process of relighting the pilot. Believe it or not, I successfully relit the pilot and the heater immediately sprang to life. My joy was short lived when it went out within a minute.

A couple of cold hours later, our plumber arrived. He took one look and announced that the pilot was on. Still, he had no explanation as to why the heat wasn't kicking in. He lit it again and the heat sprang back to life.

It was like when there's a cop on the highway and everyone starts driving beneath the speed limit, or the principal walks by the classroom and all the stu-

dents (and teachers) start behaving. When the plumber was there the heat behaved perfectly, and he had no idea what the issue was.

When I informed Meir that the pilot had gone out and we had to call a plumber, he humorously quipped that he was looking forward to reading about the experience in that week's Rabbi's Musings. Well, Meir could not have been more wrong. I didn't write about it that week. That's because I waited until the following week. So there!

Sometimes we may wonder why we need to daven so much. Isn't praying three times a day on a weekday a bit much?

Shortly after I got married, a friend offered me the following piece of advice: If ever there is a choice between my going to an inspiring lecture or my wife going to an inspiring lecture, I should always allow my wife to go. He explained: "When a woman attends a lecture, she comes home inspired and retains that inspiration for two weeks. On the other hand, you know how us guys are. On the way home from the lecture, we already need to hear it again."

No matter how strong a relationship is and how great its foundation is, it will only endure if it is constantly nurtured. The closer the relationship, the more TLC is required to maintain it.

Birds in flight are a magnificent sight when they glide gracefully across the sky with their wings outstretched. But they can only coast for so long. Eventually, it will need to flap its wings in order to remain airborne.

Relationships work in the same manner. Those in the relationship can only coast for a short time before they must flap the relationship's proverbial wings to foster the relationship.

That is also why we need to daven three times every day. Our relationship with the divine requires constant nurturance and dedication, not for His sake, but for ours. As we go through our daily affairs, we

tend to forget how much we need God. So every morning, afternoon and again in the evening we have to reaffirm our faith and remind ourselves that our lives are completely in His Hands.

The pilot flame within us—the spark within our souls—will never be extinguished. But to warm ourselves we need to ensure that the pilot ignites the fires that provide the internal heat. That process must repeat itself every time the tempera-

ture drops below comfort level. It's an ongoing commitment.

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

# SOLÈNE

## IS HAVING A HUGE SALE

- Hats
- Make-Up
- Scarves

### AND MORE

# 50% - 80% OFF

Saturday, January 12th · 7pm-11pm  
Sunday, January 13th · 10am-5pm

1438 Queen Anne Road · Teaneck  
201-530-7401

📷 @soleneboutique

# Why Was Moses Commanded to Remove His Shoes?



By Mitchell First

In Exodus Chapter 3, God sees that Moses went to look at the burning bush. Then God instructs Moses: "Do not come near. Remove your

shoes from your feet because the place where you are standing is holy ground." Why did Moses receive this instruction to discalceate? (Don't you love that word!)

Note that the reader is not told how far the radius of holiness extended.

One scholar suggests that the problem was with Moses' sandals. Sandals, being fashioned from animal skins, were considered impure. (Of course, this solution assumes that there was a concept of impurity even before the Torah was given at Sinai.)

Another suggestion is that taking off one's shoes is a sign of respect. Sandals accumulated dust and dirt and may have been typically removed before entering a house. All the more so, it may not have been considered proper or respectful to come into a sacred place without first removing one's dusty and dirty footwear.

A third idea is presented by Rabbi S.R. Hirsch: "Taking off one's shoes expresses giving oneself up entirely to the meaning of a place, to let your personality get its standing and take up its position entirely

and directly on it without any intermediary." He adds that the kohanim in the Beit Hamikdash also had to function barefoot.

A fourth idea is that the removal of the sandals represents a renunciation of any claims to possession. Walking with shoes was a way of taking possession. Yet man cannot take ownership of the place of a theophany, since those places exclusively belong to God. (This explanation also fits nicely with the idea that the priests in the Beit Hamikdash had to function barefoot.)

A fifth idea is presented by Rabbi Joseph Soloveitchik: "The shoe is the symbol of vulgarity and uncouthness, of superficiality, of raw power... To understand holiness, to gain sensitivity, a person must remove his shoes." (See Chumash Mesoras Ha-Rav, p. 24.)

Finally, another suggestion notes that Moses was about to commence a mission that would begin the world afresh by bringing Torah from heaven to earth. Therefore, Moses was instructed to learn the difference between holy and profane. Since Moses was to lead the nation from the amorphous mentality of slavery to the elevated status of freedom, Moses himself was tested to see if he was willing to accept the distinctions that religion sometimes demands.

(The above discussion was based on Alec Goldstein, A Theology of Holiness, pp. 96-98.)

When Moses was commanded to take off his shoes above, the word used was Sh-L ("shal"). It means "slip off, drop off." Where does this word come from? It turns out that the root is N-Sh-L. This root appears only seven times in Tanach, and three of these times the nun is not even there. (Another famous example of this root is at Joshua 5:15 where Joshua receives a command similar to the one Moses received.) This is a good place to remind everyone that a peculiarity of Hebrew is that in the command form, that first root letter often (but not always) drops. Another example is K-H (=take) where the initial L drops. But only certain letters drop as first letters in the command form.

R. Hirsch has an interesting discussion of N-Sh-L at Deut. 19:5, "ve-nashal ha-barzel min ha-etz." The context is an accidental killing where the killer is allowed to escape to the city of refuge. At Makkot 7b there is a disagreement between R. Yehuda Ha-Nasi and the Sages as to what the precise case is. R. Hirsch agrees with the Sages that the case involves the iron coming off from the handle. He writes: "All the other places in which N-Sh-L occurs indicates that it does not designate a part being separated from the whole... but the separation of one body from another to which it had been attached, thus of a shoe from a foot ... the fruit from the tree (Deut. XXVIII,40), the inhabitants from their land (Deut. VII,1)..."

Now would be an appropriate time to discuss a perplexing statement found at Psalms 60:10. First the verse insults Moav. The verse calls it: "sir rachatzti." The meaning seems to be "washbasin," a place where a conqueror might wash his feet. Then the second part of this verse reads: "Al Edom ashlich na'ali," upon (or unto) Edom, I will throw my shoe.

What is the symbolism of the shoe here? I will mention a few suggestions:

-Throwing a shoe, which is an insult even in modern times, was also an insult in Biblical times. (E.g., a master throws a dirty shoe at a slave so that the slave can clean it.) The meaning is that Edom will be treated with contempt.

-It symbolized taking possession of their land.

-It symbolized trampling and military defeating the other party.

-It symbolized making the recipient your slave, since shoe removal was a task of a slave.

Of course, others think that "na'ali" does not mean "shoe" here at all but means "my chain." I.e., a chain will be thrown at their feet to try to trap them.

Mitchell First is a personal injury attorney and Jewish history scholar. He can be reached at MFirstAtty@aol.com. He usually keeps his shoes on and tries not to throw them.

**New from Mitchell First!**

## Roots and Rituals

Insights into Hebrew, Holidays, and History



Mitchell First's newest collection of articles addresses unique and interesting questions about the Hebrew language, liturgy, Jewish history, the calendar and holidays.



Roots & Rituals  
Insights into Hebrew, Holidays, and History

MITCHELL FIRST

A KODESH PRESS PUBLICATION



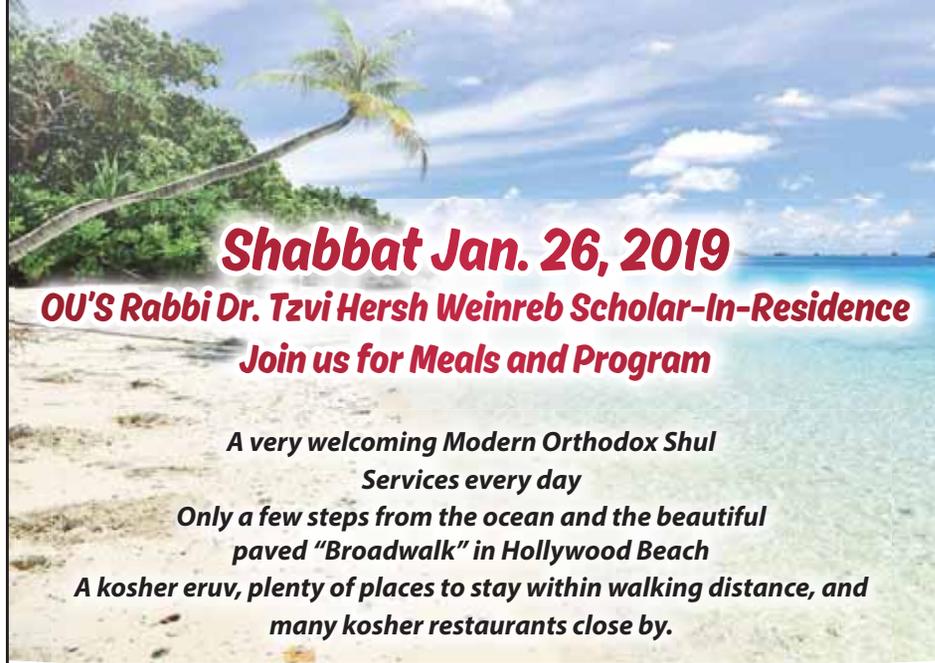
KODESH PRESS

Available on Amazon and KodeshPress.com

## WORSHIP IN SOUTH FLORIDA'S FRIENDLIEST SHUL

*A Nice Place to Visit... and Even Nicer to Live Here*

Winter programming includes speakers, music, BBQ, and much more.  
Contact us for details.



**Shabbat Jan. 26, 2019**

**OU'S Rabbi Dr. Tzvi Hersh Weinreb Scholar-In-Residence**  
**Join us for Meals and Program**

**A very welcoming Modern Orthodox Shul**  
**Services every day**

**Only a few steps from the ocean and the beautiful**  
**paved "Broadwalk" in Hollywood Beach**

**A kosher eruv, plenty of places to stay within walking distance, and**  
**many kosher restaurants close by.**

**Join us for weekday morning services, a light breakfast, a schmooz, and**  
**then, if you like, a walk on the broadwalk.**

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

**For more information call Thomas Langer 201-282-8428**

**Check out our video at [www.beachshul.org](http://www.beachshul.org)**

A New Opportunity in New Jersey:

# Tuition-Free College Education

Register Now – Classes Begin Jan. 14

**What is it?**

A tuition-free community college experience at 13 institutions – including Bergen!

**When does it take place?**

Spring 2019

**Requirements?**

- Household Income of \$45,000 or Less, as Reported to IRS
- Enrolled in Six or More Credits in Spring 2019
- Live in Bergen County
- Completed Bergen Application, FAFSA, State Aid/Alternative Aid Applications

**Important dates?**

- **Dec. 1** – Complete FAFSA to Ensure Processing
- **Jan. 14, 2019** – Spring Semester Begins

**For more information:**

**Call** – 201-879-FREE (3733)

**Click** – [free.bergen.edu](http://free.bergen.edu)

**Email** – [tuitionfree@bergen.edu](mailto:tuitionfree@bergen.edu)

**Visit** – 400 Paramus Road, Paramus;  
1280 Wall Street West, Lyndhurst;  
355 Main Street, Hackensack

The Community College Opportunity Grant is administered through the New Jersey Office of the Secretary of Higher Education.



New Jersey  
Community College  
**Opportunity Grant**





# DIRSHU INTERNATIONAL CONVENTION

תשע"ט  
2019

**Shabbos Sold Out!**

## שבת פרשת בא

JANUARY 11-13, 2019 • ה'ז' שבט, תשע"ט

*This Shabbos Celebrate Simchas Torah Once Again...*

**Join together with Lomdei Dirshu** to participate in the upcoming convention marking outstanding Ameilus B'Torah – which will celebrate the tremendous achievements of many thousands from across all segments of Klal Yisrael who have learned with accountability in an unprecedented way.

The event will be graced by Gedolei Yisrael, Roshei Yeshiva, and Rabbanim from across North America and abroad – all gathered for an uplifting maamid of Kiddush Shem Shamayim and Kavod HaTorah.

*Be Part of a Truly Uplifting Torah Experience*

For more information about the complete Shabbos convention please call

**888-5-Dirshu x.107**

or email [Shabbos@DirshuNJ.org](mailto:Shabbos@DirshuNJ.org)



**CROWNE PLAZA**  
STAMFORD

2701 SUMMER STREET  
STAMFORD, CT 06905

The Motzei Shabbos / Grand Melave Malka program will feature the siyum on Mishnah Berurah Chelek Gimmel of the Daf HaYomi B'Halacha Program as well as details on the upcoming Dirshu World Siyumim 2020 / תש"פ

## CONVENTION HIGHLIGHTS

The overall program will be graced by the presence of Gedolei Yisrael, Roshei Yeshiva and Rabbonim, shlita:



Shiurim in *lomdus*, *drush* and *chizuk* from **Gedolei Yisrael and leading Rabbonim**

Shiurim in Halacha from **leading Poskim and Dayanim**

Comprehensive program for women

Tefillos and zemiros led by **R' Isaac Honig & The Shira Choir**

Motzei Shabbos/ Grand Melave Malka with live music by **The Berko Brothers**

## MOTZEI SHABBOS PROGRAM OPEN TO THE PUBLIC FREE OF CHARGE

— Details Forthcoming —

**Bus transportation will be available on Motzei Shabbos from:**

**Boro Park**

14th Ave & 50th Street  
Departure: 7:30 pm

**New Square**

Washington corner Jackson  
Departure: 8:00 pm

**Lakewood**

Chemed Parking Lot  
Departure: 7:00 pm

**Monsey**

Maple Ave & Main St.  
Departure: 8:00 pm

**Williamsburg**

Bedford Ave & the Highway  
Departure: 7:30 pm

**To reserve a seat or for information about possible transportation from other locations:**

**Call: 888-5-Dirshu x.106 Email: [Info@DirshuNJ.org](mailto:Info@DirshuNJ.org)**

*Crystal*  
SPRINGS  
RESORT

# YESHIVA BREAK AT NYC'S CLOSEST 4 SEASON RESORT



**MENTION YESHIVA & GET 30% OFF YOUR HOTEL STAY  
OR 2 FREE LIFT TICKETS PER NIGHT STAYED**

Offer valid January 20-23, 2019 only. Cannot be combined with any other offers or discounts.

- **2 Luxurious Hotels**
- **2 Award-Winning Spas**
- **2 Indoor/Outdoor Pool Complexes**
- **State-of-the-Art Fitness Complex**
- **Shuttle To and From Ski Area**
- **In-Room Kitchens Available**

**KOSHER MEALS  
DELIVERED  
DAILY**

[TheCrystalSpringsResort.com](http://TheCrystalSpringsResort.com) | 888.897.5849 | Sussex County, New Jersey

# Evolution and the Torah



By Ben Rothke

**Reviewing:** “Six Days of Cosmology and Evolution: A Scientific Commentary on the Genesis Text with Rabbinic Sources,” by Daniel Langer. KTAV Publishing House. 2018. English. Hardcover. 304 pages. ISBN-13: 978-1602803053.

In “The Lonely Man of Faith,” Rabbi Joseph Soloveitchik writes that he has never been seriously troubled by the problem of the Biblical doctrine of creation vis-à-vis the scientific story of evolution at both the cosmic and the organic levels. While it was not a problem for him, it can nonetheless be quite disconcerting for some people. For many others, the supposed scientific conflicts between the Chumash and modern science has them leaving the world of faith for the world of science.

But is there really such a conflict, or is it much ado about nothing? The reality is that it is indeed a most important topic that deserves attention. But the last time someone wrote that the creation story was a tad longer than 144 hours, all hell broke loose.

In “Six Days of Cosmology and Evolution: A Scientific Commentary on the Genesis Text with Rabbinic Sources” (Urim Publications 978-9655242720), Daniel Langer has written a most engaging and absorbing work. Langer is a retired New York City public school teacher, and in his book he makes the science and theology most readable.

As has been stated countless times, the Chumash is not a science book. Be it the creation story, the laws of kashrut and more, the function of the Biblical text is religious, not scientific. In the book, Langer refocuses the text and uses a scientific lens to understand how six days can be 15 billion years. Using this refraction, not only is there no contradiction, there is greater understanding and appreciation for the text itself.

Langer takes the same approach as authors such as Gerald Schroeder, Rabbi Eli Munk, Natan Slifkin, Nathan Aviezer and many others to show that the Torah’s account of creation is absolutely not in conflict with the sciences of cosmology, geology or evolution. But to understand how there’s no conflict requires an understanding of the nature of time, the overlapping character of the six days of creation, and the use of homonyms in the Chumash. The use of homonyms creates a multiplicity of meaning in the creation and other Biblical stories.

In the book, Langer proceeds verse by verse through the first chapter in Genesis, and provides compelling reasons to assuage any problems. In each verse, he goes into detail to explain how the Biblical text is in harmony with the scientific approach.

Langer’s approach is somewhat similar to an observation made by Jeremy Eng-

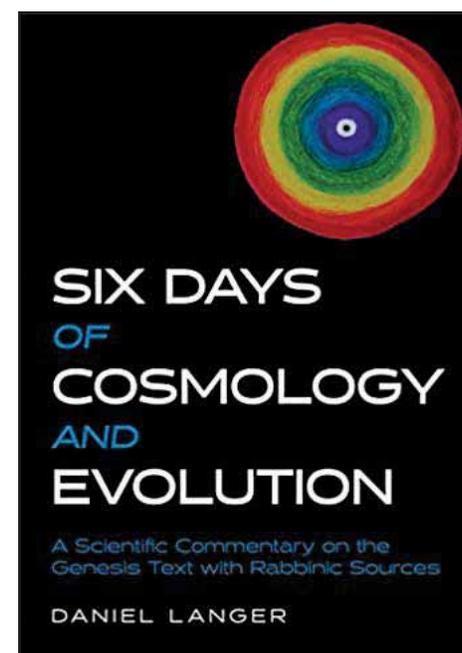
land (who ironically Langer never references), a physicist at the Massachusetts Institute of Technology. England notes that much of the conflict between science and theology is that of language. For example, England notes that biology and physics are different languages for talking about the world. There is no such thing as physics without measurement of physical quantities. But biology is inherently, at its inception, nonquantitative. But no one would ever say there is a conflict between biology and physics.

The chapter on the age of the universe is particularly interesting. So is the world 5,779 or 15 billions years old? Langer writes that both measurements are imprecise, as they are based on a premise of universal time, a single ubiquitous clock.

The book is a fascinating and enjoyable read. Langer is able to show that the so-called conflict between the Torah’s version of creation and the scientific account of creation are in truth the same story, albeit framed from different lenses.

In “God and the Astronomers,” astronomer and planetary physicist Robert Jastrow concludes that “for the scientist who has lived by his faith in the power of reason, the story ends like a bad dream. He has scaled the mountains of ignorance, he is about to conquer the highest peak; as he pulls himself over the final rock, he is greeted by a band of theologians who have been sitting there for centuries.”

Jastrow also said that “the curtain drawn over the mystery of creation will never be raised by human efforts, at least in the foreseeable future.” In “Six Days of Cosmology and Evolution,” Langer would surprise Jastrow, but raising that curtain quite a bit.



## Exclusive selection... for your exclusive needs

VARIOUS STYLES  
AND COLOR CHOICE  
AVAILABLE

22 Main Street, Monsey, NY  
845.356.3800

Follow us on Instagram @furniture.village



NO SALES TAX OUT OF STATE

Sun.-Thurs. 11:00-7:00

## Fail Fast or Push Forward?



By Rabbi Dr. Naphtali Hoff

Recently, I was out driving on the highway during a rainstorm. I signaled right and started to switch lanes. The problem was that, due to low visibility, I failed to see a van that was moving into the same space. Its tail swiped the front side of my car.

For the next few days I drove around with increased hesitation. Before turning, I would double and triple check. My driving speeds were down a few miles. In general, I was more cautious. After a while, however, I was back to my New York driver self, navigating the streets with (semi) reckless abandon.

It's common for people who experience a setback to be more cautious the next time. The problem is, many folks will often view a single failure as an indictment on past efforts and not try again. For example, they make a large number of sales calls that don't convert. Or they produce a product, service or program that they believe will sell and get almost no response. So they quickly throw in the towel and give up.

While there is merit to failing fast, which encourages us to quickly identify when an approach won't work and move on before investing large quantities of time, capital and other resources, we also need to be able

to persevere in the face of adversity and try again when the situation calls for it.

In "Think and Grow Rich," author Napoleon Hill tells the story of a man who traveled from his home in Maryland to Colorado in pursuit of gold.

After weeks of labor, he was rewarded by the discovery of the shining ore. He needed machinery to bring the ore to the surface. Quietly, he covered up the mine, retraced his footsteps to his home, and told his relatives and a few neighbors of the "strike." They got together money for the needed machinery and had it shipped. He and his nephew went back to work the mine.

The first car of ore was mined and shipped to a smelter. The returns proved they had one of the richest mines in Colorado! A few more cars of that ore would clear the debts. Then would come the big profits.

Down went the drills. Up went the miners' hopes. Suddenly, the vein of gold ore disappeared. They drilled on, desperately trying to pick up the vein again, all to no avail. Finally, they decided to quit.

They sold the machinery to a junk man for a few hundred dollars and took the train back home. The junk man called in a mining engineer to look at the mine and do a little calculating. The engineer advised that the project had failed because the miners were not familiar with fault lines. His calculations showed that the vein would be found just

3 feet from where the others had stopped drilling. That is exactly where it was found.

The "junk" man took millions of dollars in ore from the mine because he knew enough to seek expert counsel before giving up.

The question is, how do we know that we need to buckle down and give it another go or when it's time to cut our losses and move on?

Here are some questions that can help add clarity:

Do you offer a product people are willing to pay for? If you've done your research and people said they would pay for what you're making/selling, then you may be closer to succeeding than your initial sales indicate. Try to determine what prevented them from stepping forward the first time and adjust your approach accordingly.

Are you making progress? Use the business goals that you set and measure your progress. The benchmarks you set for your venture should give you an idea of your progress.

Are you/can you be better than your competition? You don't have to be *much* better. Just 1 or 2 percent will suffice. And it can be in your service as much as your product.

Have you cultivated diehard fans? If you can't even get a small group of people to love your product, there is almost no chance that your business will succeed.

How passionate are you about your business? Without passion, you will most likely fail. If you are not getting pleasure out of your business, it may be time to try something else. No matter how much you love your business, there will be ups and downs. Passion helps you get over the downs, and there are many.

Is your business relationships-based? The more that your product or service depends on how much trust people need to have in what you're offering, the longer it will typically take for you to gain traction.

How would you advise someone else? It's often much easier to look at your situation objectively when you take a step back and remove the emotional triggers, such as how much time, effort and emotion you've already invested.

Is it in you? Much of success is based on your capacity to push ahead. If you don't have the skills required, can you build the team that does? If you don't have the right connections, can you hustle to open the right doors?

Naphtali Hoff, PsyD, is an executive coach and president of Impactful Coaching & Consulting. For a free, no obligation consultation, please call 212.470.6139 or email [nhoff@impactfulcoaching.com](mailto:nhoff@impactfulcoaching.com). Check out his new leadership book, "Becoming the New Boss," on Amazon. Download his free eBook for understaffed leaders at [ImpactfulCoaching.com/EPIC](http://ImpactfulCoaching.com/EPIC).

**CAMP REGESH!**

For the special feeling of summer!

**REMINDER!** EARLY BIRD DEADLINE  
**JANUARY 10**

**SIGN UP 3 FAMILIES TOGETHER AND DOUBLE THE DISCOUNT!**

845. 357. 9423 | [INFO@REGESHONLINE.COM](mailto:INFO@REGESHONLINE.COM) | [WWW.REGESHONLINE.COM](http://WWW.REGESHONLINE.COM)



אוריינט  
Orient

Isrotel Exclusive Collection

(Adler Chomski & Warshtavsky)



## Celebrate Passover at the New Jewel of Jerusalem

Rediscover Jerusalem at Isrotel's latest addition to its Exclusive Collection

**Special Offer: 3 Nights Package**  
from **\$1,914** / Couple  
including breakfast, and Yom Tov Meals

**Special Offer: 8 Nights Package**  
from **\$5,313** / Couple  
including breakfast, and Yom Tov Meals



www.isrotel.com or contact  
your local travel agent  
phone: +972-8-6387799



Isrotel Exclusive Collection

Offer valid until April 1<sup>st</sup>. New orders only. No double discounts. Isrotel may change/cancel the offer at any time. **The hotel is Glatt throughout Passover: no kitniyot.** E&OE

BARCELÓ BAVARO GRAND RESORT | PUNTA CANA  
**PASSOVER 2019**

CELEBRATING OUR 6TH YEAR OF EXCELLENCE



**ACT NOW!**  
 LIMITED NUMBER OF GREAT PRICED  
 FLIGHTS STILL AVAILABLE FROM  
 NYC AREA, STARTING AT \$599



**MOUTHWATERING DISHES**



**4 SWIMMING POOLS**



**SNORKELING**



**HORSEBACK RIDING**



**MINDBLOWING CIRCUS SHOW**



**2 ON SITE WATERPARKS**



**TOP 10 BEACHES IN THE WORLD**



**CASINO + ENTERTAINMENT**



**SHULEM LEMMER**



**YISHAI LAPIDOT**



**ELI BEER**



**SCHOLAR IN RESIDENCE**

**RABBI LAWRENCE HAJIOFF**



**AVI PERETS**



**CHAZZAN EMANUEL PARTUSH**



**HYPNOTIST MARC MARSHALL**



**212.927.4000 | DCPASSOVERVACATIONS.COM**

**Glatt Kosher • Beit Yosef • Cholov Yisroel**

FURNITURE SOLUTIONS  
**TO MAXIMIZE STORAGE**

BEDROOMS

CLOSETS / WARDROBES

WALL UNITS

ENTERTAINMENT

AND MORE...



WARDROBE



WALL UNIT



CONTEMPO BED



AVENTA

**\$429\***  
ITEM #: 23124 or 23125

**ALTA WARDROBE CLOSET**  
Wardrobe and a Half

\*Front Matte and Case Matte  
Choice of: White | Beige | Black

Dimensions: 49"W x 21.75"D x 72"H



**10% OFF**  
YOUR ORDER\*

**+FREE LOCAL IN-HOME DELIVERY & INSTALLATION**

Coupon Code: **WDA-JK9-XVZE**

COUPON EXPIRES: 1/31/2019

\*ON ALL ORDERS OVER \$1,249 | EXCLUDES ITEMS WITH SALE OPTIONS | EXCLUDES PREVIOUS PURCHASES.

Call   
**888.266.1280**

Click   
**ContempoSpace.com**

Visit   
**Factory Design Showroom**  
220 Passaic Street, Passaic, NJ 07055

# Rafi Kapitanker Is Making it Happen at MMY

By JLNJ Staff

Rafi Kapitanker is studying at Michlelet Mevaseret Yerushalayim (MMY) in the Baka neighborhood of Jerusalem. She grew up in Fair Lawn, attended Yavneh Academy for elementary school and Ma'ayanot for high school. Her family davens at Anshei Lubavitch.

Her next stop? Stern College, to major in business.

*Why did you choose to study at MMY?*

I chose to go to MMY because it offered many things I was looking to get out of my year in Israel. MMY has a great balance of Halacha and Tanach classes at a high level, and incredibly smart and dedicated teachers to learn from.

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

Going into the year, I wanted to form a stronger connection to the land and appreciate being able to live in it. I also wanted to grow spiritually and develop as a person.

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



(l-r): Tova Miller (Baltimore, MD), Kayla Evans (Cedarhurst, NY), Ariella Halstuch (Teaneck), Atara Rothwachs (Bergenfield), Hadassah Black (Manchester, UK), Miri Cohen (Bergenfield), Ayelet Gross (Boca Raton, FL), Rafi Kapitanker (Fair Lawn) pre Rosh Hashanah on the MMY balcony.

(CREDIT: RAFI KAPITANKER)

One of the highlights I've had so far was the very first night, shortly after landing in Israel. Rabbi Katz took us to visit Rob-

inson's Arch, where he explained the history and gave a very moving and emotional speech. We ended the night davening by the Kotel.

Another highlight was spending the very first Shabbos in MMY. We had a beautiful Kabbalat Shabbat in school, and ended Friday night off with a tisch that went late into the night.

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

The biggest difficulty for me is being away from my family for a long period of time for the first time in my life. I am the oldest child, so I really didn't know what to expect, and I have never been away from home for more than three weeks. It definitely is an adjustment, but everyone in MMY is here to help in any way they can.

*How has your year been different from your expectations?*

Being in Israel and MMY have exceeded my expectations. I feel so at home and comfortable. I've been to Israel a few times previously and one culture shock that gets me every time is how independent everyone here is from such a young age. On the bus I see kids as young as 6 riding alone (something you would never see in New York).

I feel that I adjusted well. The technology today helps a lot. I can call my mom anytime, even if I need help with figuring out what to buy for dinner or other help.

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



(l-r): Hadassah Black (Manchester, UK), Batya Feman (Teaneck), Rafi Kapitanker (Fair Lawn) Hiking Har Arbel. (CREDIT: RAFI KAPITANKER)

So far my favorite place I have been to for Shabbos is Shiloh. I went to Shiloh with my friend to stay by her great-uncle. On Friday, her uncle took us on a jeep ride through his vineyards, which was an incredible experience. In honor of the Mishkan that was once based in Shiloh, there is a shul there that is designed to look like a replica of the Mishkan. On Shabbos day, we went to this shul to daven and it was one of the impactful experiences I had, as I was davening to Hashem, feeling His closeness and really experiencing emotional uplifting as if I was at the Mishkan.

*Who is a teacher at MMY you connect to especially well?*

It's hard to pick just one teacher I connect with especially well, but so far Rabbi Abell has impacted me the most. The class he teaches is called Bein Adam Leyotzro. In this class, we discuss different themes in Tanach and connect them to our Avodat Hashem. I walk away from every class with new insights on how to strengthen my connection to Hashem and with lessons that apply to my relationships with other people as well.

*Which is one of your favorite classes at MMY?*

One of my favorite classes is Mrs. Moskowitz's Sugiot B'meforshei Rashi. I have always loved learning Tanach. Rashi is the first commentary we learn when we are little. This class takes Rashi's commentary to a different level using Super Commentaries to explain Rashi. We spent almost four weeks focusing on four words that Rashi said about Nadav and Avihu. I really enjoy being able to delve into the little details that create a whole new story line for one pasuk.

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

I am excited to travel the land, through tiyulim and going to cool places for Shabbos, forming lasting relationships with teachers and friends. I love MMY and can't wait to see what the rest of the year holds.

## Local Coin / Gold / Silver Appraiser / Buyer

Shomer Shabbos

- Buys and sells ancient/judean/biblical coins
- Buys and sells gold and silver coins and bullion:  
Proof and mint sets | Certified coins | Rare U.S. and world coins as well as currency
- Sells coins for pidyon haben

### FREE APPRAISALS ON ALL COINS



Contact Yosef Baker  
**(845) 558-1538**  
Joebb21@gmail.com  
Bsdcoins.com



## PASSOVER IN CALIFORNIA

Our 11th consecutive year at the family friendly

## HYATT REGENCY VALENCIA

just 30 minutes from L.A. & 2 miles from 6 Flags Magic Mountain



All accommodations, meals & tea rooms, synagogue services, day camps  
entertainment & classes are in 1 building of 6 floors



Longest running, most popular, lowest price Passover Program in California  
**PassoverResorts.com (800) 727-7683 (323) 933-4033**

# Jerry Abramson's Matza FUN Tours™

## PASSOVER 2019

MATZAFUN'S EIGHTEENTH OUTSTANDING YEAR  
AT THE NEW JERSEY SHORE.

CELEBRATE WITH A  
PAMPERED PASSOVER

AT



**OCEAN  
PLACE**  
RESORT & SPA



featuring all new luxurious chic  
spacious sleeping rooms, suites,  
ballrooms, spa and public spaces

- Culinary Cuisine by the team of Main Event-Mauzone Catering  
Kosher Supervision under The Orthodox Rabbinical Council of  
Broward and Palm Beach Counties
- Only 55 Minutes From NYC
- European Spa "Pamper Yourself"
- 2 Miles of Boardwalk featuring Pier Village
- Ocean View & Private Balcony With Every Room
- FREE Transportation to Great Adventure on NCSY Day

- **Scholars in Residence:**  
Rabbi Ephraim Kanarfogel, Dean of Jewish  
Studies Program, *Stern College*  
Stephen J. Savitsky, Former Chairman and President of the OU,  
President of the Bnai Zion Foundation and Chairman of Partners on Torah  
Rabbi Elly Krimsky, Program Director NJOP
- Outstanding teen, children and toddler program
- Refrigerators in all sleeping rooms
- Complimentary WiFi

CALL JAY | 800-752-6050 | 215-332-2444 | [www.matzafun.com](http://www.matzafun.com)



Find us on  
Facebook

follow us on  
twitter

**CAMELBACK RESORT**

**VOTED #1  
INDOOR WATERPARK  
ONLY 90 MINUTES FROM NYC**



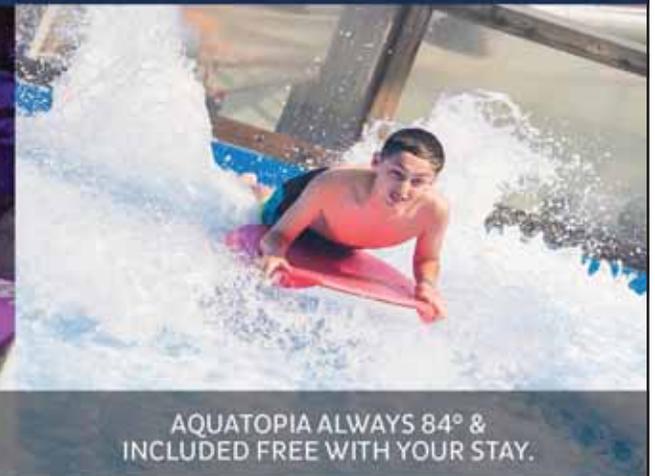
**YESHIVA BREAK & SKI & TUBE  
SAVE 20% & FREE WITH YOUR STAY**  
Restrictions apply.



VOTED #1 PLACE TO LEARN



USA'S BIGGEST SNOWTUBING PARK



AQUATOPIA ALWAYS 84° & INCLUDED FREE WITH YOUR STAY.

**CAMELBACKRESORT.COM**

## Celebrating Another Miracle of Life



By Rabbi Mordechai and Nina Glick

As we contemplate writing our thoughts this week, we are filled with gratitude and excitement over the engagement of our grandson Tzvi Yehuda Hagler to Esther Hirsch of Passaic. It is a special bracha to be grandparents. We were fortunate enough to be “young grandparents,” which in itself gave us the opportunity, in a strange way, to grow up with our children and grandchildren. Now as Tzvi starts out on this totally new path we remember our beginning and know that there is no way we would be able to share with him both our wondrous moments and challenging ones. Had anyone tried to warn us that there would be times when we questioned our decision about getting married we would have never believed them. There is no point. Exactly in the same way would we ever believe that anyone could comprehend the ecstasy that we felt in each other's company. We were the epitome of everlasting love and devotion. How would it be possible for anyone else to be like us?

Steps through a lifetime have to be taken slowly and in sync with each other. Even at moments when one would prefer to walk on the other side of the street, the depth of feelings and devotion turn these two individuals into a shadow of one.

Recently, Nina had been having trouble with an inflammation of her eye lid. It was constantly itchy and in turn became red. After much annoyance, a visit was made to the pharmacy, where it was suggested that she use a specific kind of eye drops. It was while having the eye drops put into her eye that we realized, once again, how together we are in everything we do. The gentleness of a hand doing something as mundane as dropping individual drops into an eye is a true feeling of love. Who

else would ever understand the need for compassion and gentleness the way a husband and wife feel for each other?

It is these very short intimate moments that we pray for our children and grandchildren to share, where from a very inane act a sudden feeling of great love arrives. It is the desire to have only one person to soothe pain; just as a child reaches out to his mommy or daddy to make his booboo feel better, so is it in a beautiful marriage where the one person who can truly soothe and understand is the beloved partner in a duo. It has certainly



Tzvi and Esther.

been our advice to young couples over the years—that after a short period of time they refrain from gravitating to their parents for words of encouragement and instead depend upon each other for support in an intimate and caring way. The only way that couples are able to grow is to rely and depend upon one another. We hope that we will be able to leave our children and grandchildren a legacy of the phenomenon of a beautiful marriage. By the examples that they have seen from their own parents and from us, we wish that each day of their lives together will be of growth and deepening love.

Tzvi and Esther, our feelings for you both know no bounds and we are so grateful to Hashem that through His hand you were able to find each other. How blessed we all are.

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

## ‘Growth and Change: An Artistic Interpretation,’ Is Theme of Exhibit at the Belskie Museum

(Courtesy of Art for Learning) Over 45 artworks on the theme “Growth and Change: An Artistic Interpretation” will be exhibited in a juried show at The Belskie Museum, in Closter, New Jersey, from January 5 through January 27. An opening reception will be held Sunday, January 6, from 12:30 to 5 p.m.

The 39 artists selected for the exhibition were chosen by a jury from everyone who responded to an artist call by curators Sheryl Intrator Urman, Englewood, and Fred Spinowitz, Westchester. Artists submitted statements connecting their artwork to the theme Growth and Change as part of the judging process. Urman said the idea came from a quote by Rabbi Nachman of Breslov: “If you are not a better person tomorrow than you are today, what need have you for a tomorrow?”

The entries range from political to religious to abstract art. The subjects include: conscience, depression, awakenings, ethics and spiritual beliefs, artistic freedom, peace and war, prayer, self-determination, gender identity, the #MeToo movement, beauty, social injustice, harmony, time and knowledge. The materials are as diversified as the subjects: paint on canvas, wood, works on metal and glass, sculpture, collage and photography.

Most of the artists are from New Jersey

and New York, but many others are coming from throughout the U.S. Several were trained in China, Russia, France and Israel.

Urman and Spinowitz have worked together for over seven years curating shows in New York and New Jersey. Their goal is to give artists more exposure for their work and attract viewers with an experience for the eyes and the intellect. The signature concept for an Urman and Spinowitz exhibit is a broad theme that artists interpret with visual and written narratives. Urman and Spinowitz exhibits include talks by the artists to further art education, and opportunities for nonprofits to visit or hold their own events in conjunction with the show. This year, Sharsheret, an organization offering support for young women with breast or ovarian cancer, is sponsoring an Evening of the Arts on Monday, January 7.

The exhibition can be viewed from 12:30 p.m. to 5 p.m. on Sundays through January 27 at the Belskie Museum of Art and Science, 280 High Street, Closter. For more information about the exhibition, the schedule for Artist Talks or to reserve a time to bring a school or senior citizens group to the show, contact Urman at [artforlearning@yahoo.com](mailto:artforlearning@yahoo.com). For information about The Belskie Museum, call 201/768-0286.

**SEASONAL SAVINGS PER NIGHT:**  
Miami, Florida - up to \$200  
Cancun, Mexico - up to \$300

**HOTELS  
WORLDWIDE  
UP TO  
25% OFF**

**CALL OR EMAIL FOR A FREE QUOTE**

Menucha Parnes | 732 858 5393 | [sales@royal-stay.com](mailto:sales@royal-stay.com) | [www.royal-stay.com](http://www.royal-stay.com)



**Captain Car Key**  
Advanced Car Key Solutions LLC

**Don't wait until you lose your last key!**

**DUPLICATE  
REPLACE  
REPAIR**

SAVE HOURS OF WAITING  
AT THE DEALER WE MAKE THEM  
RIGHT IN YOUR DRIVEWAY!

CALL US TODAY TO SAVE UP TO  
**50% OFF**  
DEALER PRICING

**SMART KEYS • TRANSPONDER KEYS • REMOTES**

**201-503-KEYS (5397) | [captaincarkey.com](http://captaincarkey.com)**

# But Do I Really Have To?



By Rachel Zamist

Have you ever come home from a night out from a social function and feel like you really didn't need to be there?

You even spent time having an internal debate whether you should go or not go, but ultimately you felt you just had to go, so you went. Ever come home from a store and wonder why you bought something that you kind of don't need? I guess the modern-day version of this is seeing something on social media and then ordering the item online. It's as if we think having that item in our hands is going to add some substantial value to our life. So many times I hear the phrase "I have to go" or "I needed to buy it." It's as if our lives are dictated by some sense of urgency and pressure. But where does that come from?

More often than not I will be in touch with a friend a day or two after an event that this person felt they were obligated to attend for the review. Here are some examples of what I generally hear: I didn't even get to see the host; I actually had no one to talk to and felt uncomfortable the whole time; I came home and my kids were still up and the next morning was a disaster; the food wasn't even that good. More often

than not, the reactions are almost predictable. Most people have a strong inclination to please others—even if it comes at the expense of our own self-care. We think that our presence at that simcha/fundraiser/birthday party is really necessary. It could be one of our closest friends hosting an event, and we could have a fever or just had a long day at work, and we will still find the energy to get up and get dressed and go. It's as if we think our closest friend who absolutely needs us there won't be understanding enough to believe us that we honestly had a good reason for not being able to attend. What's the one event you should always be pushing yourself to attend despite any and all circumstances? Shiva. The avel will remember your presence even if you are just there for two minutes and may even remember years down the line if you were not.

Recently I heard a vort on Lechu Ner- anena. In the third line of this mizmor of Kabbalat Shabbat there is a line that leads to a great question. "Ki Kel gadol Adoshem, u'Melech gadol al kol elokim." The first part of the line is perfectly clear: Hashem is a great God. The second part can be confusing: HE is the ruler of all other gods. Other gods? What other gods? We are Jews and we all agree that we all believe in just one God who is the ruler over everything in

our world. This line can be interpreted as it's not that we believe in other gods, but we ourselves give power to things and other people while knowing that they actually have no power.

What's the prime example of this? Money. As we find ourselves coming off



the Chanukah gift-giving season and as we approach the time off of school in a few weeks, which is now eloquently coined "yeshiva break," we're in the midst of this power. From the decadent Chanukah parties that are a far cry from potato latkes and a game of dreidel to some sort of unspoken obligation to be getting on a plane when kids are off from school, it's as if we have all created a new level of social pressures. By no means am I discouraging anyone from traveling and enjoying time off with family, but if it's going to create a financial burden that could lead to even more stress, is it really worth it?

The combination of the power we give to money and power we give to other people's opinions can slide into our minds so subtly, yet the combination can be overbearing and all consuming. Each time I write a piece, I feel like I'm the one who has to apply what I say more than anyone I have met. And maybe that's the upside of having this platform. By no means am I telling anyone to stay home in the dark all alone and ignore social events and vacation time with family. But understanding the source of how we make decisions can really teach us a lot about ourselves.

On a deeper level, so many times we have convinced ourselves that a certain situation can't change because it's just impossible. That idea is the complete antithesis to our belief that Hashem is the ruler of all and has the power to change a situation—and not those fabulous new shoes. Maybe it makes something feel better in the short run, but more likely than not it will not be sustainable. Ironically, we probably don't give our own self as much power as we should in order to have the ability to make independent choices and trust our gut. And if it's too hard to do that? *U'Melech gadol al kol elokim*—and He's totally got your back.

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

## ANNUAL APPROVED FUNDING & JEWISH LINK I LOVE MY HOUSE - KIDS ART CHALLENGE!

### #iLoveMyHouse Draw and Tell

1. Draw a picture of your house
2. Tell us why you love your house
3. Email your entry to [editor@jewishlinknj.com](mailto:editor@jewishlinknj.com)  
Include your name, age and city.

### 3 WINNERS!

1st place \$200 gift certificate to



2nd place \$100 gift certificate to



3rd place \$50 gift certificate to



Deadline for Entries is February 18th, 2019. Kids 12 and under are eligible to participate.



LICENSED MORTGAGE BANKER NMLS#5411 NY/NJ/CT/PA/FL/TX FHA/VA DIRECT LENDER



APPROVED FUNDING LICENSED MORTGAGE BANKERS  
[www.approvedfunding.com](http://www.approvedfunding.com)

UPSCALE  
GETAWAYS

PRESENTS

# Pesach 2019

THE UPSCALE EXPERIENCE AWAITS

## Rancho Bernardo Inn SAN DIEGO, CALIFORNIA

"A PEACEFUL HAVEN IN THE  
HEART OF THE MOUNTAINS."  
Condé Nast Traveler  
Worlds Top 100 Resorts



BEN  
SHAPIRO



RABBI  
ELCHANAN  
SHOFF



AMI  
HOROWITZ



MUSICIAN  
SHLOMO  
KATZ



FEATURING  
MOSHAV  
BAND

"EXTRAORDINARY WOULD BE  
THE ONLY WAY TO DESCRIBE IT.  
THE RESORT THAT HAS IT ALL."

## White Oaks Resort NIAGARA FALLS, CANADA



RABBI  
CHANAN  
GORDON



RABBI  
TZVI  
SYTNER



SALVADOR  
LITVAK



RABBI  
AARON  
SELEVAN



BETHANY  
MANDEL



SETH  
MANDEL



MUSICIAN  
PINNY  
SCHACHTER



UPSCALE-GETAWAYS.COM



INFO@UPSCALE-GETAWAYS.COM

# 1.877.895.3210

## Travel Agency

CONTINUED FROM P. 1

Australia, the couple hosted five-star Pesach vacations for five consecutive years.

By all rights, a decision to move to Israel could have ended the family foray into the hospitality business, but a 2008 pilot trip had Walles meeting someone whose recently deceased father-in-law had established the successful Eddie's Travel & Tourism Ltd. in 1979 to cater to the needs of the strictly kosher Jewish traveler.

"Eddie had just passed away and he had a sterling reputation," Walles, a father of four, told The Jewish Link. "His son-in-law was looking for someone to buy the business and it became a no-brainer for us, letting us turn our passion into a full-time business, while at the same time fulfilling our aliyah dream."

The Walleses added more Pesach hotels to their offerings each year and also began running kosher cruises and land tours. Focusing on providing fabulous kosher food at unique destinations without compromising on quality, Walles grew the business to keep up with the changing kosher travel market whose focus had shifted from holiday travel to year-round vacations. Multi-generational tours and experiences are another relatively new phenomenon in the world of kosher travel. In addition to hosting bar and bat mitzvahs, Walles has also welcomed many grandparents; some have

brought entire families along, while others have come with just the grandkids.

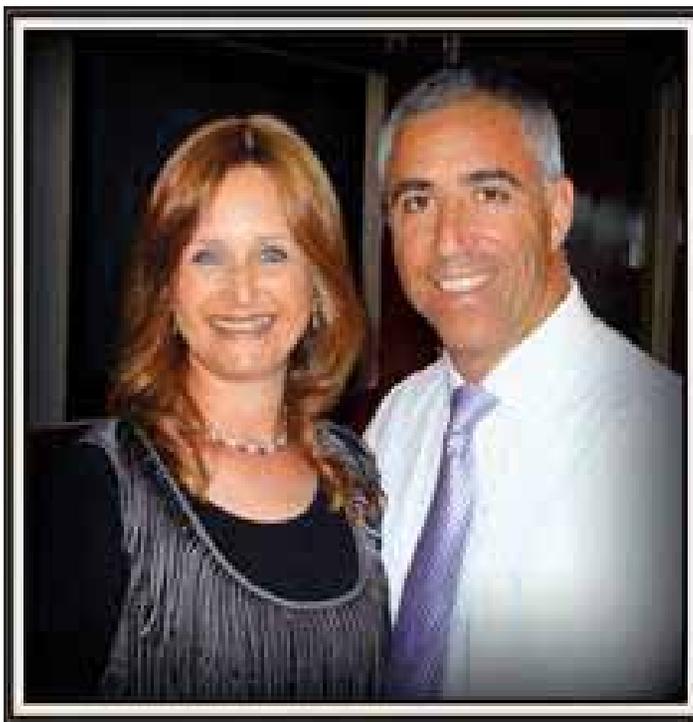
"These days, many Jewish families are spread across the globe and don't see each other very often," explained Walles. "We have had families flying in and meeting in Venice for our Greek Isles tour, spending a whole week together enjoying family time, meals and tours."

Also on the increase are private group tours for like-minded friends as well as community organizations and synagogue missions.

Having kept the company's original name in tribute to its founder for 10 years, Walles recently elected for a rebranding in keeping with the changing times and travel trends. Now called Kosher Travelers, the company's one-stop-shopping approach offers a true turnkey experience.

"Our team does all the work," said Walles. "You just need to show up, relax and enjoy the experience."

Walles' vacations attract a diverse clientele of all levels of religious observance who have at least one thing in common—an interest in eating strictly kosher food no matter where in the world they may be. Because Kosher Travelers crisscrosses the globe, rabbinical supervision varies by



Chana and David Walles of Kosher Travelers

and summer cruises to Norway's fjords, Alaska, Caribbean, Panama Canal, Mediterranean and Japan. Other exotic destinations include the Italian Alps, China, Peru, Galapagos Islands, Spain and Portugal, India, Morocco, Scottish whisky tours and French ski packages. The list goes on and on, the Walles personal touch evident throughout, with Kosher Travelers bringing another important component to the table to every vacation.

"You can Google 'travel Jewish' or 'kosher to Morocco' and find kosher restaurants and travel there on your own, but if you don't speak a word of Arabic you will have a hard time," noted Walles. "We take the whole element of stress out of traveling to exotic locations by taking care of every detail."

destination: Pesach hotels in Israel are all glatt mehadrin under the auspices of the local rabbanut, while cruises are supervised by Rabbi Nechemia Rotenberg of Vienna. Most tours have a full-time mashgiach, with food prepared by a Kosher Travelers chef in a hotel or eaten at local kosher restaurants. One thing is certain: Kosher Travelers' clients will never be served frozen airline meals.

Despite the diversity that can exist on some tours, Kosher Travelers goes out of its way to make everyone comfortable. Sifrei Torah are part of the tour in locations where there are no synagogues, while in others, itineraries are planned around local shul schedules. Summer trips in particular attract travelers from all across the religious spectrum.

"Our target audience is Modern Orthodox but we do attract a sprinkling of chareidim and many traditional Jews," said Walles. "Everyone eats together in the same dining room and they all love it."

That same something-for-everyone approach is evident in Kosher Travelers' list of packages, which offers a dizzying number of destinations including Pesach at multiple Israeli hotels and Croatia and winter

Kosher Travelers' prices vary by package, the company's high volume of business allowing it to realize considerable savings that are passed along to clients without compromising an iota on quality or kashrut standards. With Pesach just around the corner, Walles hopes that Americans will consider coming to Israel, noting that airfare aside, Israeli programs are priced similarly to local packages but provide an opportunity to spend Pesach in the holiest place in the world.

More than just a business, Walles views Kosher Travelers as an opportunity to give back to others, choosing a worthy cause to be highlighted at his hotel programs. The business has recently raised considerable sums of money for organizations including Ezer Mizion, Leket, Innovation Africa and Tzohar, among others.

"While we do get satisfaction from arranging kosher travel, we get even more from being able to change the world and better people's lives," said Walles. "We are thrilled to be able to use our business as a platform for tikun olam."

For more information, visit Kosher Travelers online at [www.KosherTravelers.com](http://www.KosherTravelers.com).

**The Purple Bow**

**WINTER CLEARANCE OFF UP TO 60% SALE**

CREATE A GIFT REGISTRY AT THE STORE & RECEIVE A FREE SWELL WATER BOTTLE!

Layette • Infant Clothing and Sleepwear thru Size 10 • Baby Gifts • Toys • Accessories  
 (201)855-8040 • 1444 Queen Anne Rd, Teaneck, NJ @thepurplebowteaneck

**Sofer of Bergen County** RABBI REPHAEL HIRSCH Sofer STaM

**DON'T LEAVE YOUR HOUSE UNPROTECTED**

Mezuzot need to be checked twice every 7 yrs. For painless checking, schedule a housecall.

**530-SOFERBC**  
 njsofer56@gmail.com

**on the Table**  
 Tabletop, Home Decor, Tablecloths, Jewelry, Judaica

OTT SPECIALIZES IN BRIDAL REGISTRIES AND HOSTESS GIFTS  
 #1 STORE IN TEANECK FOR SHABBOS GIFTS  
 BEST PRICES  
 WE DELIVER LOCALLY AND SHIP ALL OVER THE US

**15% OFF ONE ITEM OVER \$35**

MUST BRING COUPON AT TIME OF PURCHASE. NO EXCEPTIONS

ONE COUPON PER CUSTOMER, PER DAY. CANNOT BE COMBINED WITH OTHER COUPONS, DISCOUNT CARDS AND CREDITS. NOT VALID ON JEWELRY AND SALE ITEMS. SOME EXCEPTIONS MAY APPLY.

@ONTHETABLENJ • WWW.ONTHETABLENJ.COM • 1454 QUEEN ANNE ROAD, TEANECK NJ • 201-342-1089

# kosher travelers

EXPERIENCE *the* DIFFERENCE

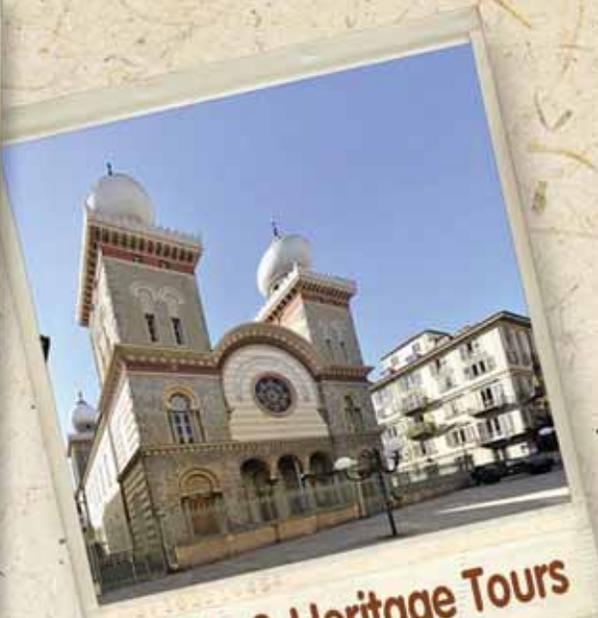
Mention **JL2019**  
for your  
Promotional Discount!



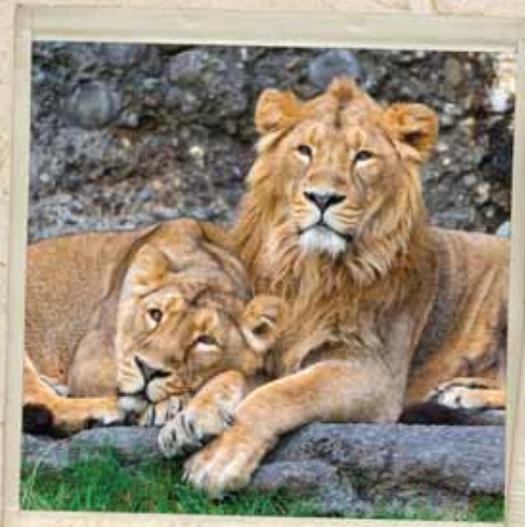
**Pesach & Sukkot Hotels**



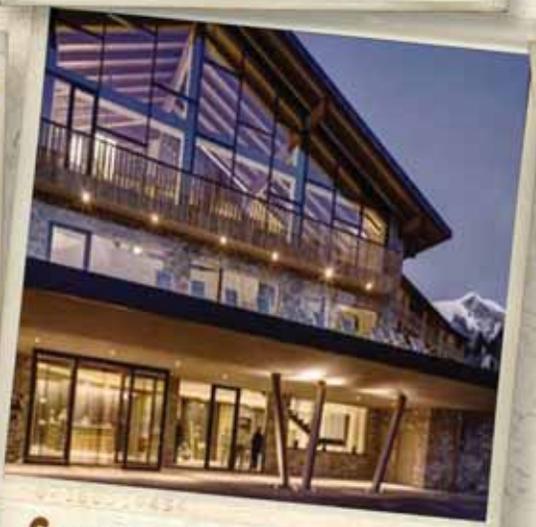
**Deluxe Kosher Cruises**



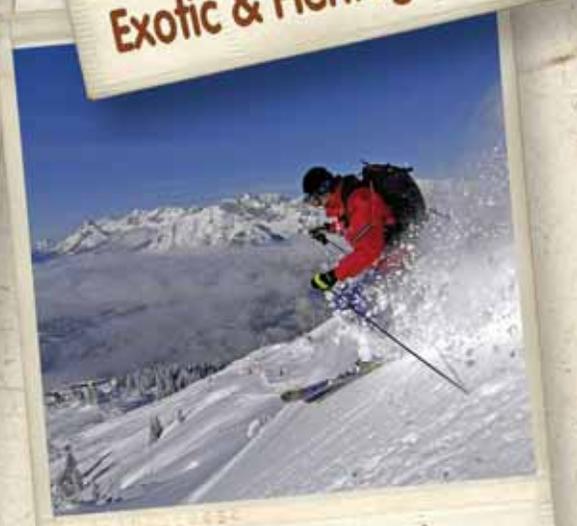
**Exotic & Heritage Tours**



**African Safari Adventures**



**Summer Luxury Hotels**



**Winter Skiing Alps**

Your Vacation is our Business

**www.KOSHERTRAVELERS.com**

Israel Hotline +972 2 992 9801 | USA +1 646 240 4118 | Europe: +44 207 048 6168

Australia: +613 8573 0915 | South Africa: +2783 377 1908

info@koshertravelers.com

# Enjoy Pesach in Morocco With Paradis Productions

By Sara Kosowsky Gross

Whether you've always wanted to see Morocco, spend Pesach in a luxurious location or be treated like a VIP, Paradis Production NYC's Pesach program is just the thing. Event planner extraordinaire Prosper Lankry has thought of everything for Pesach 2019. Sedarim, day trips, gourmet food, Israeli and French chazans, renowned rabbinic scholars, children's programs—this program has it all.

This year's program will take place at the Hotel Lixus Beach Resort in Larache, Tangier, Morocco, located on the Atlantic Ocean. Paradis Productions has taken over the hotel for 11 nights for Pesach.

Lankry told The Jewish Link, "I was the first person to do a Pesach program in Andalusia, Morocco. Each year we've been in a different part of Morocco. This year we're in the Andalusia section (Tangier), which has a rich Jewish history. This is where the waves of Jewish refugees arriving from Spain and Portugal after 1492 went into hiding from the Spanish Inquisition and lived peacefully under the Wattasid Dynasty."

Lankry explained why it's important to bring Jews to Morocco. "It's hakarat hatov. Morocco is the only Arab country for centuries where Jews live in peace with millions of Muslims. Jews are welcomed and protected from the minute you land into Morocco's airport until the minute you leave the country. Each month there is a hillula in Morocco. The Moroccan authorities provide a lot of security. We are the ambassadors of Morocco outside of Morocco."

The sederim will take place in the main dining room with breathtaking views of the Atlantic Ocean. Guests will have their choice of leading their own seder or taking part in a communal seder.

Over the course of Chol Hamoed there will be plenty of activities for children and adults of all ages. Activities on the hotel grounds and surrounding area include swimming, jogging, tennis, horseback and camel riding, paintball, fitness classes, cookery classes, shopping and spa treatments. In addition, there are day trips scheduled to Tetouan, Chefchaouen the Lixus Ruins and the grave of Rabbi Amram Ben Diwan.

Participants can look forward to a completely different experience each night of Chol Hamoed. Lankry and his team will completely reinvent the hotel, both in look, ambiance and food delicacies. From barbecues to surprise musical entertainment, guests will be treated to a memorable ride.

There will be daily shiurim given by several noted rabbis. Topics will include the themes of Passover, galut/exile, geula and deliverance, slavery and more. There will also be a daily Gemara shiur before Mincha.

The renowned caterer Les delice de Sol, with chefs Charlie and Chef Hamza who just retired from the King's Palace in Tangier, will prepare mouthwatering Sedarim, meals, snacks, as well as keep the tea room stocked 24 hours a day. Under the supervision of the beit din of Casablanca, with additional supervision from mashgichim from France and Israel, glatt kosher, Orthodox supervision, the kashrut will be l'mehadrin. There will be no kitniyot and no gebrochts.

A native of Morocco, Lankry has been crafting memorable events in Morocco for Americans since 2015 when he and his wife, Ariella, celebrated the bar mitzvah of their son at the historic Beit Knesset built in 1492 in the old Jewish quarter of Marrakech, Morocco. Since then, Paradis Production NYC has organized events in Morocco for clients such as John David Jackson, known professionally as Fabolous, an American rapper from Brooklyn. Fabolous celebrated his 40th birthday with 250 guests. When Arizona Iced Tea launched their brand in Morocco, Lankry planned the launch down to the last detail. Lankry takes great pride in orchestrating glorious, spell-binding events. Lankry, together with his partners, Rachel Hazan (Morocco) and Miryam Sroussi (France), decided to launch the Passover program for the elite Jewish community, giving them the opportunity to properly discover Morocco.

Sherly Abisoror, from Deal, attended last year's program with her husband and seven children. "I thought it would be extremely difficult traveling with the whole family to a foreign country, but to my surprise it turned out to be the best Passover (vacation) I ever had. They really thought of everything from the moment we stepped foot outside the airport—where we had taxis waiting for us—to the five-star greeting we received at the hotel, keeping in mind I am with seven children under the age of bar mitzvah. Everything I could have possibly needed, I was given without hesitation and with a huge smile. Our rooms were spacious and with beautiful, stunning views. By the second day, the staff already knew my children, and as early as breakfast made sure there was warm milk ready for my little one. They were very accommodating and bent over backward and really paid attention to detail. It was a beautiful experience and so relaxing. The evening events were geared for the entire family, not just for the adults, which was very nice to have everyone together."

"All the night activities were family oriented," she continued. "We didn't have to wonder what to do with the kids. The kids were excited each night even though we never left the hotel. The final party really took my breath away. I didn't know what to expect and all I can say is that it was really the icing on the cake. My husband's father is from Morocco, and after Pesach we traveled to see where he grew up. When we left, I really felt like I was leaving a family behind—from other guests, to hotel staff, to Prosper and his entire team. It was really bittersweet."

In fact, that's something in which Lankry takes great pride. "We purposely keep it small. We don't have more than 200 people because we want to treat every guest as a VIP and we want everyone to meet everyone. People come in as strangers and leave as a family."

To learn more about the Paradis Production NYC's Pesach Program, visit <http://passovermorocco.com/> or call 800-394-49 81.

# Lixus Beach Resort

## Golf and SPA - Larache / Tangier

**ALL INCLUSIVE | PASSEOVER 2019**  
Starting at \$2 350 | APRIL 19<sup>th</sup> TO 28<sup>th</sup>

[www.passovermorocco.com](http://www.passovermorocco.com)



PARADIS PRODUCTION



*SPA - 18 hole golf course - Soccer field - Tennis court  
Heated swimming pool - Baby club - Kids club - Evening theme party  
Camel rides - On-site bicycles - Excursions  
Sephardic sederim and services - Fairytale closing mimouna party*



18 hole golf course



Mediterranean gourmet



Ocean view



Animation team for children



Chefchaouen - The blue pearl \*



Tetouan \*



Ouazzane \*  
Rabbi Amrane Ben Diwan ztl



VIP day at sea \*

\* on demand

Call : 800 394 4981 - [info@passovermarocco.com](mailto:info@passovermarocco.com) - 917 434 38 89

## Let 'Royal Stay' Help Book Your Luxury Hotel at an Affordable Price

By Jenny Gans

Anyone who coordinates a vacation of any type, whether family trip, business trip or getaway, knows the intricate details that go into the planning. Often, the planning and logistics can raise stress levels higher than not actually having a vacation. Menucha Parnes knows that this can be hard on

travelers. As part of Royal Stay, she looks to help travelers with accommodations during their trips.

"We book hotels at discount rates, and specialize in luxury hotels worldwide," Parnes explained. With a long standing relationship in the travel industry, Royal Stay is able to find great savings for their customers. "We have savings better than what you will find online or through other discount retailers," she said. Because of their niche dealing primarily with luxury hotel accommodations, Royal Stay is able to secure significant savings and pass those savings along to the customer.

While their service and discounts apply to hotels found across the world, different times of year will feature discounts at various lo-

cations, often places popular for certain times of year. Right now Royal Stay has discounts on hotels in Miami and Cancun, both popular destinations during these cold months.

"We deliver hassle-free booking for our customers," said Parnes, explaining the mission of her business. Royal Stay aims

to be there for its customers in any way they may need. "We have personalized service while you are booking and before you leave, during your stay and even in the event of a cancellation," she said. Though it is not a vacation-planning service, Royal Stay can also help with suggestions of area activities as well as answer many questions about travel plans. To learn more about the services offered by Royal Stay, visit their website at [www.royal-stay.com](http://www.royal-stay.com), call 732-858-5393 or e-mail [sales@royal-stay.com](mailto:sales@royal-stay.com) for a free quote.



Royal Stay can help you find luxury accommodations for any destination.

*Has your child been featured in the Jewish Link?  
Have you or your family been featured?*

**If so, we can provide a professional reprint for you to have and treasure**

**Hard Copy Reprint (\$36)**  
(comes with an attractive frame)

**E-print / PDF File (\$18)**

**Due to popular demand we are also offering a number of higher end Plaque options.**

- Acrylic Plaque **\$150**
- Wood Plaque **\$165**
- Metallic Plaque **\$180**

**Contact [editor@jewishlinknj.com](mailto:editor@jewishlinknj.com) or call 201-366-9104 for more info.**

## Spend Pesach In Thailand - A Unique Destination!

### THE RENAISSANCE PATTAYA RESORT & SPA



**5-STAR HOTEL (A JW MARRIOTT RESORT) - 227 LUXURY ROOMS - HOTEL WILL BE ENTIRELY KOSHER FOR PESACH.**

- Glatt Kosher - Non-Gebrochts, NO Shruya NO Kitniot
- Rabbi Simha Weiss - Scholar in Residence and Rav Hamachshir.
- Gourmet food served at every meal! You will be amazed by the creativity of our award-winning chefs!
- Open bar 20 hours a day – enjoy hot and cold beverages, tropical fruit shakes, snacks, cakes, chocolate.
  - Classes, lectures, shiurim
- Multiple seder options - Family Seder / Private Seder (Extra fee) / Communal Seder
- Complimentary transportation provided to and from Bangkok's 'BKK Airport'

**EARLY BIRD OFFER!**

- \$100 CREDIT FOR THE SPA PER ROOM.
- ONE NIGHT FREE/INCLUDED BEFORE OR AFTER PESACH
- BOOK BY JAN. 10TH

**UNLIMITED FLIGHTS & TOURS**

Toll Free: 866-338-8798 • 718-338-8798 | fax: 718-338-1581 | [www.tourkosher.com](http://www.tourkosher.com) | email: [gotravel2c@aol.com](mailto:gotravel2c@aol.com)

Sponsored by BSYD Corp.  
Please daven for a refuah for Nachum Zvi ben Yenta.

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

Info provided by GoDaven.com and Dr. Yosi Fishkin

| Name                                                        | Address/Contact                                                           | Rabbi                                                              | Shacharit                                                                                                                                                                                      | Mincha                                                               | Maariv                                                                                                     |
|-------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| <b>Passaic County</b>                                       |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| <b>P A S S A I C</b>                                        |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| ADAS ISRAEL                                                 | 565 Broadway<br>973-773-7272                                              | Rabbi Dr. Solomon Rybak                                            | Sun: 8:30 AM, Mon/Thurs: 6:45 AM, Tues/Wed/Fri: 6:55 AM                                                                                                                                        | Bzman                                                                | Following Mincha. Usually 15 min halacha shiur in btwn 9:15 PM and 10:45 PM (additional 8:15 PM in winter) |
| AGUDAS YISROEL BIRCAS YAAKOV OF PASSAIC PARK                | 262 Terhune Ave.                                                          | Rav Yonason Sacks                                                  | Sun: 7 am, 7:50 AM, 8:50 AM. Mon/Thurs: 6:20 AM, 7:10 AM. Tues/Wed/Fri: 6:25 AM, 7:10 AM                                                                                                       | Bizman                                                               | 8:00 PM Shkiah, 9:00 PM, 9:15 PM, 9:30 PM, 9:45 PM, 10:00 PM, 10:30 PM, 11:00 PM and 11:45 PM              |
| AHAVAS ISRAEL                                               | 181 Van Houten Ave.<br>973-777-5929                                       | Rabbi Ron Eisenman                                                 | Sun: 6:10 AM, 7:10 AM, 8:00 AM, 8:30 AM. Mon/Thurs: 6:00 AM, 6:30 AM, 7:00 AM, 7:30 AM, 8:00 AM, 8:30 AM, 9:00 AM, 9:30 AM. Tues/Wed/Fri: 6:10 AM, 6:30 AM, 7:10 AM, 8:00 AM, 9:00 AM, 9:30 AM | 1:30 PM and every 20 min approximately from 4:00 PM to sunset        |                                                                                                            |
| ALUMNI                                                      | 280 Main Ave.<br>Fax: 413-714-1717                                        | Rabbi Y Celnick                                                    | Sun: 8:00 AM. Mon/Thurs: 6:50 AM. Tues/Wed/Fri: 7:00 AM                                                                                                                                        |                                                                      | 9:15 PM                                                                                                    |
| BAIS MEDRASH ZICHRON ELIEZER                                | 170 Main Ave.<br>973-685-4908                                             | Rabbi Menachem Spira                                               | Sun: 8:30 AM, Mon/Thurs: 6:55 AM, Tues/Wed/Fri: 7:00 AM                                                                                                                                        | 15 min before shkiah on Sunday only                                  | 10:00 PM. Mon-Thurs                                                                                        |
| BAIS MEDRASH LTORAH                                         | 181 Lafayette Ave.<br>973-473-3666                                        | Rabbi Chaim Davis                                                  | Sun-Fri: 7:15 AM and 25 min before sunrise                                                                                                                                                     | 1:30 PM                                                              | 10:00 PM                                                                                                   |
| BAIS TORAH UTEFILAH                                         | 218 Ayrnig Ave.<br>973-470-8888                                           | Rabbi Menachem Zupnik                                              | Sun: 7:15 AM, 8:00 AM. Mon/Thurs: 6:25 AM, 7:00 AM. Tues/Wed/Fri: 6:30 AM, 7:00 AM                                                                                                             | Bizman                                                               | 8:00 PM 8:30 PM, 9:45 PM, 10:15 PM                                                                         |
| BAIS DOVID                                                  | 72 Ascension                                                              | Rabbi Shlomo Isaacson                                              |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| BAIS YOSEF                                                  | 580 Broadway                                                              | Rabbi David Hirsch                                                 | Sun: 7:15 AM. Mon/Thurs: 6:10 AM, 7:15 AM. Tues/Wed/Fri: 6:15 AM, 7:20 AM                                                                                                                      | Pesach-Sukkos 15 min before shkiah                                   | Pesach-Sukkos @ shkiah; Sukkos-Pesach on Mon-Thurs @ 8:30 PM                                               |
| CARLEBACH MINYAN OF PASSAIC/CLIFTON                         | 226 Van Houten Ave.<br>973-773-9266                                       | Rabbi Reuven Sarett                                                |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| CHABAD OF PASSAIC-CLIFTON                                   | 482 Brook Ave. (Rear building)<br>973-246-5251                            | Rabbi Sebbag                                                       |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| EITZ CHAIM                                                  | 371 Brook Ave.<br>973-779-1994                                            | Rabbi Yonah Lazar                                                  |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| GOLDEN OPPORTUNITY INC                                      | 90 Dayton Ave. Unit 12<br>973-778-6722                                    |                                                                    |                                                                                                                                                                                                | Mon-Thurs: 2:00 PM                                                   |                                                                                                            |
| K'HAL TIFERES BORUCH                                        | 232 Terhune Ave.<br>973-472-4247                                          | Rabbi Schachne Weinberger                                          | Sun: 7:45 AM, Mon/Thurs: 6:35 AM, Tues/Wed/Fri: 6:45 AM                                                                                                                                        | Sun: Bizman                                                          | Sun: Bizman, Mon-Thurs: 9:00 PM                                                                            |
| KHAL SHOMREI TORAH                                          | 1 Main Ave.                                                               |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| KOL YESHURUN                                                | 540 Broadway                                                              | Rabbi Aharon Cohen                                                 | Sun: 7:40 AM, Mon/Thurs: 6:55 AM, Tues/Wed/Fri: 7:00 AM                                                                                                                                        |                                                                      |                                                                                                            |
| KOSHER KONNECTION MINCHA AT THE MARK ROKOWSKY CAPITAL GROUP | 145 Main Ave - 4th Floor<br>973-574-1144                                  |                                                                    |                                                                                                                                                                                                | 04:00 PM                                                             |                                                                                                            |
| SHAAREI TEFILLA                                             | 24 Crescent St.                                                           |                                                                    | Sun: 8:30 AM followed by hot breakfast Sun: 7:45 AM, 8:30 AM. Mon/Thurs: 6:20 AM, 7:20 AM. Tues/Wed/Thurs: 6:25 AM, 7:30 AM                                                                    |                                                                      | 8:45 PM 10:15 PM. Also Following Mincha                                                                    |
| TIFERETH ISRAEL                                             | 180 Passaic Ave.<br>973-773-2552                                          | Rabbi Aaron Cohen                                                  |                                                                                                                                                                                                | Bzman                                                                |                                                                                                            |
| YESHIVA GEDOLAH OF PASSAIC                                  | 55 Ascension St.<br>973-472-6100                                          |                                                                    | Sun-Fri: 7:30 AM                                                                                                                                                                               | 3:15 PM                                                              | 09:55 PM                                                                                                   |
| YESHIVA NER BORUCH (PTI)                                    | 441 Passaic Ave.<br>973-594-4774                                          | Rosh Yeshiva: Rabbi Shlomo Singer, Asst RY: Rabbi Boruch Bodenheim | Sun: 7:15 AM, 8:30 AM. Mon-Fri: 6:40 AM, 8:30 AM                                                                                                                                               | 12:45 PM                                                             | 8:00 PM 9:45 PM. On Sundays, at 8:00 PM only                                                               |
| YESHIVAT BEIT HILLEL                                        | 270 Passaic Ave.<br>973-777-0735                                          |                                                                    | Sun: 8:00 AM, Mon-Fri: 7:45 AM                                                                                                                                                                 | 12:30:00 PM. Wed: Mincha @ 12:45 PM                                  |                                                                                                            |
| YOUNG ISRAEL OF PASSAIC-CLIFTON                             | 200 Brook Ave.<br>973-778-7117                                            | Rabbi Yaakov Glasser                                               | Sun: 8:15 AM, Mon/Thurs: 6:10 AM, Tues/Wed/Fri: 6:15 AM                                                                                                                                        | Sun Only: B'zman                                                     | Sun Only: B'zman                                                                                           |
| <b>CLIFTON</b>                                              |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| DAUGHTERS OF MIRIAM                                         | 155 Hazel St.<br>973-772-3700                                             | Rabbi Moshe Mirsky                                                 | 8:45 AM                                                                                                                                                                                        |                                                                      |                                                                                                            |
| KEHILLAS BEIS SHOLOM                                        | 733 Passaic Ave.<br>973-850-9619                                          | Rabbi Avraham Shulman                                              | Sun: 8:15 AM, Mon/Thurs: 6:55 AM, Tues/Wed/Fri: 7:00 AM                                                                                                                                        | B'zman                                                               | 8:45 PM. Follows Mincha on Sunday                                                                          |
| KOLLEL AVREICHIM OF PASSAIC                                 | 270 Rutherford Ave.                                                       | Rabbi Eliezer Breslauer                                            |                                                                                                                                                                                                | 2:45 PM                                                              | 10:00 PM                                                                                                   |
| <b>PATERSON</b>                                             |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| MS APPLIANCES                                               | 126 3rd Ave<br>973-778-6722 EX 117                                        |                                                                    |                                                                                                                                                                                                | Mon-Thurs: 2:00 PM (Sefard)                                          |                                                                                                            |
| THE PATERSON SHUL @ FEDERATION APARTMENTS                   | Federation Apartments 510 E. 27th Street (basement level)<br>908.581.2972 | Lay leadership                                                     | 9a.m. / Call/ Email JerrySchranz@gmail.com for Shabbos and Yom Tov Schedule                                                                                                                    |                                                                      |                                                                                                            |
| <b>TOTOWA</b>                                               |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| DEVASH FARMS                                                | 111 Maltese Dr.<br>845-426-3000 Ext. 107                                  |                                                                    |                                                                                                                                                                                                | Mon-Thurs: 3:00 PM                                                   |                                                                                                            |
| <b>WAYNE</b>                                                |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| ALM CORP.                                                   | 55 Haul Road<br>973-694-12232                                             |                                                                    |                                                                                                                                                                                                | 3:00 PM. Winter Only. No Sundays.                                    |                                                                                                            |
| CHABAD OF PASSAIC COUNTY                                    | 194 Ratzel Road<br>973-694-6274 - W<br>201-454-8857-C                     | Rabbi Michel Gurkov                                                | Sun: 8:00 AM. Mon/Thurs: 7:15 AM. Shabbos: 10:00 AM                                                                                                                                            | Friday: Winter: 6:00 PM. Summer: 7:30 PM                             |                                                                                                            |
| <b>Essex County</b>                                         |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| <b>CEDAR GROVE</b>                                          |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| NOBLE PACKAGING OFFICES                                     | 20 Sand Park Rd.                                                          |                                                                    |                                                                                                                                                                                                | Mon-Thurs: 2:00 PM                                                   |                                                                                                            |
| <b>IRVINGTON</b>                                            |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| UNIPRO UNIFORMS                                             | 84 Coit St.<br>973-577-1300                                               |                                                                    |                                                                                                                                                                                                | Mon-Thurs: 1:45 PM                                                   |                                                                                                            |
| <b>LIVINGSTON</b>                                           |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| ETZ CHAIM                                                   | 1 Lafayette Dr.<br>973-597-1655                                           | Rabbi E. Samuel Klihanoff                                          | Sun: 8:30 AM, Mon-Fri: 6:45 AM                                                                                                                                                                 |                                                                      | 8:00 PM 8:15 PM (Wed)                                                                                      |
| SYNAGOGUE OF THE SUBURBAN TORAH                             | 85 W. Mount Pleasant Ave.<br>973-994-0122/2620                            | Rabbi Eliezer Mischel                                              | Sun: 8:30 AM, Mon/Thurs: 6:35 AM, Tues/Wed/Thurs: 6:45 AM                                                                                                                                      | Bizman                                                               |                                                                                                            |
| <b>MAPLEWOOD</b>                                            |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| MAPLEWOOD JEWISH CENTER                                     | 520 Prospect Street<br>(973) 762-5722                                     | Rabbi Sholom Bogomilsky                                            | Shabbat: 10:00 AM                                                                                                                                                                              |                                                                      |                                                                                                            |
| <b>NEWARK</b>                                               |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| IDT                                                         | 520 Broad St<br>973-438-3447                                              |                                                                    | Mon-Fri: 8:15 AM                                                                                                                                                                               | Mon-Thurs: 1:40 PM 4:00 PM, Fri: 12:40 PM (winter), 1:40 PM (Summer) | 5:00 and 6:05 PM (winter only)                                                                             |
| <b>WEST ORANGE</b>                                          |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| AHAVAS ACHIM BNAI JACOB & DAVID                             | 700 Pleasant Valley Way<br>973-736-1407                                   | Rabbi Eliezer Zwickler                                             | Sun: 7:00 AM, 7:30 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 6:35 AM, 7:25 AM, Tues/Wed/Fri: 6:50 AM, 7:30 AM                                                                                           | 10 minutes before shkiah                                             | Mon- Thurs: 9:45 PM 10 minutes after mincha                                                                |
| BETH ISRAEL                                                 | 567 Pleasant Valley Way<br>973-731-3383                                   |                                                                    | Sun: 8:00 AM, Mon/Thurs: 6:05 AM. Tues/Wed/Fri: 6:10 AM                                                                                                                                        |                                                                      |                                                                                                            |
| <b>Union County</b>                                         |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| <b>CLARK</b>                                                |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| <b>ELIZABETH</b>                                            |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| BNEI TORAH                                                  | 395 Pleasant Valley Way<br>973-943-2150                                   | Rabbi Avrohom Stone                                                |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| CHABAD OF WEST ORANGE                                       | 401 Pleasant Valley Way<br>973-325-6311                                   | Rabbi Mendy Kasowitz                                               | Sun: 8:30 AM, Mon-Fri: 8 AM                                                                                                                                                                    |                                                                      |                                                                                                            |
| DAUGHTERS OF ISRAEL                                         | 1155 Pleasant Valley Way<br>973-731-5100                                  | Rabbi Tzvi Karpel                                                  | Sun: 9:30 AM, Mon-Fri: 9:45 AM                                                                                                                                                                 |                                                                      |                                                                                                            |
| OHR TORAH                                                   | 270 Pleasant Valley Way<br>973-669-7320                                   | Rabbi Marc Spivak                                                  | Sun: 8:15 AM, Mon/Thurs: 6:00 AM, Tues/Wed/Fri: 6:10 AM                                                                                                                                        | Bzman during DST                                                     | 10 minutes after Mincha during DST; 7:30 during Standard Time.                                             |
| THE ENGLISHTOWN SYNAGOGUE                                   | 37 Buckingham Rd.<br>973-243-0876                                         | Rabbi Binyomin Hammer                                              |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| <b>CLARK</b>                                                |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| OUTERSTUFF COMPANY                                          | 60 Walnut Ave<br>Eli Daum: 908-216-4099                                   |                                                                    |                                                                                                                                                                                                | 1:35 PM                                                              |                                                                                                            |
| <b>HILLSIDE</b>                                             |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| ADATH YESHURUN                                              | 200 Murray St.                                                            | Rabbi E. M. Teitz and Rabbi Yitzchok Burnstein                     | Shabbos: 9:00 AM, Sunday: 8:30 AM                                                                                                                                                              |                                                                      |                                                                                                            |
| BAIS YITZCHOK                                               | 153 Bellevue St.                                                          |                                                                    | Sun: 8:00 AM, Mon/Thurs: 6:25 AM, Tues/Wed/Fri: 6:30 AM                                                                                                                                        |                                                                      |                                                                                                            |
| ELMORA HILLS MINYAN                                         | 961 Magie Ave.<br>(908) 820-8822                                          | Rabbi Michael Bleicher                                             | Sun: 8:00AM, 9:00AM, Mon/Thurs: 5:45/8:00AM, Tues/Wed/Fri: 5:50, 8:00am, Shabbos: 8:30AM                                                                                                       | Approximately 10/15 minutes before sunset                            | After sunset following mincha; also at 7:30 during winter months.                                          |
| JEC ADATH ISRAEL                                            | 1391 North Ave.<br>908-354-7318                                           | Rabbi Jonathan Schwartz                                            | Sun: 6:45 AM, 8:00 AM. Mon/Thurs: 6:20 AM, 7:10 AM, 8:00 AM. Tues/Wed/Fri: 6:25 AM, 7:15 AM, 8:00 AM                                                                                           | 2:20 PM and at 'mincha time' when after 6:00                         | 7:50 PM when no 'mincha time' minyan 10:00 PM                                                              |
| JEC ELMORA                                                  | 330 Elmora Ave.<br>908-355-4850/<br>908-353-4446                          | Rabbi Avrohom Herman                                               | Sun: 7:30 AM (Bais Medrash), 8:30 AM (Shul). Mon/Thurs: 6:40 AM, 8:00 AM (Bais Medrash). Tues/Wed/Fri: 6:50 AM, 8:00 AM (Bais Medrash)                                                         | About 10 minutes before shkiah                                       | 20 minutes after Mincha starts 9:00 PM (Standard Time)                                                     |
| KOLLEL OF ELIZABETH / YESHIVA BEER YITZCHOK                 | 1391 North Ave.<br>908-354-6057                                           | Rabbi Avrohom Schulman                                             | Sun-Fri: 8:00 AM                                                                                                                                                                               | Sun-Thurs: 3:05 PM                                                   | 09:15 PM                                                                                                   |
| <b>HILLSIDE</b>                                             |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| BRIS AVROHOM                                                | 910 Salem Ave.<br>908-289-0770                                            | Rabbi Kanelsky                                                     | Sun: 8:00 AM, Mon/Thurs: 6:30 AM, Tues/Wed/Fri: 6:40 AM                                                                                                                                        | Zman                                                                 | Zman                                                                                                       |
| LALLYPAK                                                    | 1209 Central Ave.<br>908-351-4141 Ext. 27                                 |                                                                    |                                                                                                                                                                                                | Mon-Thurs: 2:00 PM                                                   |                                                                                                            |
| YESHIVA GEDOLAH EITZ CHAIM OF HILLSIDE                      | 1531 Maple Ave.<br>973-926-5138/<br>973-750-8699                          | Harav Shmuel Abba Olshin Shlita                                    | Sun-Fri: 7:40 AM                                                                                                                                                                               | 3:15 PM                                                              | 9:30 PM                                                                                                    |
| <b>LINDEN</b>                                               |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| ANSHE CHESED                                                | 1000 Orchard Terr.<br>908-486-8616                                        | Rabbi Joshua Hess                                                  | Sun: 8:00 AM, Mon/Thurs: 6:30 AM, Tues/Wed/Fri: 6:45 AM                                                                                                                                        | 1:30 PM 10 minutes before shkiah                                     | 8:00 PM in winter months. Follows Mincha during summer months.                                             |
| QUALMAXX                                                    | 2500 Brunswick<br>718-305-6766                                            |                                                                    |                                                                                                                                                                                                | 2:00 PM                                                              |                                                                                                            |
| <b>SPRINGFIELD</b>                                          |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| CONGREGATION ISRAEL                                         | 339 Mountain Ave.<br>973-467-9666                                         | Rabbi Chaim Marcus                                                 | Sun: 8:00 AM, Mon-Fri: 6:15 AM, 7:00 AM                                                                                                                                                        | 10-15 minutes before shkiah                                          | Mon-Thurs: 9:30 PM (winter). Also following Mincha                                                         |
| <b>Middlesex County</b>                                     |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| <b>CARTERET</b>                                             |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| YESHIVA GEDOLA OF CARTERET                                  | 42 Noe St.<br>732-969-2497                                                | Rabbi Azriel Brown and Rabbi Yaakov Meyer                          | 7:30 AM                                                                                                                                                                                        | 3:00 PM                                                              | 10:20 PM                                                                                                   |
| <b>EAST BRUNSWICK</b>                                       |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| YOUNG ISRAEL OF EAST BRUNSWICK                              | 193 Dunhams Corner Rd.<br>732-254-1860                                    | Rabbi Efrayim S. Unterman                                          | Sun: 7:30 AM, 8:30 AM. Mon/Thurs: 6:20 AM, 8:00 AM. Tues/Wed/Fri: 6:30 AM, 8:00 AM                                                                                                             | Bzman                                                                | 9:00 PM (winter). Following Mincha at Zman                                                                 |
| <b>EDISON</b>                                               |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| AHAVAS YISRAEL                                              | 1587 Route 27<br>732-287-1230                                             | Rabbi Gedaliah Jaffe                                               | Sun: 8:15 AM, Mon/Thurs: 6:10 AM, Tues/Wed/Fri: 6:15 AM                                                                                                                                        | Bizman on Sundays in winter, every day in summer.                    | 8:30 PM. Follows Mincha                                                                                    |
| APCO EXTRUDERS                                              | 180 National Rd.<br>732-287-3000                                          |                                                                    |                                                                                                                                                                                                | Mon-Thurs: 3:45 PM                                                   |                                                                                                            |
| BEACH CAMERA                                                | 732-424-1100 x243 SIMCHA                                                  |                                                                    |                                                                                                                                                                                                | 2:00 PM                                                              |                                                                                                            |
| CROSSWAYS MINYAN                                            | 5 Price Dr.<br>732-572-9138                                               |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| DEPENDABLE FOODS                                            | 29 Executive Ave.<br>732-257-4500                                         |                                                                    |                                                                                                                                                                                                | Mon-Thurs: 2:00 PM                                                   |                                                                                                            |
| DGL GROUP                                                   | 195 Raritan Center Pkwy<br>732-692-5116                                   | Rabbi Haber                                                        |                                                                                                                                                                                                | 4:30 PM summer/ DST and 4:00 PM winter                               | Follows Mincha during the winter                                                                           |
| OHR TORAH                                                   | 48 Edgemount Rd.<br>732-777-6840                                          | Rabbi Yaakov Luban                                                 | Sun: 7:15 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 6:20 AM, 7:05 AM, 8:00 AM. Tues/Wed/Fri: 6:30 AM, 7:10 AM, 8:00 AM.                                                                                 | 10-15 minutes before sunset                                          | 10:10 PM and follows Mincha                                                                                |
| RABBI JACOB JOSEPH SCHOOL                                   | 1 Plainfield Ave.<br>732-985-6533                                         |                                                                    | Mon-Thurs: 7:40 AM                                                                                                                                                                             | 3:00 PM                                                              | 9:40 PM 10:40 PM                                                                                           |
| RABBI PESACH RAYMON YESHIVA                                 | 2 Harrison St.<br>732-572-5052                                            |                                                                    | Mon-Fri: 7:40 AM                                                                                                                                                                               | 2:15 PM (except Sunday)                                              |                                                                                                            |
| SAKAR INTERNATIONAL                                         | 195 Carter Dr.<br>732-248-1306                                            |                                                                    |                                                                                                                                                                                                | 5:00 PM                                                              |                                                                                                            |
| TECHNICAL PRO INC./ VICMARR AUDIO INC.                      | 9 Kilmer Ct.<br>718-567-7754 x102 (David)                                 |                                                                    |                                                                                                                                                                                                | Mon-Thurs: 1:45 PM                                                   |                                                                                                            |
| <b>HIGHLAND PARK</b>                                        |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| AGUDATH ISRAEL OF EDISON/ HIGHLAND                          | 1131 Raritan Ave.                                                         | Rabbi Reuven Drucker                                               | Sun: 6:30 AM, 8:00 AM, 8:35 AM. Mon-Fri: 6:00 AM, 7:35 AM                                                                                                                                      | 12:45 PM EST, 1:45 DST, and about 15 minutes before shkiah           | 9:15 PM 8:00 PM EST and Shkiah                                                                             |
| AHAVAS ACHIM                                                | 216 South First Ave.<br>732-247-0532                                      | Rabbi Steven Midownik                                              | Sun: 8:00 AM, 9:00 AM. Mon/Thurs: 6:25 AM, 7:45 AM. Tues/Wed/Fri: 6:35 AM, 7:45 AM                                                                                                             | 10 minutes before sunset                                             | 9:30 PM and following Mincha                                                                               |
| ETZ ACHAIM                                                  | 230 Denison St.<br>732-247-3839                                           | Rabbi David Bassous                                                | Sun: 8:30 AM, Mon-Fri: 6:30 AM                                                                                                                                                                 | 7:30 PM                                                              | 7:50 PM                                                                                                    |
| KHAL CHASIDIM OF HIGHLAND PARK                              | 46 North 8th Ave. (entrance on Abbott)<br>917-886-2098                    | Rabbi Mechel Horowitz                                              | Sun-Fri: 25 minutes before sunrise, Sun: 8:15 AM                                                                                                                                               |                                                                      | 9:30 PM                                                                                                    |
| OHAV EMETH                                                  | 415 Raritan Ave.<br>732-247-3038                                          | Rabbi Eliyahu Kaufman                                              | Sun: 6:30 AM, 8:00 AM. Mon/Thurs: 5:50 AM, 6:30 AM, 7:20 AM. Tues/Wed/Fri: 5:55 AM, 6:40 AM, 7:20 AM.                                                                                          | Bizman                                                               | Follows Mincha                                                                                             |
| <b>ISELIN</b>                                               |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| EISNER AMPER                                                | 111 Wood Avenue South<br>732-690-0626                                     |                                                                    |                                                                                                                                                                                                | 1:35 PM                                                              |                                                                                                            |
| MERIDIAN CAPITAL                                            | 517 Route 1 South<br>732-301-3200                                         |                                                                    |                                                                                                                                                                                                | 2:30 PM                                                              |                                                                                                            |
| <b>NEW BRUNSWICK</b>                                        |                                                                           |                                                                    |                                                                                                                                                                                                |                                                                      |                                                                                                            |
| RUTGERS CHABAD                                              | 170 College Avenue<br>732-296-1800                                        | Rabbi Shaya Shagalov                                               | 8:30am - school year only                                                                                                                                                                      | 1:30pm - school year only                                            | 9:00 pm - school year only                                                                                 |
| RUTGERS HILLEL                                              | 70 College Avenue<br>732-545-2407                                         | Rabbi Tzvi Wohlgelemler                                            | 8:15 AM                                                                                                                                                                                        | B'zman - school year only                                            | B'zman - school year only                                                                                  |

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

# The Bergen County Minyan Directory

Info Provided by GoDaven.com and Dr. Yosi Fishkin

Sponsored by BSYD Corp.  
Please daven for a refuah for Nachum Zvi ben Yenta

| Name                                              | Address/Contact                                                | Rabbi                                        | Shacharit                                                                                                                                                                                        | Mincha                                                                                         | Maariv                                                                            |
|---------------------------------------------------|----------------------------------------------------------------|----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>BERGENFIELD</b>                                |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| BAIS MEDRASH OF BERGENFIELD                       | 371 South Prospect Ave.                                        | Rabbi Moshe Stavsky                          | Sun: 8:30 AM, Mon/Thurs: 6:15 AM, Tues/Wed/Fri: 6:25 AM, Rosh Chodesh: 6:00 AM                                                                                                                   | Bzman                                                                                          | Sun: Follows Mincha. Mon-Thurs: 8:30 PM                                           |
| BETH ABRAHAM                                      | 396 New Bridge Road 201-384-0434                               | Rabbi Yaakov Neuburger                       | Sun: 6:50 AM, 8:00 AM, 8:45 AM. Mon/Thurs: 6:20 AM, 7:10 AM. Tues/Wed/Fri: 6:30 AM, 7:10 AM                                                                                                      | Bzman                                                                                          | 9:05PM 10PM                                                                       |
| OHR HATORAH                                       | 36 Rector Ct. 201-244-5905                                     | Rabbi Sobolofsky                             | Fri: 8:30 AM, Sun: 8 AM                                                                                                                                                                          | Bzman on Sundays                                                                               | Follows Mincha on Sundays                                                         |
| <b>E. RUTHERFORD</b>                              |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| GIANTS STADIUM MINCHA MINYAN                      | 50 Route 120                                                   |                                              |                                                                                                                                                                                                  | At halftime during all Giants and Jets games                                                   |                                                                                   |
| <b>ENGLEWOOD</b>                                  |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| AHAVATH TORAH                                     | 240 Broad Avenue 201-568-1315                                  |                                              | Sun: 7:00 AM, 8:00 AM, 9:00 AM and 33 min before sunrise. Mon/Thurs: 6:15 AM, 7:15 AM, 8:00 AM, and 33 min before sunrise. Tues/Wed/Fri: 6:30 AM, 7:30 AM, 8:00 AM and 33 minutes before sunrise | 10 minutes before shkiah                                                                       | Following Mincha and 9:30 PM on Tues and Wed.                                     |
| ARTUS CORPORATION                                 | 201 South Dean Street 201-568-1000                             |                                              |                                                                                                                                                                                                  | 2:15 PM                                                                                        |                                                                                   |
| EAST HILL SYNAGOGUE                               | 255 Walnut Street 201-569-4008                                 | Rabbi Zev Reichman                           | Sun: 8:30 AM, Mon/Thurs: 6:15 AM, Tues/Wed/Fri: 6:30 AM                                                                                                                                          | Bzman                                                                                          | 8PM. Monday through Thursday                                                      |
| KESHER COMMUNITY SYNAGOGUE OF TENAFLY & ENGLEWOOD | 509 Engle Street 201-227-1117                                  | Rabbi Akiva Block                            | Sun: 8:30 AM, Mon-Fri: 6:30 AM                                                                                                                                                                   |                                                                                                |                                                                                   |
| PCS REVENUE CONTROL                               | 560 Sylvan Avenue 800-247-3061 x1196                           |                                              |                                                                                                                                                                                                  | Mon-Thurs: 3:00 PM                                                                             |                                                                                   |
| SHOMREI EMUNAH                                    | 89 Huguenot Ave                                                | Rabbi Menachem Genack                        | Sun: 7:45 AM, Mon-Fri: 6:45 AM                                                                                                                                                                   |                                                                                                | Mon and Thurs: 9:30 PM                                                            |
| YESHIVA OHR SIMCHA OF ENGLEWOOD                   | 101 W. Forest Ave 201-816-1800                                 | Rabbi Strassfeld                             | Sun-Fri: 8:00 AM                                                                                                                                                                                 | 2:50 PM                                                                                        | 9PM                                                                               |
| <b>FAIRLAWN</b>                                   |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| AHAVAT ACHIM                                      | 18-25 Saddle River Rd. 201-794-3927                            | Rabbi Ely Shestack                           | Sun: 8:15 AM, Mon/Thurs: 6:15 AM, Tues/Wed/Fri: 6:25 AM                                                                                                                                          | 15 minutes before sunset                                                                       | Follows Mincha - Summer 8:20 PM- Fall and Winter                                  |
| ANSHEI LUBAVITCH CONGREGATION                     | 10-10 Plaza Rd 201-797-4770                                    | Rabbi Levi Neubort                           | Sun: 9:00 AM, Mon-Fri: 6:15 AM                                                                                                                                                                   | Mon- Thurs: 1:45 PM                                                                            | 9:15PM. Mondays                                                                   |
| BRIS AVROHOM                                      | 3002 Fair Lawn Avenue 201-791-7200                             | Rabbi Berel Zaltzman                         | Sun-Fri: 8:15 AM                                                                                                                                                                                 |                                                                                                | Follows Mincha                                                                    |
| CONGREGATION DARCHEI NOAM                         | 10-04 Alexander Avenue 201-773-4080                            | Rabbi Jeremy Donath                          | Sun: 8:15 AM, Mon/Thurs: 6:35 AM, Tues/Wed/Fri: 6:45 AM                                                                                                                                          | Approx. 15 minutes before shkiah. Sundays only in fall and winter; daily in spring and summer. | Fall and Winter 8:00PM; Spring and Summer immediately after Mincha                |
| SEPHARDIC CENTER OF FAIR LAWN                     | 40-34 Terhune Place cell 201-835-5170                          | Rabbi Aaron Shemtob                          | Sun: 8:00 AM followed by breakfast in the synagogue, Mon-Fri: 6:15 AM followed by breakfast in the synagogue                                                                                     | Bzman                                                                                          | Fall and Winter 8:00PM; Spring and Summer immediately after Mincha                |
| SHOMREI TORAH                                     | 19-10 Morlot ave 201 791 7910                                  | Rabbi Yudin and Asst. Rabbi Andrew Markowitz | Sun: 6:30 AM, 7:00 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 5:50 AM, 6:30 AM, 7:45 AM. Tues/Wed/Fri: 6:00 AM, 6:30 AM, 7:45 AM.                                                                          | Bzman                                                                                          | 9PM and about 15 minutes after Mincha                                             |
| YOUNG ISRAEL OF FAIR LAWN                         | 11-05 Saddle River Rd. 201-797-1800                            | Rabbi Eli Belizon                            | Sun: 7:30 AM, 8:30 AM, Mon- Fri: 7:00 AM                                                                                                                                                         |                                                                                                | Mon-Thurs: 10PM                                                                   |
| <b>FORT LEE</b>                                   |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| CHABAD OF FORT LEE                                | 808 Abbott Blvd (201) 886-1238                                 | Rabbi Meir Konikov                           | Sun: 9:00 AM, Mon-Fri: 7:15 AM                                                                                                                                                                   |                                                                                                |                                                                                   |
| PARKER PLAZA MINYAN @ CROSS RIVER BANK            | 400 Kelby Street - 14th Floor 201-808-6376                     |                                              |                                                                                                                                                                                                  | Mon-Thurs: 2:30 PM                                                                             | Time is sent weekly to our email list                                             |
| SCFL BET YOSEF                                    | 313 Tom Hunter Road 845-826 2006 (N.J.)                        | Rabbi Ilan Acoca                             | Sun: 8:00 AM, Mon-Fri: 7:00 AM                                                                                                                                                                   | Sun-Thurs: 7:30 PM                                                                             | After Mincha                                                                      |
| YOUNG ISRAEL OF FORT LEE                          | 1610 Parker Avenue 201-592-1518                                | Rabbi Zev Goldberg                           | Sun: 8:00 AM, Mon-Fri: 7:30 AM                                                                                                                                                                   | 15 minutes before shkiah, summer months onl                                                    | 7PM. After Mincha                                                                 |
| <b>FRANKLIN LAKES</b>                             |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| CHABAD OF NW BERGEN COUNTY                        | 375 Pulis Ave. 201-848-0449                                    | Rabbi Chanoch Kaplan                         |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| <b>HACKENSACK</b>                                 |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| MINCHA AT HACKENSACK UNIVERSITY MEDICAL CENTER    | Hackensack Medical Center 201-519-0321 (Henry Netzer)          |                                              |                                                                                                                                                                                                  | 1:35 PM                                                                                        |                                                                                   |
| UNIVERSITY PLAZA                                  | 1 University Plaza - Suite 120 201-742-5161 (Shoshana Poloner) |                                              |                                                                                                                                                                                                  | Mon-Thurs: 1:45 PM                                                                             | 5:45PM. Winter only                                                               |
| <b>PARAMUS</b>                                    |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| BETH TEFILLAH SEPHARDIC CONGREGATION OF PARAMUS   | 452 Forest Ave 201-262-0356                                    | Rabbi Daniel Wolff                           | Sun: 8:00 AM, Mon/Thurs: 6:30 AM, Tues/Wed/Fri: 6:30 AM                                                                                                                                          | 15 minutes before shkiah                                                                       | Follows Mincha                                                                    |
| THE FRISCH SCHOOL                                 | 140 Amot Place 201-362-8493                                    |                                              | Sun: 7:30 AM, Mon/Thurs: 6:10 AM, Tues/Wed/Fri: 6:20 AM                                                                                                                                          |                                                                                                |                                                                                   |
| THE FRISCH SCHOOL                                 | 120 W. Century Rd. 201-267-9100                                | Rabbi Eli Ciner, Principal                   | Mon-Fri: 7:45 AM                                                                                                                                                                                 | 3:25 PM                                                                                        | 5:15PM. (Beis Midrash only)                                                       |
| YESHIVAT NOAM                                     | 70 West Century Road 201-261-1919                              |                                              | Mon-Fri: 8:05 AM                                                                                                                                                                                 | Mon-Thurs: 3:30 PM                                                                             |                                                                                   |
| <b>RIDGEFIELD PARK</b>                            |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| SPECIALTY RX                                      | 2 Bergen Turnpike Ari- 917-734-3877                            |                                              | 8:30AM                                                                                                                                                                                           | 2:00 PM                                                                                        |                                                                                   |
| <b>RUTHERFORD</b>                                 |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| CONGREGATION BETH EL                              | 185 Montross Ave. 201-438-4931                                 | Rabbi Yitzchok Lerman                        | Shabbos morning at 9 am, and Sunday at 8 am.                                                                                                                                                     |                                                                                                |                                                                                   |
| HAIN CAPITAL GROUP                                | 301 NJ-17                                                      |                                              |                                                                                                                                                                                                  | Mon-Thurs: 2:00 PM                                                                             |                                                                                   |
| <b>TEANECK</b>                                    |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| AHAVAT SHALOM                                     |                                                                | Rabbi Yehuda Halpert                         |                                                                                                                                                                                                  |                                                                                                | check the newsletter for time and location www.teaneckapartments.com/ThisWeek.PDF |
| AMBRA                                             | 1415 Queen Anne Road 201-837-0080                              |                                              |                                                                                                                                                                                                  | 2:15 PM                                                                                        |                                                                                   |
| ANSHEI CHESED OF TEANECK                          | 931 Queen Anne road - 1st Floor                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| ARZEI DAROM                                       | 725 Queen Anne Road 201-836-1035                               | Rabbi Aharon Ciment                          | Sun: 8:30 AM, Mon/Thurs: 6:35 AM, Tues/Wed/Fri: 6:45 AM                                                                                                                                          | Sun-Thurs: Bzman                                                                               | 8:30PM only during the winter. Summer at shkia                                    |
| BETH AARON                                        | 950 Queen Anne Road 201-836-6210                               | Rabbi Laurence E. Rothwachs                  | Sun: 6:30 AM, 7:15 AM, 8:00 AM. Mon/Thurs: 5:40 AM, 6:20 AM, 7:10 AM, 8:00 AM. Tues/Wed/Fri: 5:55 AM, 6:30 AM, 7:15 AM, 8:00 AM                                                                  | Bzman                                                                                          | 8PM 9:30PM (from March DST through September, the 8:00 PM Maariv is discontinued) |
| BNAI YESHURUN                                     | 641 West Englewood Ave. 201-836-8916                           | Rabbi Steven Pruzansky                       | Sun: 6:25 AM, 7:00 AM, 8:00 AM, 8:50 AM, 9:15 AM. Mon/Thurs: 6:05 AM, 6:20 AM, 7:00 AM, 7:20 AM, 8:00 AM, 8:50 AM. Tues/Wed/Fri: 6:15 AM, 6:30 AM, 7:00 AM, 8:00 AM, 8:50 AM                     | Mon-Thurs: 1:45 PM and Bzman and 6:00 PM in the summer                                         | B'zman, 9:00, 10:01 and 11:00PM                                                   |
| CARE ONE AT TEANECK                               | 544 Teaneck Road                                               |                                              | Sun: 8:30 AM                                                                                                                                                                                     | 15 minutes before shkiah during DST only                                                       | Follows Mincha during DST (Otherwise 7:45 PM M-Th)                                |
| THE HAPPY MINYAN OF TEANECK NEW JERSEY            | 95 Edgemont Place                                              |                                              |                                                                                                                                                                                                  | Friday night only                                                                              | Friday night only                                                                 |
| CHABAD HOUSE                                      | 513 Kenwood Place 201 907-0686                                 | Rabbi Ephraim Simon                          | Sun: 8:00 AM, Mon/Thurs: 6:40 AM, Tues/Wed/Fri: 6:45 AM                                                                                                                                          |                                                                                                |                                                                                   |
| GREENBACK CAPITAL                                 | 1086 Teaneck Road -Suite 4E 201-837-6400                       |                                              |                                                                                                                                                                                                  | Mon-Thurs: 1:45 PM                                                                             |                                                                                   |
| JEWISH CENTER OF TEANECK                          | 70 Sterling Place 201-833-0515                                 | Rabbi Daniel Fridman                         | Sun: 8:30 AM, Mon/Thurs: 7:00 AM, Tues/ Wed/ Fri: 7:15 AM                                                                                                                                        |                                                                                                | 7:45PM                                                                            |
| KETER TORAH (ROEMER)                              | 600 Roemer Ave. 201-907-0180                                   | Rabbi Shalom Baum                            | Sun: 6:40 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 5:50 AM, 7:15 AM, 8:10 AM. Tues/Wed/Fri: 6:00 AM, 7:15 AM, 8:10 AM                                                                                    | Bzman                                                                                          | following Mincha                                                                  |
| KOF-K                                             | 201 The Plaza 201 837 0500 ext7                                |                                              |                                                                                                                                                                                                  | Mon-Fri: 1:00 PM                                                                               | Mon-Thurs: 5:15 PM , winter months                                                |
| NETIVOT SHALOM                                    | 811 Palisade Ave. 201-801-0707                                 | Rabbi Nathaniel Helfgot                      | Sun: 8:00 AM                                                                                                                                                                                     |                                                                                                |                                                                                   |
| NOAH'S ARK RESTAURANT                             | 493 Cedar Lane 201.692.1200                                    |                                              |                                                                                                                                                                                                  | Mon-Thurs: Approx 10 minutes before Plag                                                       | Following mincha                                                                  |
| OHR SAADYA                                        | 554 Queen Anne Road 201-801-0637                               | Rabbi Daniel Feldman                         | Sun: 8:30 AM                                                                                                                                                                                     | Sun only- 15 minutes before shkiah                                                             | Mon-Thurs: 8:15PM. Mon-Thurs; Sun - following mincha                              |
| RINAT YISRAEL                                     | 389 West Englewood Ave. 201-837-2795                           | Rabbi Yosef Adler                            | Sun: 7:00 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 6:20 AM, 7:20 AM. Tues/Wed/Fri: 6:30 AM, 7:30 AM                                                                                                      | Bzman throughout the winter                                                                    | 7:30PM 9:15PM and following Mincha                                                |
| SHAARE TEFILLAH OF TEANECK                        | 510 Claremont Ave. (201) 357-0613                              | Rabbi Kenneth Schiowitz                      | Sun: 8:30 AM, Mon/Thurs: 6:20 AM, Tues/Wed/Fri: 6:30 AM                                                                                                                                          | On summer weekdays about 15 minutes before shkiah                                              | Follows Mincha                                                                    |
| SHAAREI ORAH                                      | 1425 Essex Rd. 201-833-0800                                    | Rabbi Chaim Jachter                          | Sun: 8:00 AM, Mon/Thurs: 6:20 AM, Tues/Wed/Fri: 6:30 AM                                                                                                                                          |                                                                                                |                                                                                   |
| TEANECK SEPHARDIC CENTER/ CONGREGATION LEV HAIM   | 407 Warwick Ave. 201 357 0607                                  | R Doniel Hakimi                              |                                                                                                                                                                                                  | 7:00 PM (summer)                                                                               |                                                                                   |
| TERRACE CIRCLE MAARIV                             | 1506 W. Terrace Circle #2                                      |                                              |                                                                                                                                                                                                  |                                                                                                | 9PM. Mon-Thur only                                                                |
| WEINREB'S JUDAICA                                 | 177 W.Englewood Avenue, 201-530-7588                           |                                              |                                                                                                                                                                                                  | Mon-Thurs: 4PM                                                                                 |                                                                                   |
| WINTHROP MINYAN                                   | 796 Winthrop Rd. Jacob Herenstein 201-240-8592                 | Rabbi Dr. Zecharia Senter                    |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| YESHIVAS BAIS MORDECHAI OF TEANECK                | 1443 Palisade Ave. 201-833-5920                                | Rosh Hayeshiva, Rabbi Eliyahu Roberts        | Sun-Fri: 7:35 AM                                                                                                                                                                                 | 1:35 PM                                                                                        | 9:35PM                                                                            |
| YISMACH MOSHE                                     | Varies each month                                              |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| YOUNG ISRAEL OF TEANECK                           | 868 Perry Lane 201-837-1710                                    | Rabbi Binyomin Krohn                         | Sun: 7:00 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 6:20 AM, 7:00 AM. Tues/Wed/Fri: 6:30 AM, 7:00 AM                                                                                                      | 15 minutes before sunset DST only                                                              | 8PM. EST; Follows Mincha in DST                                                   |
| ZICHRON MORDECHAI                                 | 268 West Englewood Ave. 201-837-7696                           | Rabbi Michael Taubes                         |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| <b>TENAFLY</b>                                    |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| LUBAVITCH ON THE PALISADES                        | 11 Harold St. 201-871-1152                                     | Rabbi Mordechai Shain                        | Sun: 8:30 AM. Mon/Thurs: 6:55 AM. Tues/Wed/Fri: 7:00 AM                                                                                                                                          | 10 minutes before sunset                                                                       | Following Mincha                                                                  |
| <b>WOODCLIFF LAKE</b>                             |                                                                |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |
| WOODCLIFF LAKE CHABAD/PASCACK VALLEY CHABAD       | 100 Overlook Dr. Dov Drizin 201-476-0157                       |                                              |                                                                                                                                                                                                  |                                                                                                |                                                                                   |

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

## Three Things You Can Do to Combat Marriage or Business Burnout



By Rabbi Shlomo Slatkin, MS, LCPC

Business burnout is real. Marriage burnout is real. They're both terrifying. What can you do about it?

I don't know who said this but this quote is inspiring. "Mental toughness is when you can find fuel in an empty tank."

So what can you do if you feel that you're experiencing marriage or business burnout?

You've got to find ways to fuel that empty tank.

The following three suggestions are ways that we personally have dealt with burnout both in our marriage at times and in our business as well.

**1. Explore new untapped niches in your business (and in your spouse!).** Perhaps you've been talking to the same customer avatar for years and it's only gotten you so far. Are there other niches or target markets that you can open up the conversation with, testing your message with that new grouping of people, experimenting with some interest targeting, to see if that new group would be excited in what you have to say and offer?

You're on empty so you've got to forge new pathways. Opening up what you have to offer to a whole new segment of the population and grabbing more of the market share is worth doing, especially when you're running on empty.

How can you apply this to your marriage? Notice that when we're talking about burnout, we never mention the "q" word. Or in the case of marriage, the "d" word.

Just because you're burnt out does *not* mean that it's time to give up on what is most precious to you (quitting or divorcing).

Find fuel in an empty tank. Forge new experiences with your partner, learn sides to them that you never knew by exploring with each other! Taking classes, attending live seminars, whatever it is—you've got to experiment with learning new things about your spouse that you never previously really looked at.

You don't know everything there is to know about your spouse. They're an entire world of their own and just because you feel "bored" with them doesn't mean you're done.

Perhaps they've put themselves aside while supporting you in your world for many years. If you'd start generating some interest in your spouse you'd see that there's a whole new "market share" to him/her that you haven't yet been able to reap rewards from yet!

**2. Get coached.** If you've ever worked with a great business coach, you know there's no replacement for their tremendous expertise and the clarity that they pro-

vide you with. You breathe such a sign of relief when you gain insight from their level-headed strategies that put your mess into focus.

The same goes with a marriage specialist. There's no shortage of business coaches or marriage therapists out there. It's a matter of finding *the best* for your situation who will work to give you the clarity and the focus that you need to make sense of the mess. There's no replacement for high-level coaching—the relief from trying to fix things on your own is worth its weight in gold.

**3. Just say no.** Streamlining, prioritizing and setting clear boundaries with all the noise out there helps you to strip away the chaos and get down to the root of what makes your business go.



Simplicity is the new productivity.

You know that complicated marketing funnels just require more effort on your part—more products, more packaging, more delivery, more, more, more. Focusing on your best one or two streams of income and putting all your strength behind those things renews and replenishes your spirit, as you're likely to see a much better return on the investment you put into it.

The same goes with your marriage. Saying no and sealing all of the "exits" that take you away from your relationship will help propel you into focusing just on what's important.

Maybe it's painful at first to not have as much thrill from the drama and the "noise" that takes you away from focusing on your marriage. But when you get used to it—setting boundaries with the opposite sex, not paying attention to your friends' vacation pictures on social media and shutting out those that want to worm their way into your personal time, you'll be forced to learn how to gain pleasure from the one that you're supposed to get it from—your partner.

It's ok if you have to fake it before you make it. What matters is just that you do it. Because there's gold at the end of that rainbow.

Just start.

Rabbi Shlomo Slatkin, MS, LCPC, is a Certified Imago Relationship Therapist (Advanced Clinician) who works with couples via intensive marriage retreats and online "marriage school." To learn more about our private and group retreats, visit [www.TheMarriageRestorationProject.com](http://www.TheMarriageRestorationProject.com).

Majestic Retreats  
AVI & SHNEUR FASKOWITZ PRESENT  
**Passover 2019** OUR 17TH YEAR!  
GAD ELBAZ CONCERT

WESTIN BEACH RESORT & SPA FORT LAUDERDALE



RABBI DOVID M. COHEN • DR. ERICA BROWN • PROF. MARC B. SHAPIRO • WILLIAM B. HELMREICH • DR. JEREMY BROWN • REBECCA BROWN



**718-969-9100**

[info@majesticpassover.com](mailto:info@majesticpassover.com) • [www.majesticpassover.com](http://www.majesticpassover.com)



# THE SCHECHTER FAMILY

invites you to

## PESACH 2019

at the beautiful, oceanfront

## MARCO POLO BEACH RESORT

Sunny Isles Beach, Florida



**FIRST  
CHILD  
FREE!**

- Oversized newly renovated rooms, many with terraces
- Poolside fitness center with sauna and steam room
- Superb day camp program
- Private seder rooms available
- Gourmet glatt kosher cuisine with renowned Chef Andy Serano
- Cantor led or private seders
- Sumptuous Tea Room
- Top name entertainment
- Trips to major attractions
- Daily services, shiurim, lectures
- Scholar-in-Residence Program

Join the Leaders in  
Passover Tours for our  
**24<sup>th</sup> Spectacular Year!**

FOR RESERVATIONS CALL  
CARIBBEAN KOSHER TOURS:

**800-327-8165**

marcopolopassover@gmail.com

Call Joy of AMIT Children  
SOUTHEAST REGION

**954-922-5100**



19201 COLLINS AVE • SUNNY ISLES BEACH, FLORIDA

[www.MarcoPoloBeachResort.com](http://www.MarcoPoloBeachResort.com)

iDESIGNS 203.510.3633

# Torah Tech Open House Planned in Teaneck Jan. 6

By Andrea Nissel

Torah Tech, a new gap-year program in Israel for young men, will be hosting an open house in Teaneck on January 6. For many yeshiva high school graduates, spending a gap-year in Israel has become a gateway to the next stage of life. For some, however, choosing the right program can be challenging. Those who want to dedicate the year exclusively to Torah study can likely find a good match in one of the many traditional yeshivot in Israel. For others, maintaining a focus on a future career path while strengthening one's spiritual self is a top priority. Those are the young men that Torah Tech is intended for.

Founder Yehuda Goldberg, a Passaic native who has been living in Tel Aviv with his wife and children for over a decade, created Torah Tech to offer yeshiva high school graduates an opportunity to achieve both religious and professional growth during their year in Israel. Along with Torah Tech's educational director, Rabbi Shlomo Chayen, Goldberg has developed a program that encompasses Torah study alongside business and technology internships in the heart of Tel Aviv.



rah Tech offers students the tools to build a successful career and be a devoted Jew. "We want to demonstrate to students that you can do both successfully," he explained.

Rabbi Chayen was born in America but raised in Israel, where upon completing yeshiva he was a paratrooper in the IDF, finishing his service as a commander. Rabbi Chayen proceeded to complete a professional course in nonprofit management and studied both life and couples coaching. He obtained his bachelor's degree in education at Rehovot College and received rabbinical

two full days of Torah study. Students are placed within companies that relate to their specific interests and are fully immersed in employee responsibilities. Internships this year included those in the fields of business, math, computer science and even videography. Goldberg works hard to make sure students are happy with their placement and get the most out of the experience.

Each day culminates with dinner, Maariv and night seder. The two days dedicated to Torah study focus primarily on subject-based learning, often related to topics of Halacha that will directly impact the boys throughout life as they pursue professional careers.

Goldberg, who consults for start-up companies, describes the student he is seeking as hard working, dedicated and sincerely religious. Students don't have to be intense learners, but they do have to be committed young adults who understand responsibility. Davening is at 7 a.m. sharp every morning and the boys understand that attendance is non-negotiable. Rabbi Chayen explains that "discipline and consistency will lead to regularity of accomplishment." Even on internship days, the students start the day learning a daily perek of mishna and Tanach.

Like most programs, there are tiyulim throughout the year, often to locations where stories from Tanach come to life. Exposing the boys to the beauty of Israel and the rich history it encapsulates is a highlight of the year.

At Torah Tech, the students have a real voice in the process. Goldberg has labeled the group V1, for version 1. This is a new venture and Goldberg appreciates the feedback from each of the young men on this journey. Looking ahead, Goldberg hopes to increase enrollment, but not at the expense of the individualized attention provided to each participant.

Ben Moskowitz, a Frisch graduate from Teaneck, was on the fence about spending a gap year in Israel. His parents, Gabi and Aryeh Moskowitz, believed there was intrinsic value in the experience but weren't sure there was a program that would appeal to their son. During Ben's senior year, his family travelled to Israel to visit his sister who was learning there and met with Goldberg and Rabbi Chayen to learn more about Torah Tech.

Ben ultimately decided to give it a try and almost immediately developed a special connection with Rabbi Chayen. "My son doesn't typically connect with rabbis, but he truly loves Rabbi Shlomo," expressed Mrs. Moskowitz. She also remarked how excited he is with his internship and how excited she is about all the domestic skills he is acquiring. "I can't believe he almost missed out on this experience," she added. "He is so happy and proud to be a part of the group."

Beth and Jonathan Kepets are ambassadors for Torah Tech and are overjoyed with the experience their son Gavri is having. For Gavri, a Frisch graduate who plans to attend Cooper Union next fall, it was important to maintain a connection to technology and computer science. Immersed in Jewish life in Tel Aviv and working hard at Autofleet, a seven-person start-up where he is coding, Gavri says Torah Tech offers the perfect balance to what he wants to accomplish during his gap year.

Sending her son off to a first-year program definitely had Mrs. Kepets feeling a bit uneasy. Those fears were obliterated as soon as Gavri arrived at Torah Tech. She recalls that, remarkably, there was no adjustment period and says her son felt completely at home from the get-go. "Communication between Yehuda Goldberg, Rabbi Chayen and parents has been outstanding. They are constantly sending updates and pictures for parents to see firsthand what the boys are immersed in," she said.

Mrs. Kepets believes there is a real need for a program like this in the yeshiva atmosphere. "Kids are on a sort of rhythm as they graduate high school," she explains, "and the gap year can throw that off." At Torah Tech, they excel at preserving that rhythm for the future while anchoring Judaism into daily life. Additionally, the boys are learning real life skills, like how to live independently, balance work with minyan and incorporate leisure time.

The open house will be held at 7 p.m. on January 6 at the Kepets home, 599 West Englewood Avenue in Teaneck. For further information or to RSVP, please email [info@torahtech.co](mailto:info@torahtech.co).

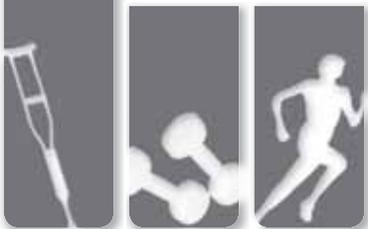


There are students who perhaps forego a gap year in Israel for fear that it will derail them from their academic pursuit and ultimate career path. Goldberg feels this would be a mistake, believing that a year in Israel provides an ideal opportunity for growth and maturity. According to Rabbi Chayen, To-

semicha from Rabbi Weitzman of Ma'alot. Rabbi Chayen understands that this is an important juncture in the life of a young Jewish man and he wants to tap into that sense of ambition.

The weekly schedule at Torah Tech consists of a three-day internship program and





## Lelia Marcus

Certified Personal Trainer

TeaneckPersonalTrainer.com  
[info@TeaneckPersonalTrainer.com](mailto:info@TeaneckPersonalTrainer.com)

201-371-3184

**Improve your Health & Fitness**  
 Increase Flexibility, Muscle Tone & Endurance  
 Specializing in Weight Loss, Pre & Post Natal,  
 Post Physical Therapy. 15+ years experience.

# TORAH TECH

TEL AVIV

**Join Torah Tech's Rav Shlomo Chayen for Dinner & Info Session!**  
 Sunday, Jan. 6th @ 7PM in Teaneck!  
 The Kepets Home 599 W. Englewood Ave

*Are you looking to grow spiritually without missing your chance to prepare for a professional career? Torah Tech combines Torah study and religious growth with internships at exclusive businesses and technology companies in Tel Aviv, the heart of Startup Nation.*



**Don't just have a gap year. Instead, spend next year at Torah Tech, deepening your knowledge of Torah, connecting with the land of Israel, and gaining the tools to succeed in the next stages of life.**



LEARN TORAH



KICK START YOUR CAREER



LIVE STARTUP NATION



CONNECT TO ISRAEL

**APPLY NOW!**  
[WWW.TORAHTECH.CO](http://WWW.TORAHTECH.CO)



[/TORAHTECHTLV](https://www.facebook.com/TORAHTECHTLV)  
[/TORAHTECH](https://www.instagram.com/TORAHTECH)  
[INFO@TORAHTECH.CO](mailto:INFO@TORAHTECH.CO)



9 East 40th St, Ste 300, New York, NY 10016

**TORAH TECH TLV**  
 ELITE GAP YEAR PROGRAM  
**+1 914-336-4313**

# Gedolei Yisroel Give Chizuk to Lomdei Dirshu in Advance of Siyum on Chelek Gimmel of Mishnah Berurah

World Siyum details will be unveiled at Grand Melava Malka at Dirshu Convention.

By Chaim Gold

“You will see, the olam will sit and learn [Chelek Daled of Mishnah Berurah]. They will be matzliach!” Those were the words of HaGaon HaRav Moshe Hillel Hirsch, shlita, rosh yeshiva of the Slabodka Yeshiva, responding to the news of the siyum of Chelek Gimmel of Mishnah Berurah in Dirshu’s Daf HaYomi B’Halacha Program and the commencement of Chelek Daled. Rav Moshe Hillel was responding to the feeling of some that it is difficult to learn Chelkek Daled because it contains the complex halachos of Eruvin. Rav Hirsch acknowledged the difficulty while simultaneously conveying the concept that he was very confident that lomdei Dirshu would persevere, just as they have been tested on the first three volumes of Mishnah Berurah.

## World Siyum Details at Grand Melava Malka

The recent meeting with Rav Hirsch, while he was in America, was one of numerous meetings with gedolei Yisrael in honor of the upcoming siyum on Chelek Gimmel at the Grand Melava Malka to be held during the Dirshu International Convention this coming Shabbos Parshas Bo at



Rav Dovid Hofstедter discussing the upcoming Dirshu siyum with the Viennese Rav.

the Crowne Plaza Hotel in Stamford, Connecticut.

At the melava malka, the exciting plans for Dirshu’s World Siyum will be unveiled. The assemblage will hear detailed plans of large gatherings promoting kavod haTorah and recognizing the accomplishments of lomdei Dirshu.

The siyumim will begin with massive siyumim in Eretz Yisrael, followed by England, France and South Africa, and culminat-

ing in a enormous siyum at the Prudential Center in Newark, New Jersey, in mid-February 2020.

Senior members of the Dirshu hanhala led by Dirshu’s nasi, Rav Dovid Hofstедter, visited with numerous gedolim both in the United States and Eretz Yisrael, where the gedolim gave them chizuk in advance of the upcoming siyum on Chelek Gimmel and also gave their brachos for the plans for the World Siyumim to be held next year.

Among the gedolim visited in America were HaGaon HaRav Matisyahu Salomon, shlita, mashgiach Beth Medrash Govoha Lakewood, the Rachmastrivka Rebbe, shlita, HaGaon HaRav Moshe Hillel Hirsch, shlita (who was in America for a visit), HaGaon HaRav Shlomo Feivel Schustal, shlita, Rosh Yeshivas Tiferes Yerachmiel, the Sanz-Klausenberger Rebbe, shlita, and the Viennese Rav, Rav Asher Anshel Katz, shlita.

Meetings with leading senior ged-

olim in Eretz Yisrael representing the entire cross-section of charedi Jewry, Litvish, Chassidish and Sefardic, culminated in a deeply moving maamad held at the home of the Sar HaTorah, HaGaon HaRav Chaim Kanievsky, shlita.

## Rav Moshe Hillel Hirsch: ‘Nifla Meod! Nifla Meod!’

At the meeting with Rav Moshe Hillel Hirsch, Rav Hofstедter explained how many of the lomdei Dirshu will be making a siyum for being tested on the entire Shas. Some have even taken cumulative tests on all of Shas and are true Shas Yidden. “Many of them did not even realize that they had the kochos to learn and be tested on Shas, but the challenge and perseverance of learning with a goal and accountability brought out latent abilities in them that they had not even realized they possessed!”

Rav Moshe Hillel, who was visibly moved, exclaimed, “Nifla meod! Nifla meod!” He then gave his heartfelt bracha that all of the siyumim should be a source of increasing k’vod shomayim without any michshalim. “The main thing,” he stressed, “is to increase k’vod shomayim.”

➔ CONTINUED ON NEXT PAGE

BRUCE BACKMAN'S

# PESACH *in the* NORTHEAST

AT THE LUXURIOUS

MARRIOTT WESTFIELDS RESORT

Washington, DC Region

HIGHEST RATED AND MOST TRUSTED PESACH PROGRAM IN THE NATION'S CAPITOL

FEATURING

RABBI SIMON JACOBSON  
RABBI DR. ARI BERGMANN

ENTERTAINMENT BY

GAD ELBAZ  
8<sup>TH</sup> DAY'S BENTZI MARCUS

FEATURED AMENITIES:

Indoor & Outdoor Pools  
Tennis • Basketball  
Art and Photography Classes  
Spa Services • Golf

Professional Children's Programming

RESERVE NOW

774.353.0170  
PESACHINTHENORTHEAST.COM

HOME TO THE

**"BEST FOOD IN THE BUSINESS"**

CHOLOV YISROEL  
GLATT KOSHER  
SHMURAH MATZOH  
NON-GEBOCHTS

**NEW CLASS JANUARY 2019!**  
Ages 3-4 with Morah Rue Taubes of Gan Rina Nursery

Registration **NOW OPEN**  
bcfriendship.com/hebrewschool

**FRIENDSHIP CIRCLE Hebrew School**

Children with special needs, now for ages 3-21, will develop a sense of Jewish pride and identity as they learn the value of our priceless heritage.

Conveniently located at Yeshivat He'Atid in Teaneck

**EXPLORE**  
Jewish holidays and traditions

**BUILD**  
familiarity with the Hebrew language

**LEARN**  
age appropriate tefillah

No previous Judaic instruction necessary

Curricula designed to meet each student's current level and learning style

Classes are on Sundays

Friendship Circle of Bergen County  
201-262-7172  
www.BCFriendship.com

**Chelek Gimmel of Mishnah Berurah**

CONTINUED FROM PREVIOUS PAGE

The venerated mashgiach of Lakewood, Rav Matisyahu Salomon, despite his weakness and compromised health, felt compelled to make time to meet with Dirshu's hanhala to give his bracha in advance of the siyum and in advance of large World Siyumim to be held next year.

**The Rachmastrivka Rebbe: Lomdei Dirshu Emerge With a 'Rechush Gadol'**

The Rachmastrivka Rebbe of Boro Park, one of the elder Rebbes of our generation, said about the Dirshu learners: "They have acquired a *rechush gadol*, great [spiritual] wealth!" The Rebbe added that by increasing Torah learning and promoting constant learning, chazara and goal setting, Dirshu serves as a manifestation of the words that we say in davening every day, *'Yagdil Torah v'yaadir* - the Torah is made great and glorious.'

One of the inspiring meetings was held with Rav Shlomo Feivel Schustal, rosh yeshiva of Yeshiva Tiferes Yerachmiel. Rav Schustal encapsulated one of the most remarkable aspects of being part of Dirshu with a thought from Rav Yerucham Levovitz, mashgiach of the Mir. He said, "When each lomeid is learning on his own with great toil, he may think that he is learning on his own or with his chavrusa or in a shiur; in truth, however, he is a *shutaf*, a partner with all of the many thousands of lomdim in Dirshu the world over.

"It is like a person seeing or meeting a brother whom he has never seen before. Just because he has not seen him, does not make him less of a brother. There is a closeness of relationship by virtue that they are all engaged in a joint mitzvah."

Rav Schustal will be attending the Dirshu Convention this coming Shabbos Parshas Bo and will be delivering a shiur to the entire assemblage. Mareh mekomos will be given in advance of the shiur so that the lomdei Torah will be able to properly prepare.

**The Sanz Klausenberger Rebbe, shlita: Dirshu, the Achsania of Torah**

The Sanz Klausenberger Rebbe, shlita, has been an enthusiastic supporter of lomdei Dirshu for decades. When the hanhala of Dirshu came to visit the Rebbe at his home in Boro Park, the Rebbe was effusive in his excitement about the upcoming siyumim. The fact that Dirshu

was enriching klal Yisrael with true Shas Yidden was a particular source of pleasure and excitement to the Rebbe. The Rebbe explained how it had always been the fervent desire of his father, the previous Sanz-Klausenberger Rebbe, to enrich klal Yisrael with young talmidei chachamim who were such bekiim in Shas that they were able to be tested on all of Shas. Dirshu is accomplishing this.

**The Vienner Rav, Rav Asher Anshel Katz: 'Dirshu Deserves Credit for the Many Similar Programs That Have Sprung Up in Its Wake'**

The Vienner Rav, Rav Asher Anshel Katz, shlita, greeted the hanhala of Dirshu by expressing his personal hakaras hatov. "My



Rav Dovid Hofstedter consulting with Rav Moshe Hillel Hirsch in advance of the Dirshu Siyumim.

own children and grandchildren learn and take the tests in the Dirshu programs. They have derived tremendous benefit in their learning and aliyah in Torah as a result."

After hearing of the plans for the numerous siyumim to be held at the Dirshu

World Siyum next year, the rav was very pleased and said, "The truth is, Dirshu deserves credit not just for Dirshu but for the many similar programs that have sprung up in its wake. All of them have their roots in Dirshu."

As the lomdei Dirshu anticipate the International Convention to be held on Shabbos Parshas Bo, and the siyum to be held at the grand melava malka seudah, there is much interest among the general public regarding the historic nature of the worldwide siyumim to be held next year culminating in the massive demonstration of kavod haTorah in America with the siyum at the Prudential Center in Newark.

The melava malka is open to the public and buses will be provided from major frum centers, and the entire assemblage at the grand melava malka will hear a detailed outline of the exciting events that will be graced by leading gedolim from across the world.

**SHABBAT GETAWAY** AT **Radisson** LACKAWANNA STATION HOTEL **MONTAGE MOUNTAIN**

**JAN 18-20**

**KOSHER DINING • TEFILOT ACAPELLA • DAY CAMP • SKI**

ALSO AVAILABLE: JAN 25-27 & FEB 1-3

DISCOUNTED ROOMS & KOSHER DINING

**YESHIVA WEEK** AT **Kaiahari** POCONO RESORT

**JAN 21-31**

DESERT ROOMS AS LOW AS \$159 PER NIGHT!

BREAKFAST LUNCH & DINNER **RESERVE TODAY!** OPEN TO THE PUBLIC

**MILLENNIALS SHABBATON 18+**

**PRESIDENTS WEEKEND**

**FEBRUARY 15-17**

**SHABBAT GETAWAY**

**RABBI SHAIS TAUB**

**FEBRUARY 22-24**

**DISCOUNTED SKIING & TUBING**

**POCONO KOSHER DINNER DELIVERED**

**WWW.MYPOCONOKOSHER.COM**

**R**

**THE ROTHENBERG LAW FIRM LLP**

**800-624-8888**

# Chai Lifeline Annual Winter Retreat Helps Families Cope With Pediatric Illness

(Courtesy of Chai Lifeline) The Chai Lifeline Annual LH Financial Winter Retreat held this year on December 27-29 at the beautiful Berkeley Oceanfront Hotel in Asbury Park, New Jersey, brought together 500 family members, rabbinic figures, mental health experts, volunteers and staff for an extended weekend of professional and peer support, educational programming, respite and relaxation and inspiration.

The children's programming and outing on Friday delivered on its promise of creativity, fun and sport. The mothers' spa experience on Friday afternoon set the stage for a weekend both relaxing and stimulating, filled with facilitated support groups, leisurely meals and social activities. The Shabbos meals, punctuated by the Chai Lifeline tradition of singing and dancing, further bonded families together.

presence of the esteemed scholar-in-residence, Rabbi Yaakov Feitman, shlita, of Kehillas Bais Yehudah Tzvi in the Five Towns. Mrs. Chani Juravel, renowned therapist and lecturer, led workshops for mothers to help them cope with the emotional trials of pediatric cancer.



Benny Friedman performs at the Chai Lifeline retreat.



Chai Lifeline's professional staff had seen to every detail. Upon arrival, families received personalized bags for each child, family games and delicious room packages.

their child's illness or in their emotional response to the situation."

The spiritually and emotionally uplifting weekend was enhanced by the

"Mutual support is vital for these families who are bound together by circumstance," said Chai Lifeline Chief Executive Officer Rabbi Simcha Scholar. "The goal of these retreats is not only to provide these families with a sense of normalcy and chizuk, but to also let them know they are not alone in battling

cancer. Her hashkafic and psychological insights helped participants process their "new normal" and gave them a framework for dealing with the uncertainty of illness. In addition, Chai Lifeline's professional staff were also on hand throughout the weekend.

Rabbi Mayer Gross, a Chai Lifeline parent from Lakewood, New Jersey, addressed the group and shared his advice for living with pediatric illness. Licensed clinical social worker and marital relationship expert Rabbi Eliezer Zwickler spoke with the parents about how a child's illness can impact a marriage, and provided concrete tactics for strengthening relationships during difficult times.

A Motzei Shabbos carnival, complete with indoor inflatables, took place shortly after Shabbos ended, much to the children's delight. Benny Friedman, Yitz Henkin and the Mezamrim Choir took the stage for an incredible concert during the retreat's melava malka. Levi Lesin, Avromi Basch, Pinny Lunger, Isaac Bernath, Meir Rosenbaum, and BH Audio also made the concert into an amazing event.

The cumulative effect of structured support through therapist-facilitated groups, inspirational keynotes and time with other parents had its intended effect, and par-

ents left invigorated and armed with a toolbox of new coping strategies.

Mrs. Baila Brackman, a Chai Lifeline parent from Chicago, was thankful for the opportunity to be part of the retreat. "I have learned that illness doesn't discriminate," she said. "We were Jews from every walk of life. There were so many incredible families, so strong and so positive, with smiles and tremendous bitachon in Hashem. I know that we all share something universal, and that's simcha. The happiness that was felt by both the children and parents was so beautiful. There was a feeling of *simcha poretz geder*, the joy of the children will break all boundaries."

Chai Lifeline is grateful to Jay Podolsky, Stuart Podolsky and the Amsterdam Hospitality Group for their continuous support and generosity in making the Berkeley Oceanfront Hotel available to Chai Lifeline families annually. The program is one of numerous Chai Lifeline family retreats held throughout the year.

Chai Lifeline is the international children's health support network providing emotional, social and financial support to children with life-threatening or lifelong illnesses and their families. To learn more about Chai Lifeline and its services, please visit [www.chailifeline.org](http://www.chailifeline.org).



**Cold weather? No problem.**  
Now offering studio portraits!  
Receive \$750 towards your portrait experience when you mention this ad.

Samuel M. Ulrich  
[Ulrichstudios.com](http://Ulrichstudios.com)

201-490-8807  
[Info@ulrichstudios.com](mailto:Info@ulrichstudios.com)

 @ulrichstudios

## A Home for Raphael



By Eileen Bergman

Consider this column a case study. All names have been changed to protect the innocent. Lessons learned by me—priceless. Let's begin with two statements: 1.

No one lives forever. 2. Tomorrow is promised to no one.

In March 2017, I received a call from a social worker asking me if I would be interested in taking on a case. She reviewed the details of what needed to be accomplished and a brief history of the client's life, challenges, family issues and current goals.

I had nothing to lose except a couple of hours of my time to conduct a home assessment to determine if I could help him. After many attempts to find his home on my vehicle's GPS and several frustrated phone calls to the social worker to better understand where exactly I was going, I arrived 30 minutes late. As I was walking up the steps to his apartment, he came downstairs to greet me and was quite upset over the events of his day. But he was happy to meet me, and I gave him a hug.

ments and regrets. I suggested that he focus on the here/now and begin planning for the next stages in his life.

It was obvious to me that he could not live in the current circumstances long term. Over time he agreed to bring other professionals into his inner circle. By the following year, he had updated his estate planning, sold off most of his excess possessions and moved into an assisted-living community. There were moments of joy, pride and anger on his part. All normal feelings, but they had to be dealt with. Change is never easy, and when you are alone and unhappy, the known clutter is better than the unknown opportunity.

On Friday morning, December 7, 2018, I received a voicemail from a member of the client's team, who informed me that our mutual client had passed away in his sleep the night before. It was unexpected. I immediately jumped into organizing mode...what was going to happen to Raphael? With all the effort that went into the client's long-term plan, there was nothing in writing on care for his cat. I had always promised him that I would make sure to find the cat a home.

All weekend I was networking with friends, colleagues and clients who are animal lovers...do you want to adopt a great cat? Do you know anyone who wants to adopt a great cat? E-mails, texts, phone calls—I was on a mission.

On Sunday morning one of our friends called to say that she found a loving home for Raphael. He was introduced to his new family later that day and went home with them on Monday, allowing the family an evening to prepare his room.

Remember how this article opened...1. No one lives forever, and 2. Tomorrow is promised to no one. Please include your pets in your estate planning. They provide us with love, devotion, joy and a feeling of purpose. We owe it to them to ensure that they are cared for when we are no longer around. A hearty shout-out to all those involved in making sure that Raphael found a new home—thank you from the bottom of my heart.

Happy Organizing!

Eileen Bergman is a professional organizer and a proud member of the National Association of Productivity and Organizing Professionals (NAPO) and the Institute for Challenging Disorganization (ICD). Eileen is listed in the resource directory for the Hoarding Disorder Resource and Training Group. She may be reached at 973-303-3236 or eileen@eileenbergman.com.



As we walked to his apartment, he told me about his life, his family, his career in the armed forces and his current situation. He also spoke about his cat, Raphael, with extreme tenderness and love. We entered the apartment and I knew immediately that we were dealing with extreme clutter, a shopping addiction and a lot of sadness.

After the initial assessment, we both agreed that we could work together, and we set up weekly appointments to begin de-cluttering a very "dense" apartment. In my world we call it "Extreme Clutter." As I began to get to know him over time, I realized that he had no one in his life except his beloved cat and a few acquaintances in the complex where he lived. Our relationship developed to one of trust, where he confided in me about his life, disappoint-

# Palisade Furniture

Name Brand Furniture for Less



At Palisade Furniture, Bergen County's oldest family owned and operated furniture store, we've been serving NJ, NY and CT for over 90 years. Our focus on providing superior customer service while delivering better furniture brands at discount prices has earned us an unparalleled reputation with our clients as well as local interior designers. Our expert staff is sure to help you find what you're looking for from our wide range of top brands of solid wood furniture. From kids bedroom sets to elegant dining room tables and chairs, we'd love to show you how our discount prices on name brand furniture and our exceptional service keep customers coming back.

185 South Dean Street, Englewood, NJ 07631

201-568-3500

www.palisadefurniture.com



**Eileen Bergman**  
Professional Organizer

Insured, Confidential, and Judgment-Free  
Organizing and De-Cluttering Services  
for Home, Apartment, and Small Business

### Servicing the Needs of:

- Empty Nesters
- Baby Boomers
- Seniors
- Snowbirds
- Families in Transition
- Hoarding Disorders

**973.303.3236**

eileen@eileenbergman.com

www.eileenbergman.com

## Elie Is Honorably Discharged



By Teddy Weinberger

Lieutenant Elie Weinberger returned to civilian life on December 12. The process involved filling out some forms, returning equipment and cutting up his *hoger* (army identification card). For Elie's parents, the conclusion of his four years in the military can be summed up with one word: relief.

Many religious soldiers begin their return to civilian life with a return to full-time Torah study, and this is what Elie plans to do for the next year or so. Now I know what you're thinking: Isn't it time for Elie, 24, to think about how he will earn his livelihood? You agree that Torah study is important, but you know that it's a life-long endeavor, and since Elie dedicated two-and-a-half years to full-time Torah study before his enlistment, you opine that the time has come for him to "get on with his life"—especially since Elie and Hadar are expecting their first child in April.

Here's the thing: Elie (and Hadar, too) feels that it is crucial for him to dedicate at least a year to Torah study in order to decompress from army life. (Truth be told: Israeli society encourages such decompression, though it usually takes the form of lengthy treks to exotic places such as New Zealand, India and South America.) Still, having grown up in America, having all my nieces and nephews in America, I know that by the age of 24 not only has every respectable Jewish person earned a first academic degree, but they are often well on their way to completing a second. The following personal letter to Elie that I wrote while I was on an extended stay in New York is thus very much on my mind these days:

Dear Elie,

I have now been here in America for six weeks and the differences between Jewish life in America and Jewish life in Israel have never been clearer to me. Jewish life in America is Jewish religious life—and it can be quite a good, fulfilling, and meaningful life. Jewish life in Israel is the life of the Jewish people in its totality. Perhaps

nothing symbolizes that totality as the Israel Defense Forces. Only in Israel can the Jewish people defend itself militarily. Over the past year and a half in your combat course you have learned exactly how to do this, how to defend Israel.

As our family's one and only combat soldier you alone among your siblings may be called upon to endanger your life in military combat. I hope and pray that you are not tested, even though I know you probably will be. Of course the truth is, since you are in a secret unit, I will never know exactly when and how you are tested. I do know that you will perform admirably and honorably in any such test.

Until the army, you had not had the opportunity to mix with boys from different backgrounds other than your own. I congratulate you on the way you have become a full part of your unit, being deeply connected to all while remaining true to your faith convictions.

Every now and then a soldier does something that they should not have

done and people start questioning whether the IDF is a moral army. I think of you and know that it would be inconceivable for you to violate the ethical code of the IDF. Your commitment to the Torah and to

halachah is a beautiful guide for you, and in critical situations I am absolutely certain that you would do exactly what you are supposed to do—and much much more.

Elie, the boys here your age [then, 22] are finishing college and thinking about their careers. In Israel we are in a different system. We cannot, as Jews do in America, let the "goyim" of the country defend us. Jews in Israel, including committed religious Jews, defend their country. This opportunity of self-defense was denied Jews for many centuries. You are part of the return of Jews to normal life, which includes the right to bear arms. It's tricky to combine intense commitment to Judaism with being a combat soldier, but you have succeeded in doing this incredibly well.

I am super proud of you and super proud to be your father. Love, Abba



## NEWS FROM ISRAEL

### Nearly 500 Gap Year Students Gather to Explore Their Futures in Israel



(CREDIT: YONIT SCHILLER)



# WE CATER

IN YOUR HOUSE OR THE DOGHOUSE

SPECIALIZING IN: BAR / BAT MITZVAHS, KIDDUSHES & ALL YOUR CATERING NEEDS

CHOOSE FROM THESE GREAT MENU ITEMS AND MORE FROM OUR CATERING MENU





BERGEN COUNTY'S BEST TASTING WINGS

1415 PALISADE AVE, TEANECK, NJ 07666  
TEANECKDOGHOUSE.COM | @TEANECKDOGHOUSE

FOR MORE INFO CALL: (201) 530-7733

(Courtesy of Here Next Year) Here Next Year, in partnership with Nefesh B'Nefesh, hosted its fifth annual Israel Fair in the center of Jerusalem. The fair is designed to help young potential olim, currently in their gap year, learn about their options for IDF service, Israel National Service (Sherut Leumi), Ulpan and higher education in Israel.

"We were so pleased to welcome the close to 500 people who attended this event, and to have helped these students explore their futures in Israel," said Yael Engelhart, director of Here Next Year. "With advisors from across the country, and specialty food vendors like Crave, Urbun and Muffin Boutique, these students both enjoyed themselves and learned a lot about the options open to them if they choose to stay in Israel."

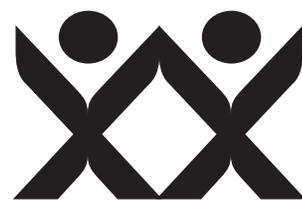
The goal of the Israel Fair is to give these students an opportunity to best learn about

their options, in order to choose the right path for themselves. At the fair there were representatives from Nefesh B'Nefesh, the IDF and Sherut Leumi programs and universities and colleges from all over Israel. There were also recent olim in attendance to share their own personal experiences and act as peer resources for the gap-year students. It was an excellent opportunity for these potential olim to meet like-minded friends and create a strong support system.

"It is an incredibly special night at the Here Next Year Israel Fair," said Marc Rosenberg, director of pre-aliyah at Nefesh B'Nefesh. "To be with nearly 500 young people, together exploring future options in Israel, is just an amazing sight to behold. We are proud to partner with Here Next Year on this event and see more and more young people interested in aliyah."



EG  PRODUCTIONS PRESENTS



CAMP  
HASC

**SOLD OUT!**

Thank you to those who bought tickets and who are participating in this special evening. "A Time for Music" will help provide another magical summer to the campers & families of Camp HASC.

**JANUARY 6, 2019**

**LINCOLN CENTER**

DAVID GEFEN HALL

For more details:

**HascConcert.com**

**888.844.8687**



  
**A TIME  
FOR  
MUSIC**  
THIRTY TWO



# Yiddish for Millennials

By Barbara Wind

Part II

Aaron Lansky's center and other similar archives of all things Yiddish appeal to more than hasidic Jews. Digitized books, articles, lectures and interviews serve secular Jews and non-Jews, including scholars and college students everywhere. It's heartening to realize how many universities offer Yiddish studies. The surprise is that non-Jews are engaging in this discipline. And why not? Although Yiddish literature encompassed only a relatively short period, it was born in a time of great flux, when the world was entering modernity; when both publishing and readership was burgeoning; when literacy was growing and lending libraries were ubiquitous. It was common for drugstores in America to have a lending library, and local bookstores would later sell inexpensive paperbacks from rotating wire shelves. Nowadays, when Amazon's popularity threatens the demise of bookstores, one can buy Yiddish books through the internet or download digitized versions.

Ironically, the catastrophe that destroyed the majority of Yiddish writers and readers also spurred respect and interest in Yiddish continuity, in part because of the growth of Holocaust scholarship. Yiddish fluency is a boon to Holocaust scholars especially when coupled with knowledge of German, Hebrew and Slavic languages. Not only did countless diarists write their eyewitness accounts in Yiddish, it was the language that poets and lyricists used; the language of the Yizkor Books and Pinkuses that were later

written to account for who and how individual communities lived and what was lost in the war. Yiddish is also extremely valuable to general and literary historians, sociologists, musicologists and musicians. One of the finest interpreters of songs written and sung during the Shoah is Maria Krupoves, a Lithuanian musicologist who learned Yiddish from the eminent writer and lecturer Dovid Katz. Brooklyn-born, yeshiva educated, the son of Yiddish poet Menke Katz, he studied at Columbia University and earned a PhD at London University before heading the Department of Jewish Studies at Vilnius University. He currently divides his time between Wales and Vilnius (Vilna). The author of "Words on Fire" is actively engaged in opposing Holocaust revisionism, an extremely sinister form of Holocaust denial.

Yiddish theatre suffered after the war. Not only were there far fewer Jews who knew Yiddish, the advent of television and movies now kept audiences more affordably entertained. For theatre fans, Yiddish theatre was unable to compete with Broadway, which had become home to many English-speaking Jewish performers and their offspring. Moreover, audiences lost patience with older actors being cast as bright young things. The Yiddish Actors Union was highly responsible for this. Not only did they put strict limitations for entry into the union, they insisted that only members be cast in plum roles. It was an untenable situation given the givens. Yiddish theatre companies were forced to close.

It would take both genius and modern technology to make Yiddish theatre appeal-

ing to new audiences. Joseph Papp, who got his start in Yiddish theatre, had both and started a renaissance in Yiddish plays. The Brooklyn-born son of immigrants from Russia, he founded The Public Theatre in the former Astor Library Building. He also created free performances of Shakespeare in Central Park's Delacorte Theatre, and as a producer and director was responsible for many hits, most notably "A Chorus Line." In the 1980s he produced a musical comedy, "Songs of Paradise," at the Public. Based on songs of prominent poet and playwright Itzik Manger, it relied on supertitles to make the musical accessible to non-Yiddish speakers. The productions received excellent reviews and had a good run, but nearly two decades would pass before other producers followed suit. During those decades, Jewish studies departments in universities were instituted. These would begin to foster an interest in Yiddish, as would entities such as YIVO.

It's hugely satisfying, even redemptive, when small theatres companies like the New Yiddish Rep and the Folksbiene successfully stage Yiddish plays, substituting expensive production values for simplicity buttressed by tremendous talent. The Rep's Yiddish productions of "Waiting for Godot" and "The Death of a Salesman" received great acclaim. As for the Folksbiene, not only was their "De Goldene Callah" (The Golden Bride) a huge hit, their recent production of "Fiddler on the Roof" in Yiddish has, well, gone through the roof. Scheduled for a brief run of just a few weeks, it's been playing sold-out performances since it opened at the Museum of

Jewish Heritage. It has been extended several times and is also scheduled to tour other cities. Since success breeds success, we can expect that these plays will arouse increased interest in and appreciation for the richness of a language that too many denigrated and considered dead.

Who in 1930-1940s Europe, or later in America, imagined that Isaac Bashevis Singer would ever be awarded a Nobel Prize? But the man was not only an entertaining story-teller and novelist, he was something of a prophet. It behooves us to remember his words when he accepted the award (his lecture is on the internet). The Nobel Laureate concluded by saying, "There are some who call Yiddish a dead language, but so was Hebrew called for two thousand years. It has been revived in our time in a most remarkable, almost miraculous way. Aramaic was certainly a dead language for centuries but then it brought to light the Zohar, a work of mysticism of sublime value. It is a fact that the classics of Yiddish literature are also the classics of the modern Hebrew literature. Yiddish has not yet said its last word. It contains treasures that have not been revealed to the eyes of the world. It was the tongue of martyrs and saints, of dreamers and Kabbalists—rich in humor and in memories that mankind may never forget. In a figurative way, Yiddish is the wise and humble language of us all, the idiom of frightened and hopeful humanity...."

Barbara Wind is the director of the Holocaust Center of Greater MetroWest.

|                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Harry Szafranski, CPA</b><br/>1415 Queen Anne Rd, Suite 203<br/>Teaneck, NJ 07666<br/>TEL: 201-833-1984<br/>TEANECKTAX@GMAIL.COM</p> |  <p>Socrates C. Tsamutalis, CPA<br/><b>Tsamutalis &amp; Company LLC</b><br/>CERTIFIED PUBLIC ACCOUNTANTS AND CONSULTANTS<br/>101 Cedar Lane, Suites 102 &amp; 103<br/>Teaneck, NJ 07666 T 201-692-1600 M 201-264-9073<br/>www.taliscpas.com</p> |  <p><b>The Therapy Gym</b><br/>Tel. 201-357-0417<br/>www.thetherapygym.com</p>                                                                    | <p><b>SH Locksmith</b><br/>Best Locksmith in Town<br/>917-968-2870</p>                                                                                                                                                                                 |
|  <p><b>Teaneck Chess Club</b><br/>1 free lesson<br/>185 Court Street, Teaneck<br/>201-833-1741</p>                                          |  <p><b>Chickie's</b><br/>French Fry &amp; Chicken Bar<br/>Tel. 201-266-6033<br/>www.chickiesonline.com</p>                                                                                                                                       |  <p><b>CHOPSTIX</b><br/>Chopstix Kosher Chinese<br/>Tel. 201-833-0200<br/>www.chopstixusa.com</p>                                                 |  <p><b>Toth Plumbing</b><br/>201-387-7474</p>                                                                                                                     |
|  <p><b>Eli Auto Service - Texaco</b><br/>618 Cedar Lane<br/>Tel. 201-836-0455</p>                                                           |  <p><b>Dougie's</b><br/>BBQ &amp; Grill<br/>Tel. 201-833-6000<br/>www.dougiesbbq.com</p>                                                                                                                                                         |  <p>1415 Palisade Ave<br/>Teaneck, NJ 07666<br/>TeaneckDoghouse.com<br/>facebook.com/teaneckdoghouse<br/>201-530-7733</p>                         |  <p><b>FillerUp</b><br/>Kosher Wines<br/>Tel. 201-862-1700</p>                                                                                                    |
|  <p><b>Yalla!</b><br/>#IsraeliGood<br/>206 W Englewood Ave, Teaneck<br/>201-885-1555<br/>www.yallateaneck.com</p>                           |  <p><b>Garb Consulting</b><br/>(201) 379-9234<br/>www.garbcg.com</p>                                                                                                                                                                             |  <p><b>RABICA</b> Fine Italian Style<br/>Ristorante &amp; Cafe<br/><b>Rabica Restaurant Cafe</b><br/>Tel. 201-837-7558<br/>www.rabicacafe.com</p> |  <p><b>NESHOMA ORCHESTRA</b><br/>Neshoma Orchestra<br/>Tel. 516-569-4949<br/>www.neshomaorchestra.com</p>                                                         |
|  <p><b>Councilman Mark Schwartz</b><br/>201-837-1600, Ext. 1028<br/>mschwartz@teanecknj.gov</p>                                             |  <p><b>POPPY'S BAGELS</b><br/><b>TCBY</b><br/>Poppy's Bagels/TCBY<br/>Tel. 201-862-0800</p>                                                                                                                                                      |  <p><b>sushi</b><br/><b>Sushi Metsuyan</b><br/>Tel. 201-837-8000<br/>www.metsuyan.com</p>                                                         |  <p><b>Camp Mesorah</b><br/>195 West Englewood Ave<br/>Camp Mesorah's Winter Info<br/>195 W. Englewood Ave, Suite 104<br/>Teaneck NJ 07666<br/>(845) 362-7778</p> |
|  <p><b>Glatt Express</b><br/>LAZY BEAN CAFE<br/><b>Lazy Bean Café</b><br/>Tel. (201) 837-8110</p>                                           | <p><i>The Write Impression</i><br/>For all your invitation needs<br/>Tel. 201-833-0404</p>                                                                                                                                                                                                                                          |  <p><b>Plaza Dentistry</b><br/>David Hochstein<br/>201-833-6847</p>                                                                               |  <p><b>World Of Goodies</b><br/>Tel. 201-833-9950</p>                                                                                                             |

# Holland/Belgium



By Norbert Strauss

Part I

No, this is not going to be another travelogue.

I am going to tell you only about two specific happenings there.

We got an unexpected wedding invitation from Antwerp a few months ago, and although we had already done two overseas trips this summer (2018), we decided to accept the invitation. The invitation had come from a distant relative's family, but one that Dorothy had always been very close to. But more about that later.

Since we were already going to Belgium for a few days, we decided to also grab a few days first in Holland. We did the usual sight-seeing, boat ride etc., but what I would like to relate to you happened on the day we went to the Spanish/Portuguese Synagogue, the Jewish



Repairing and cementing.

Museum and the Holocaust Center, all within walking distance of each other.

We were walking back toward the tram when we saw on the map that we were going to pass Wertheimer Park, which included a Holocaust Memorial. We went in but I decided I had done enough walking for the time being and agreed with Dorothy that I would sit on a bench and watch the boats go by, while she would reconnoiter and see whether she could find the memorial.

I was totally relaxed and enjoying the scenery when I saw Dorothy coming back down the path with two men, one on the right and one on the left. In seconds, thousands of scenes flashed through my mind as to what was happening. It certainly looked like the police had a problem with Dorothy, although neither man was holding her and I could see that her hands were not handcuffed. Visions of Nazi Germany flashed through my mind, but no, this was Holland, a free country. Nevertheless, one cannot control the paths of one's mind.

As they neared I was relieved to see that Dorothy was smiling, and the two men did not look like Secret Service anymore.

The two men introduced themselves as being part of an organization, "Stichting voor Boete Verzoening met Israel en Andere" in Dutch. A rough English translation is "Foundation for Penance and Reconciliation with Jews and Others."



Cleaning up and cementing grave stones.



The two men had met Dorothy when she was standing and looking at the Holocaust Memorial in the park, consisting of broken panes of glass, and asked her whether she knew what she was looking at. When she answered in the affirmative they asked whether she knew what the Holocaust was, and when she answered that in the affirmative they finally asked her whether she was Jewish (Dorothy is blonde). And at that point Dorothy identified herself and invited the two men to come back with her to meet with her husband after they had told her about their interest in Judaism.

One of the men, by the name of Klaas Kwakman, seemed to be the more active one in the organization and he proceeded to tell me about their work. We talked for more than an hour about various subjects of mutual concern, he telling about specifics of their activities all over Europe and my telling him about my Holocaust experience and speaking engagements on that subject.

I will now tell you about their work, with the material taken from the book I received

a few weeks later, and quoted with their permission.

Their book is called "A Nail in the Bridge: Forty Years of Work by the Dutch Task Force for the Restoration and Maintenance of Jewish Cemeteries." The title should already give you a good idea of their activities. The task force had been founded in 1974 by Lien Leestemaker; the book's author, Rev. Kees Sybrandi; and his wife, Pieterneel.

On their first trip to Warsaw in 1975 to work on the Jewish cemetery they were made to understand by the Jewish community that they were not welcome. Nevertheless, they returned in 1976. But this time it was different. There was a serious shortage of sugar in the Jewish community since the Polish



Working always with head covering.

stores refused to sell to Jews until all Poles had been served. But by then there was nothing left for the Jews. The group from Holland, upon hearing that, went from store to store, waiting on line for an hour and a half,

➔ CONTINUED ON P. 94



GROSS AND SCHECHTER  
PESACH PROGRAM  
HILTON DOUBLETREE, SOMERSET, NEW JERSEY

PESACH IS ALL ABOUT FRIENDS, FAMILY AND AMBIANCE!

Pesach 2019-5779

- Scholars In Residence -



**Rabbi Dr. Howard Apfel**  
Rebbitz, Yeshivat HaKotel  
Pediatric Cardiologist

**Rabbi Aryeh Lebowitz**  
Rav Beis Haknesses  
of North Woodmere

**Rabbi Zev Meir Friedman**  
Rosh HaYeshiva Rambam Mesivta

**Prof. Nechama Price**  
Senior Lecturer in  
Stern College

**Imu Shalev**  
COO of Aleph Beta

Decor by  
papaya  
events

- Featuring -



**Naomi Nachman**  
The Aussie Gourmet

**Yonatan Razel**  
Singer/Songwriter

**Simcha Leiner**  
Singing Sensation

**Ashley Blaker**  
Comedian

**Avi Rosalimsky**  
Teen Director

- A large number of oversized connecting guest rooms, free Wi-Fi
- Tranquil gardens and ponds on 16 acres of property
- Guest rooms outfitted with Hilton's luxurious "Pillow Top Beds"
- On-premises tennis, volleyball, basketball courts, and nearby golf course
- Heated indoor pool and Jacuzzi

- Spectacular tea room & nightly entertainment
- Dynamic Scholar in Residence program
- Daily shiurim and Daf Yomi
- Warm and professional day camp and day care staff
- Personal attention to every guest

Ricky Schechter 800-965-1655 • Gross Family of Sharmel Caterers 516-766-2700 • Sharmelcaterers@gmail.com • www.grossandschechterpassover.com

Together is a great place to be!

YESHIVA BREAK  
AT WOODLOCH



RATES  
START AT  
**\$153**

PER ADULT/NIGHT

+ SAVE 10%  
USE CODE  
"NJLINK19"



Join us this winter for a little getaway so close to home and bring your family a bit closer together. Titled Tripadvisor's #1 Resort for families in America.

**JANUARY 22 - 25, 2019**

- Limited Kosher Menu with frozen lunch/dinner entrees
- 30+ Activities Daily
- Prayer Service Room Available
- Nightly Entertainment
- Spacious Accommodations
- Kids 12-19 half price 3-6 are Free\*

WOODLOCH.COM/YESHIVA-BREAK  
NORTHERN POCONO MOUNTAINS

\*Rates subject to availability based on double occupancy. Kids free max 2 per room with 2 paid adults. Check website for our limited Kosher menu options. Call for details.



## THE WORLD ACCORDING TO SCHMUTTER

### Potential Cake



By Mordechai Schmutter

As a high school English teacher, I think I speak for all teachers, except maybe the good ones, when I say that I don't get the point of parent-teacher conferences. It seems a little outdated, seeing as we have phones and faxes and email and texting and a postal system and there's a million different ways to find out how your child is doing that don't involve you schlepping out in the weather in the middle of the night, away from your kids, to wait in line several times over a table of stale cake while some parent argues with the teacher about whose fault it is that his kid isn't showing up to class.

To their faces, there are really only three basic speeches that I give the parents:

The first is, "Your kid is awesome, and here are five solid minutes worth of adjectives to describe how awesome your kid is. In fact, I wish I had a whole classroom full of kids exactly like yours. Actually, I feel like I do, because everyone copies his work."

The second speech is, "Your kid isn't interested. Frankly, I'm surprised he even told you about parent-teacher conferences."

"He didn't. He said it was visiting day, and all the parents were coming, and that I should bring food."

The third speech is the "Your kid isn't living up to his potential" speech, which is what I say even if I don't think the kid has potential, but it's not my job to tell his parents that. Let them find that out in a few years, when he moves back home. My point, today, is that maybe he needs something to help him unlock his potential, like a tutor, or sitting next to an awesome kid with legible handwriting.

There's also a fourth speech, which is the "Your kid interrupts and undermines me and gets 90s anyway," but I've never had to give that one, because none of those parents ever show up.

Ideally, after that original speech, the parents ask follow-up questions, and we get into a meaningful conversation until the parent realizes he has like 12 other teachers to see. But I do sometimes get parents who aren't particularly helpful. Like there was one parent whom I told, "Your son isn't interested in doing the writing assignments," and he said, "I know." So I said, "Your son isn't interested in the reading, either," and he said, "I know." So I said, "What do you think we should do about this?" And he said, "I don't know." And I said, "I don't know either! Because if a kid doesn't work, I have exactly two threats. I have, "You're going to get a bad grade," and I have, "We're going to call your parents." Your son doesn't mind getting bad

grades, and calling his parents won't help either, because apparently, you know!"

I didn't say that, but part of what I dread about PTA is the constant fear that I will.

It also doesn't help that half the kids at the school live in the dorm, and I'm telling the parents things they can do nothing about. I tell the parents, "Your kid doesn't show up to class," and they say, "Ok, what do you want me to do? I see him once a month." And I'm like, "So do I!"

So they ask, "What do you do about it?" And I say, "Well, I tell the principal, and I give the kid a zero for not coming." And they're like, "Does that help?" and I'm like, "No, because (a) if he doesn't come, he doesn't know that I'm giving him a zero, and (b) all the zero does is lower his grade and get the parents to come in, but the fact that you say you can't really do anything runs that entire system into a brick wall."

I think that parent-teacher conferences were really designed for dealing with little kids. The parents come in to talk to the teacher about what they can do to gently guide their kid back on track without the kid knowing, because the best alternative is a phone conversation with kids in the background, making noise.

"Your son makes too much noise in class."

"What? I can't hear you. I have like 10 kids in the background, yelling."

So you come in and talk it out. It's also basically a forced appointment, because if you relied on phone calls, you'd never get around to calling, because again, you have little kids.

When the kids get to high school, though, the teacher's job is really just to share the material in an interesting and meaningful way to the kids who will listen. It's really up to the kid to change himself. We're done gently guiding him; we need to tell him things. When he gets a job, his boss isn't going to use lollipops to gently guide him toward what he's supposed to do. He's the only one who can change his behavior, and he's the only one not at this conference. You have a teacher who sees the kid for 40 minutes a day talking to parent who sees him once a month about how they can get him to do better. That's like discussing politics with your barber.

Meanwhile, the kid—the only one who can actually change what he's doing—is not allowed at this meeting. He's hovering off to the side with the other students, waiting for the parents to leave so he can pounce on the stale cake. Now he shows up.

Maybe I should put out cake.

Mordechai Schmutter is a freelance writer and a humor columnist for Hamodia and other magazines. He also has six books out and does stand-up comedy. You can contact him at MSchmutter@gmail.com.

### Holland/Belgium

CONTINUED FROM P. 93

collecting the allowed ration of one kilo. And then they stood on line again for an hour and a half each time until they had collected 40 kilos. The "harvest" was delivered to the synagogue with apologies for

the behavior of the Polish store owners. And now the Dutch group was welcomed by the Jewish community.

(To be continued next week)

Norbert Strauss is a Teaneck resident and Englewood Hospital volunteer. He frequently speaks to groups to relay his family's escape from Nazi Germany in 1941.

# Menschy Magic



By Jon Kranz

Jewish history is filled with miracles but not magic tricks.

Along those lines, Devarim 18:9-13 states that “[t]here shall not be found among you [the Jewish People] any one that maketh his son or his daughter to pass through the fire, one that useth divination, a soothsayer, or an enchanter, or a sorcerer, or a charmer...” So if you’re throwing a birthday party for your kid, cancel the soothsayer and instead hire a balloon animal-making juggler. As an aside, other fun performers for a birthday party might include Kishke the Clown, Knishy the Contortionist and Tzimmes the Sword Swallower.

On the issue of sorcery, the Talmud has a comment or two. For example, it notes: “Why are sorcerers called mekhashefim? Because it is an acronym for: contradicts the heavenly entourage. This indicates that one should be wary of sorcery.” (Sanhedrin 67b) Yes, sorcery also includes wizardry so you should be wary of Harry Potter too.

The Talmud also refers to and describes a few magic tricks. For instance, the following observation is recorded: “I saw Karna’s father perform a magic trick in which he would blow his nose and cast rolls of silk from his nostrils by deceiving the eye.” (Sanhedrin 67b) That actually is a very convenient trick for a nose blower who needs a handkerchief and enjoys the softness of silk.

The same section of the Talmud refers to another magic trick: “I myself saw a certain person who took a sword and sliced a camel and then beat a drum, and the camel arose from the dead.” The Talmud adds that since no blood flowed from the wound, it “was clearly a deception of the eyes and not sorcery.” (Sanhedrin 67b) By the way, this camel trick is much easier than trying to pull a camel out of a hat.

The Talmud refers to two other magic tricks, both involving donkeys. One involved the purchase of a donkey: “When [the owner] was about to give [the donkey] water to drink, the magic wore off when the donkey touched the water and it was revealed that it was not a donkey, and it turned into the plank of a bridge.” (Sanhedrin 67b) Later that day, for a birth-

day party game, they played pin the tail on the plank of a bridge.

The other magic trick involved a woman who was turned into a donkey: “Someone then rode upon her and went to the marketplace. Her friend came and released her from the spell and people saw someone riding on a woman in the marketplace.” (Sanhedrin 67b) Speaking of the marketplace, an even better magic trick would be to turn something milchig into something that is pareve.

In today’s world, there arguably are some similarities between magicians and Jews. For example:

1. Many magicians wear big black hats. Some Jews wear big black hats.

➔ CONTINUED ON P. 98

## BUSINESS DIRECTORY

### Treuhaft & Zakarin, LLP

Miriam Zakarin - Ira Treuhaft  
Teaneck, NJ -  
411 Hackensack Avenue,  
Second Floor, Hackensack  
New York, NY- 305 Broadway, 9th Floor  
(212)725-6418 | www.treulaw.com  
Family Law/Divorce Law -  
Civil Litigation

### Mitchell First, Esq.

#### Personal Injury Attorney

233 Broadway, suite 2201  
New York NY 212-962-6338  
MFirstAtty@aol.com  
Falls-Car Accidents-  
Medical Malpractice  
30 Years Experience



www.SRFcpas.com |  
info@srfcpas.com  
(201) 525-1222

Full Service Accounting and  
Financial Consulting  
Leon Schenker • Milton Rosenblatt  
• Jay Guttmann

### West Orange Bake Shop

(973) 243-0700  
480 Pleasant Valley Way,  
West Orange

*Josh Post & Avrumi Flam*  
**PESACH**  
FAMILY REUNION  
*THE PREMIER ORLANDO PROGRAM*

**ALL INCLUSIVE PROGRAM - LUXURY HOMES & MANSIONS**  
**FIVE STAR CUISINE**  
*www.PesachFamilyReunion.com*  
**305 788-5674**

YESHIVA WINTER BREAK 2019

**THE ONLY THING YOU NEED TO TAKE ALONG**  
(BESIDES A PASSPORT)

Traveling this winter break? Bring your family and friends  
**THE SWEET TASTE OF HOME**

**World of Goodies**

198 W Englewood Ave, Teaneck, NJ  
201-833-9950 - www.theworldofgoodies.com

Yoni Glatt's  
**JEWISH SPELLING BEE**

How many common words of 5 or more letters can you spell using the letters in the hive? Every answer must use the center letter at least once. Letters may be reused in a word. At least one word will use all 7 letters and have a direct Jewish connection. Proper names and hyphenated words are not allowed. Score 1 point for each answer, and 3 points for a Jewish related word that uses all 7 letters. Rating: 19=Good; 23= Excellent; 27= Genius

Answers on page 108

**The Kosher Crossword**  
Answers will be printed next week.

**Star Settings**

By Yoni Glatt,  
koshercrosswords@gmail.com

Difficulty Level: Easy

**ACROSS**

- 1. Sound of a mosquito biting the dust
- 4. Like Aly Raisman
- 9. Frasier or Niles
- 14. It's better than a king
- 15. Place for a pin
- 16. She had "the face that launched a thousand ships"
- 17. Indiana Jones star riding a Bronco?

- 20. Notable co-star of Shatner
- 21. Martial arts school
- 22. 1990 World Series champs
- 23. Mouth
- 25. Away from port
- 27. "Moneyball" co-star atop a Bunker?
- 34. Like Haman
- 35. Knight's title
- 36. A wedding, for one
- 38. Low grade
- 39. Wow
- 42. Half of sei
- 43. Ancient Peruvians
- 45. Finish, with "up"
- 46. Early Bond villain
- 47. "The Italian Job" co-star finishing a Master's course?

- 69. Exodus commemoration
- 70. Dahl who said "There is a trait in the Jewish character that does provoke animosity..."
- 71. Make like Nissim

**DOWN**

- 1. Steve in "That Thing You Do!"
- 2. Juice berry, nowadays
- 3. Salon job
- 4. It's made moving to Israel
- 5. Fracking extraction
- 6. It certainly beat out the Zune
- 7. Funny Jay
- 8. Visitor to a 69-Across
- 9. When doubled, a dance
- 10. Chorus
- 11. Ahava ingredient, often enough
- 12. Screech, e.g.
- 13. Breaks off
- 18. Met defeater in 2015
- 19. Honker
- 24. Shrek's cat friend
- 26. Barak of Israel
- 27. Sith foe
- 28. Pizzeria fixtures
- 29. Dina, to Esau

**Last week's crossword answers**

|    |   |   |   |    |    |    |    |   |    |    |    |    |   |   |    |
|----|---|---|---|----|----|----|----|---|----|----|----|----|---|---|----|
| 1  | C | H | A | I  | M  | 6  | B  | L | I  | P  | 11 | M  | U | T | 15 |
| 14 | L | I | N | D  | A  | 16 | E  | A | S  | E  | 19 | I  | N | E | S  |
| 17 | A | F | O | O  | T  | 18 | A  | N | T  | E  | 21 | A  | M | E | S  |
| 20 | W | I | L | L  | I  | A  | M  | G | O  | L  | 24 | D  | M | A | N  |
| 23 | S | S | E | N  | E  | O  | 26 | A | I  | R  | S  | 29 |   |   |    |
| 31 | O | R | D | I  | E  | 34 | F  | R | E  | 37 | Y  | L  | U | R | I  |
| 35 | M | E | I | N  | 38 | N  | E  | T | T  | A  | 41 | F  | E | S | S  |
| 40 | A | C | S | 43 | T  | O  | R  | I | 46 | A  | D  | D  | T | O |    |
| 45 | R | O | S | 48 | E  | A  | N  | N | E  | 51 | B  | A  | R | R |    |
| 52 | M | U | G | S  | 55 | A  | T  | M | 58 | M  | F  | A  |   |   |    |
| 56 | M | A | R | K  | 59 | Z  | U  | C | K  | 62 | E  | R  | B | E | R  |
| 60 | C | E | D | E  | 63 | A  | B  | L | E  | 66 | E  | L  | D | E | R  |
| 64 | O | N | E | S  | 67 | R  | E  | A | R  | 70 | S  | U  | I | T | E  |
| 68 | O | D | D | S  | 71 | A  | R  | M | Y  | 74 | T  | E  | A | S | E  |

|    |    |    |  |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|--|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  |  | 4  | 5  | 6  | 7  | 8  |    | 9  | 10 | 11 | 12 | 13 |    |
| 14 |    |    |  | 15 |    |    |    |    |    | 16 |    |    |    |    |    |
| 17 |    |    |  | 18 |    |    |    |    |    | 19 |    |    |    |    |    |
| 20 |    |    |  |    |    | 21 |    |    |    |    | 22 |    |    |    |    |
|    |    |    |  | 23 |    | 24 |    |    | 25 |    | 26 |    |    |    |    |
| 27 | 28 | 29 |  |    |    | 30 | 31 |    |    |    |    | 32 | 33 |    |    |
| 34 |    |    |  |    | 35 |    |    |    |    | 36 |    |    |    | 37 |    |
| 38 |    |    |  |    | 39 |    |    |    | 40 | 41 |    |    | 42 |    |    |
| 43 |    |    |  | 44 |    |    |    | 45 |    |    |    | 46 |    |    |    |
|    | 47 |    |  |    |    | 48 | 49 |    |    |    | 50 |    |    |    |    |
|    |    |    |  |    | 51 |    |    |    |    |    | 52 |    |    |    |    |
| 53 | 54 | 55 |  |    |    | 56 |    | 57 | 58 |    | 59 |    | 60 | 61 | 62 |
| 63 |    |    |  |    |    | 64 |    |    |    |    | 65 |    |    |    |    |
| 66 |    |    |  |    |    |    |    | 67 |    |    |    |    |    | 68 |    |
| 69 |    |    |  |    |    |    |    | 70 |    |    |    |    |    | 71 |    |

- 30. Plum's center
- 31. Best player in baseball, according to many
- 32. Petrol unit
- 33. Producer Michaels
- 37. Glowing gas
- 39. Far from ruddy
- 40. Work the aisles
- 41. Water, for life
- 44. Sue Bird, e.g.
- 46. Great fear
- 48. Thor's pop
- 49. Mama bird
- 50. \_\_\_ meat
- 53. Just makes, with "out"
- 54. Cleanse
- 55. Yesh party lead by Lapid
- 57. Kasich's land
- 58. Greek salad cheese
- 60. Ivan the Terrible, e.g.
- 61. Israeli dance with few moves
- 62. Scissors sound
- 64. Crew need
- 65. Actor Linden (born Lipshitz)

# FOOD & WINE LINK

## OF NEW JERSEY

### Wholesome Spiced Applesauce Muffins

By Elizabeth Kratz

A yummy Shabbat dessert doesn't have to be unhealthy, and putting in a bit of extra fiber into a flavorful muffin is hard to even notice. This no-nuts muffin is a little nutty in flavor due to the flax-



seed or wheat germ, but the spice notes are really what make this muffin great. I always double this recipe and make a loaf cake as well as muffins. It's also a great breakfast treat!

Ingredients:

- 2 and 1/2 cups white whole wheat flour
- 1/2 cup wheat germ or flaxseed meal
- 2 tsp baking powder
- 2 tsp baking soda
- 1 tsp ground cinnamon
- 1 tsp ground pumpkin pie spice or 1/2 tsp each of ground nutmeg and cloves
- 1 tsp salt
- 1 cup egg whites or egg substitute
- 2 and 1/3 cups applesauce (or apple-mango, apple-raspberry or apple-strawberry sauce)
- 3/4 cup canola oil
- 2 tsp vanilla extract
- 3/4 cup sugar
- 3/4 cup honey cooking spray

Turbinado sugar for the muffin tops (optional)

Preheat oven to 350 degrees. Combine dry ingredients, mix and set aside. Combine wet ingredients except for the apple-

sauce in a mixer and mix well. Add half the dry ingredients, then half the applesauce. Repeat until all ingredients are just incorporated. Mix only until just combined. Pour batter into muffin tins or loaf pans

that have been sprayed with cooking spray. Top each with a half teaspoon of Turbinado sugar for a yummy crunch. Bake for 12 to 18 minutes, or until fully firm on top. Yields 36 regular-sized muffins.

## MOCHABLEU

201.837.2538

**BAR/BAT  
MITVAH**

**\$4995+**

includes full restaurant rental  
**UP TO 100 ppl**  
FULL PARTY  
PLANNING SERVICES  
certain restrictions apply

**BRIS  
LITTLE PRINCE**

**\$23/pp+**

includes full restaurant rental  
**min 100 ppl**  
FULL PARTY  
PLANNING SERVICES  
certain restrictions apply

**PARTY ROOM  
SHEVA BROCHOS  
CORPORATE EVENTS**

**STARTING AT  
\$35/pp+**

**Min 30 ppl**  
FULL PARTY  
PLANNING SERVICES  
certain restrictions apply

RCBC  
KOSHER

# CHOPSTIX®

201-833-0200

172 West Englewood Ave., Teaneck, NJ 07666

The Rabbinical Council Of Bergen County RCBC

Glatt Kosher  
Chinese Take-Out

at [www.chopstixusa.com](http://www.chopstixusa.com)

Traveling?  
We Flash Freeze for you.

Call the store today to place your order!

We double wrap and have microwaveable containers available!

Order on-Line at [www.chopstixusa.com](http://www.chopstixusa.com)

We Deliver

Sun-Thurs: 11:30am-10pm  
Fri: 11:30am-2:30pm  
Sat: Closed (Go for Chickies!!)

# RABIGA

Fine Italian Style

Ristorante & Cafe

DAIRY • CHOLOV YISROEL • UNDER RCBC SUPERVISION

We are Open on Saturday Nights!

We Look Forward to Greeting you

We Can Accommodate Parties of Up to 40 People

192 West Englewood Ave, Teaneck, NJ 07666

(201) 837-7558



## Chocolate-Dipped Scottish Oatmeal Shortbread

By Elizabeth Kratz

This recipe is a combination of an old McCall's Magazine recipe from a book my mom got for her wedding, and an oatmeal shortbread recipe from a blogger I used to follow. Though oatmeal is a whole grain, I can't exactly look you in the eye and tell you this is health food, but I do feel better about serving these than say, chocolate covered marshmallows.

The recipe is quick and easy and it's a perfect thing to bring to friends for a shalom zachor on a cold winter evening. And it really tastes like you spent hours in the kitchen!

### Ingredients:

- 3 cups quick cooking oats
- 2/3 cup light brown sugar
- 1/2 cup white whole wheat flour
- 1/2 tsp salt

- 3/4 cup margarine
  - 1 tsp vanilla
- (for dipping) 1 high quality Swiss dark chocolate bar for dipping, melted in the microwave and stirred with a teaspoon of vegetable oil OR if you are serving right away, melted chocolate chips (overnight, melted chocolate chip dip can oxidize and turn a bit gray... it's completely safe to eat, but not as attractive).

### Procedure:

Mix ingredients only until incorporated, until it resembles a coarse cornmeal. Press with your fingers into square or round pans. Bake at 350 degrees for 25-30 minutes. Score (slice) into square or triangles as soon as they come out of the oven. Makes 18 generous squares.

If dipping, place dipped cookies on parchment paper and store in the refrigerator until set.



**Tofutti**  
MILK FREE

**Dairy-Free Ricotta Cheese!**

Authentic Italian Taste!

No Cholesterol  
Non-GMO Vegan  
Dairy-Free

www.tofutti.com

**Tofutti**  
MILK FREE  
Better Than Ricotta Cheese

Cholesterol Free  
No Butterfat  
No Dairy  
No Gluten  
No Animal Products

WOW!  
Taste the Pleasant!

### Menschy Magic

CONTINUED FROM P. 95

2. Many magicians like to pull a rabbit out of a hat. Some Jews, when celebrating and hoisting their spiritual leader up in a chair, like to pull a rabbi out of his hat.

3. Many magicians have something up their sleeve. Some Jews, especially when putting on tefillin, have something up their sleeve.

4. Many magicians can do tricks using handcuffs. Some Jews can use their hands to form the Hebrew letter "Cuf."

5. Many magicians ask you to "pick a card, any card." Some Jews, especially those who sell gefilte fish, ask you to "pick a carp, any carp."

6. Many magicians do tricks using sleight of hand. Some Jews, especially those dancing wildly on Simchat Torah, might (for a moment) get slightly out of hand.

7. Many magicians use a wand. Some Jews, especially those in the dessert for forty years, did lots of "wand"ering.

8. Many magicians can read minds. Some Jews, especially those obsessing with watching television, mind reading.

9. Many magicians can hypnotize. Some Jews, especially those with torn acetabulum, have no ties to their hip, i.e., hip no ties.

10. Many magicians ask you to think of a number between 1 and 100. Some Jews, especially at a crowded bakery on a Friday morning, ask you to take a number between 1 and 100... and then wait.

11. Many magicians know how to levitate. Some Jews know a Levi who just ate.

12. Many magicians have assistants. Some Jews, especially rabbis, have assistants, i.e., assistant rabbis.

Final thought: If a Jewish magician is too hungry to perform a disappearing act, then the magician should refuel by eating some kasha "vanish"kes.



# PRESENTS COMEDY NIGHT

SATURDAY, FEB 16, 2019  
DOORS OPEN 8:00PM | SHOW STARTS 9:00PM

@ FACTORY220 | 220 PASSAIC ST. PASSAIC NJ 07055

ELEGANT AMBIANCE ! SIDE SPLITTING COMEDY! GOOD VIBES ONLY!

## LEAH FORSTER

AND FRIENDS FEATURING :  
**DANNY COHEN,**  
**JODIE WASSERMAN**  
**AND SURPRISE GUEST!!!**

REGULAR ADMISSION | \$36 PER PERSON

VIP ADMISSION | \$75 PER PERSON  
PRIORITY ENTRANCE | PREFERRED SEATING,  
MEET & GREET WITH COMEDIANS

FOOD AND DRINK  
AVAILABLE FOR  
PURCHASE BY:

**GREAT FALLS**  
**Bistro** ★

**FOR MORE INFORMATION:**

[www.Factory220.com/Comedy](http://www.Factory220.com/Comedy)

FACTORY220 | 220 PASSAIC ST. PASSAIC NJ 07055 | 973.473.1005



LEAH FORSTER

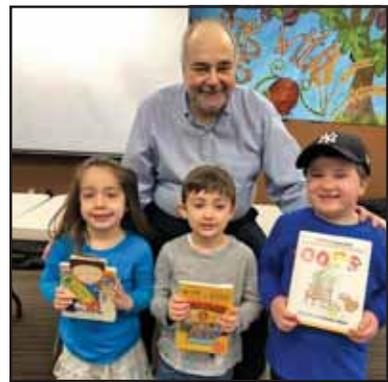
JODIE WASSERMAN

DANNY COHEN

## Ben Porat Yosef Middle School Learns Torah Together



Every Monday night, BPY sixth, seventh and eighth graders gather together for chavruta learning. This week was extra special. After learning, shiurim and pizza, students heard from Rabbi Yair Hindin, a BPY parent who recently donated a kidney. What an inspiration! BPY is so proud of its students who spend their free time learning Torah with their teachers and classmates.



## Author Alan Katz Visits Yeshivat Noam

Thanks to the Yeshivat Noam Parents Association, buds, kindergarten and first graders enjoyed the author visit by Alan Katz who shared with the students that he is “seriously silly.” Katz encouraged the children to keep a journal, jot down stories and not to be afraid of their creativity.



## RYNJ Says Thank You to Rebbetzin Zahtz



Thank you to Rebbetzin Michal Zahtz, RYNJ parent and rebbetzin of Congregation Bnai Yeshurun, for coming to RYNJ to inspire sixth grade bnot mitzvah. Highlighting their place as links in the chain of Jewish women, focusing on Chana as being כַּיִשְׁרָה and the story about baker made the presentation memorable and impactful.

## MTA Sophomore Witnesses New York History

MTA sophomore Sam Verstandig of Kew Garden Hills, witnessed New York history, as he attended Governor Andrew Cuomo’s “First 100 Days” address on December 17 and met the governor. Verstandig joined Yeshiva University faculty and students at the New York City Bar Association, where they listened as Governor Cuomo presented



his agenda to expand social and economic justice for all New Yorkers. Verstandig’s interest in a political career landed him an internship at Yeshiva University’s office of government relations this year, where he has the opportunity to get involved in local political initiatives. In addition to regularly lobbying the state assembly and senate in Albany for a variety of important causes, Verstandig also started the New York Political Action Club at MTA to encourage his fellow students to get involved.

## Tenafly Chabad Academy Hosts Parents Visiting Day



On Tuesday, December 25, the halls and classrooms were abuzz with activity as TCA welcomed parents to the inaugural TCA Parents Visiting Day. Teachers facilitated group activities which enabled the children to spend some time engaged in both general and Judaic studies learning with their parents. While fifth grade students and parents were invited to join the middle school, kindergarteners and their parents were invited to join first grade for a “sneak peek” into next year. After some meaningful time spent in the classrooms, parents, children and staff enjoyed a buffet lunch together. It was a special opportunity for everyone to share the vivacious, dynamic and warm environment students enjoy every day.



## Yeshivat Frisch Hebrew Students Create Chanukah Blockbusters

Students in Rabbi Yair Shahak’s Hebrew classes completed a unique semester project this month: Hebrew-language Chanukah films! Students wrote, directed and acted in their own Hebrew movies. Film plots ranged from the defeat of candle-stealing Dr. Lo Tov, to a sufganiyah cooking contest, to a mashup of S. Y. Agnon’s “Tehillah” with I. L. Peretz’s “Shalosh Matanot [Three Gifts].” Who says you can’t find a good Chanukah movie this season?



## Yavneh Academy Second Graders Receive First Chumashim



Mazel tov to the Yavneh Academy second grade students upon receiving their first chumashim at a special chagiga filled with song and dance. The children celebrated with their families and teachers at a festive party at the conclusion of the ceremony. Kol hakavod to all of the students!



## Moriah Kindergarten Makes a Siyum

The kindergarten students at Moriah finished learning all of sefer Bereishit! To help celebrate this milestone, they had a siyum. Each child picked a parsha and then wrote and illustrated that was meaningful to them. The beautiful pictures were carefully placed to create a Torah shaped mural. They all sang chazak, chazak v'nitchazek! May they continue to grow in Torah learning!

## TABC and Ma'ayanot Hold Joint Jewish Life on Campus Event

This past Wednesday night, TABC and Ma'ayanot hosted their annual Jewish Life on Campus program. The evening featured over 27 college students from such varied universities as Cornell, SUNY at Binghamton, Cooper Union, New York University, Columbia, University of Pennsylvania, Drex-



el, Princeton, Brandeis, Yale, Johns Hopkins, University of Maryland, Rutgers, Queens, UMass at Amherst and, of course, Yeshiva University. The participants were privileged to hear not only from them in round-robin sessions from which parents and students could choose, but from the Director of Professional Recruitment and Leadership Development for OU-JLIC (Orthodox Union-Jewish Learning Initiative on Campus) Rabbi Gideon Black, who clearly and persua-

sively explained the "what, why and how" of JLIC's mission. Most of the carefully selected universities who were invited have JLIC rabbi/educators on their campuses. They are sent from the OU and work in partnership with Hillel, to help college students navigate the college environment and balance their Jewish commitments with their desire to engage in the secular world.

The evening was also enriched by the presence of many TABC and Ma'ayanot alumni, representing a full range of prestigious colleges. They spoke animatedly about the shiurim, minyanim and other Jewish-related activities that they make it their business to seek out and participate in, no matter which college they attend. Anyone watching these intelligent and exemplary Jewish youth speak so eloquently about the Jewish life they have chosen to either participate in or fundamentally create within the colleges of their choice would have been proud. It was a gratifying and humbling sight.

The program was jointly organized by the college guidance departments of TABC and Ma'ayanot, led by Dr. Garry Katz and Leebie Mallin.

## Learning Is M'dor L'dor at Yeshivat He'Atid

On Tuesday, Yeshivat He'Atid held its annual Grandparents and Special Visitors Day. Thank you to all the grandparents and special visitors who came to learn with our students; it was beautiful to see multiple generations learning together! A special thank you to all the dedicated teachers for putting in the work to design enjoyable and meaningful programming! Kol hakavod to all involved!



Phil and Miriam Schiffman with their grandson Sammy Kaufman at Special Visitors Day.



# YOUR DAUGHTER ~~CAN~~ *will* SUCCEED.

INDIVIDUALIZED INSTRUCTION • SMALL CLASS SIZE • INTEGRATION OPPORTUNITIES

High school  
**OPEN HOUSE**

**SUNDAY, JANUARY 6TH, 2019**  
**1:30PM-3:30PM**  
 200 Summit Park Rd.  
 New Hempstead, NY 10977

HEAD OF PROGRAM: **MRS. BRACHA COHEN**  
 DIRECTOR OF STUDENT DEVELOPMENT: **DR. ZAHAVA WIENER**  
 CURRICULUM COORDINATOR: **MRS. SHOSHANA BIDNICK**

RSVP requested:  
 845.368.2200 ext.300 | office@ashiraprogram.com | ashiraprogram.com

The Ashira program hosted at Ateres Bais Yaakov and Bais Yaakov D' Rav Hirsch in Monsey, NY provides individualized instruction for high school girls who can benefit from an academically supportive environment.

## Ma'ayanot Presents '93Queen'

On Tuesday, December 25, Ma'ayanot students, faculty and parents were treated to a screening of "93Queen," a documentary about Judge Ruchie Freier's creation of Ezras Nashim, the first all-female ambulance corps in New York City, followed by a Q & A with the film's director Paula Eiselt. A graduate of New York University's Tisch School of the Arts, Eiselt described how she spent five years filming and editing 250 hours of footage in a Chasidic enclave of Brooklyn.

"'93Queen' is a story of women's empowerment in a community where you'd least expect to find it," said Eiselt. The film follows Judge Freier (who at the start was a lawyer



but campaigned to become the first female Chasidic civil court judge during the filming of the movie) leading a group of determined women on their mission to provide dignified medical care to Chasidic women and girls in Borough Park. The women began their grassroots campaign when Hatzolah refused to allow women to join their ranks.

"The biggest takeaway is that anything worth doing is hard," added Eiselt, referring

to her years directing the film, but also to Judge Freier's journey and ultimate success.

Eiselt shared updates with the students since the film's launch, including the revision of the ambulance corps' policy of allowing only married women to join and the news that a new branch of Ezras Nashim will be starting at Stern College for Women next year. In addition, Ezras Nashim is close to getting approval

for their own ambulance. Until now, they have relied on a New York City ambulance for backup.

Freshman Abigail Lerer shared that she had tears in her eyes after the program, not only because of the film's powerful content but because Ma'ayanot gave her the opportunity to meet Eiselt and be inspired to fulfill her own goal of becoming a film director.

## 'Once Upon a Mattress' Is a Hit at SAR High School



The SAR High School drama society staged two superb performances of "Once Upon a Mattress," Mary Rodgers' and Marshall Barer's charming fractured fairy tale based on the classic, "The Princess and the Pea." With hilariously larger-than-life characters, clever dialogue and an array of catchy musical numbers, it is easy to understand the show's enduring popularity.

But while Mattress may seem frivolous on the surface, it in fact deconstructs and



challenges stereotypes and conventions presented in many fairy tales. The show teaches that a drab, gentle prince can adore his princess for being strong, brazen and utterly unique; that true romantic love can deepen by facing and overcoming conflict; and that mother does not, in

fact, always know best. But perhaps the most powerful message of all is also the most straightforward: What makes us different is what makes us beautiful, so instead of jumping to judgement, we should approach one another with an open mind and an open heart.



The cast and crew invested a tremendous amount of time, energy and talent into mounting a production that was sweet, funny and visually striking. The audiences laughed, "aww"-ed and gave standing ovations at curtain call. Their energy and positive feedback was extremely gratifying and the cast and crew felt unbelievably proud to delight old fans and inspire new ones in the process. Kol hakavod!

## 400 Visit Ben Porat Yosef for Grandparents and Special Visitors Day



What an amazing day celebrating BPY's 18th year anniversary with BPY grandparents and special visitors this week. Thank you to the hundreds (and hundreds) of visitors who came. It was absolutely magical! The children performed songs b'Ivrit and then the special guests visited the classrooms for activities including cookie decorating, Hebrew name plaques, book mark making, Israel trivia and circle time. The school is so grateful to have a vibrant community of grandparents and special visitors at BPY.



## TABC December 25 Learning Unites Parents and Sons

TABC was thrilled to have so many parents visiting the yeshiva for December 25th parent-son learning programs. The freshman and sophomore parents had the opportunity to learn with their sons and then sit in on their shiurim. The junior and senior parents had the opportunity to hear a wonderful shiur by Rav Judah Mischel, together with their sons, in the beit kneset. Rav Mischel's shiur was dedicated l'zecher nishmat Jerry Pasternak z"l, Gedalya ben Menachem Yehoshua z"l.



## Yeshivat Noam First Grade Scientists Explore Fingerprints



Is your fingerprint a loop, whorl or arch? Ask a Yeshivat Noam first grader about their unique fingerprint.

## MTA Holds Jewish Life on Campus Night

On Monday night, December 24, MTA held a Jewish Life on Campus night for juniors and seniors and their parents, highlighting the importance of considering Jew-



ish life on campus when making college decisions. The evening began with an interactive presentation by Rabbi Hart Levine, founder of Heart To Heart, a student-run organization located on college campuses throughout North America under the umbrella of the Orthodox Union's Jewish Learning Initiative on Campus, that offers many forms of Jewish programming. Rabbi Levine demonstrated the various online tools that he and the OU have developed to help students learn about the Jewish resources available at more than 270 colleges across the country, from kosher food to the phone number of the local Chabad rabbi and more. Following Rabbi Levine's presentation, a group of MTA alumni, who are currently attending colleges from Yeshiva University to Cooper Union, Brandeis and



Virginia, described the Jewish life and experiences available on each of their campuses. Afterwards, everyone participated in break-out sessions, where alumni answered questions about their respective campuses and Rabbi Levine worked with participants on researching Jewish life at the colleges they are interested in.

## Anshei Lubavitch Preschool Welcomes an Author

Students at Anshei Lubavitch Preschool invited an author, Karen Ashram, to come share her book "Seasons and Colors."



## RYNJ Hosts a Full House

RYNJ's seventh and eighth grade parent-son learning program this past Sunday was a fabulous testament to the truly vibrant, dedicated and immensely enthusiastic RYNJ Torah community. With standing room only in the Mandel Family Beit Midrash, the phenomenal davening started the memorable day on a perfect note. The shiurim were enriching, the chavruta learning was stimulating and RYNJ parent, Rabbi Duvie Weiss's shiur was perfectly balanced to enhance the topic discussed (Can



a child be motzi their parents?) and engage the students. Along with the delicious breakfast and exciting parent-son basketball during the break, the lively dancing at the end capped off the fulfilling morning.



## Eighth Grade Applicants Enjoy Fantastic 'Naaleh Experience'

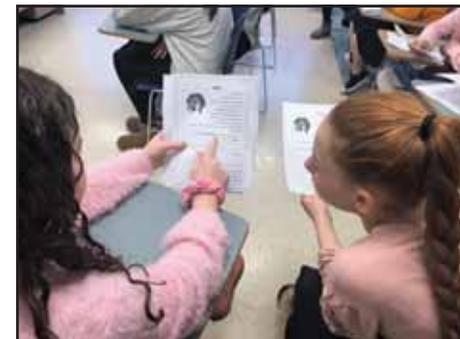
On Thursday, December 27, Naaleh High School for Girls opened its doors to over 95 eighth grade applicants—hailing from 13 elementary schools—for the second annual Naaleh Experience Day. The goal of the day was for the girls to meet the teachers, interact with different girls and get a taste of what high school will be like. The day began with "Cake Wars," where each team of girls decorated delicious sheet cakes with a different Yom Tov theme. The activity generated creativity, achdut and a wonderful momentum for the rest of the day.



tion. In global history, they traveled back to ancient Egypt to engage with the mysterious world of hieroglyphics. In Ivrit, they studied an Israeli song, paying attention to rhyme scheme, word choice and grammar.

After their classes, they were treated to a delicious lunch together with the ninth graders, who were excited to answer questions and give them an insider's view of Naaleh. Both fun filled and informative, the classes and programming reflected Naaleh's robust academic program and vibrant student life, providing an authentic taste of the Naaleh experience.

Next, eighth graders rotated through a sampling of Naaleh classes. In biology, they learned about DNA sequencing and how it can be applicable as evidence in a murder trial. In a tefillah workshop, the girls learned through mizmor l'toda, focusing on the connection between gratitude and simcha. They studied probability in math, using pennies, Mike and Ikes and dreidels as examples. They learned about the parsha from a positive psychology perspective, gaining new insight into Moshe's mission and its relevance to their personal journeys of self-actualiza-



## Moriah Sends Letters to Our Troops



Last week, as a tie in to the Moriah Reads program, and in conjunction with the ZOA (Zionist Organization of America), some of the Moriah middle school students wrote and decorated letters to IDF and lone soldiers in Israel, who are situated at bases which are seldom visited due to their locations. It was a wonderful opportunity for the students to focus on gratitude

toward those who protect Israel.

Art teacher Morah Gila Bretter was contacted directly by the ZOA to participate in this special program. Along with the sixth graders, Moriah third and fifth graders will be sending their letters of encouragement and thanks, as well as artwork, to IDF soldiers this week. The students are eagerly awaiting their reply!

## Yavneh Third Graders Learn About Blindness

Yavneh Academy third grade students have begun to learn about deaf and blind individuals, their ability to overcome obstacles and the inventions that support their success. In connection with the unit, the students had the pleasure of welcoming Aaron Tauber, a blind attorney, and his wife, Dr. Susan Schachner, to talk to the students about being blind.

The children asked excellent questions and Tauber enjoyed answering them. He explained to the class that he uses a pre-



scription cane to help guide him to where he has to go. He also showed the class how he reads and writes in Braille in both English and Hebrew! The children enjoyed hearing Tauber talk about his life and his successes. Most importantly, he relayed messages of un-

derstanding, self-pride and grit! The students will continue their learning in the classroom by reading biographies about blind leaders, creating models of the eye and devising inventions to support one of the senses.



## MDS Students Create Wax Museum

The Manhattan Day School sixth grade history class created a wax museum after reading biographies about various famous people who inspire them. Students from other grades came to visit the MDS wax museum, pressed a button and the wax figures came to life! Some standout presentations included Malala Yousafzai, George Washington, Steve Jobs and Albert Einstein.



## Yeshivat Frisch Hosts Friendship Circle Winter Camp

Last week, Yeshivat Frisch was honored to host the Friendship Circle of Bergen County's Winter Camp, a camp for Jewish children with special needs who attend local public schools. All Frisch juniors and seniors had the opportunity to volunteer with the campers on a rotational basis, exemplifying what it means to be a community of kindness, one of Frisch's four core values.

"This is one the best weeks of the year because we get to interact with kids that we don't interact with every day," said junior Sarah Schechter. "It's really nice to see how similar we all are and it gives us great bonding opportunities."

This year, 40 children were enrolled in the camp—the largest number to date. Frisch Director of Chesed Programming Rabbi Joshua Schulman explained how hosting the camp is central to the values and mission of Yeshivat Frisch. "Our students emerge from this experience feeling like they have received much more than they give," he said. "The warmth, energy, compassion and excitement is contagious and our students go through this experience and create more of it."

First-year Frisch history teacher Elana Lefkowitz, who has a child that attended the camp, got a unique perspective this year. "I have always been grateful to both The Friendship Circle and Yeshivat Frisch for providing my daughter, Kayla, with the

wonderful opportunity to spend her winter break in a happy and safe environment," she said. "This year, having joined the Frisch faculty in August, I was given a front row seat to the warmth and kindness that the Frisch students bring to their interactions with the children with special needs who spend a week at Frisch. It was incredibly special for me to see my students confidently walking through the hallways with Kayla, singing songs with her and showering her with love and attention."

The camp is sponsored by the Hartman family in memory of Bonnie Hartman.



## All Hands on Deck for He'Atid Break-Even Campaign

Yeshivat He'Atid reached a milestone this week, surpassing its \$200,000 goal needed to break even. The importance of operating with a surplus is so important that everyone got involved, including students! The school gathered in the cafeteria after tefillah and each class was given an opportunity to give add their class tzedaka to the total. In the afternoon, middle schoolers got into the action, waving signs, collecting and bringing the ruach!



## Tenafly Chabad Academy Middle School Hosts Friendship Circle



On Thursday, December 27, TCA middle school students had the privilege of hosting over 30 children from The Friendship Circle. During their visit, the children baked challahs, created an art project, sang, danced and had a spirited pre-Shabbat oneg together. As one group, they enthusiastically sang, danced and had a great time. They did not want the music to stop. They



did not want to say goodbye. The instant connection between students and their newly formed friends was so powerful. Thank you to The Friendship Circle for providing TCA with this opportunity and students look forward to welcoming them again.

## Israeli Supreme Court Justice Elyakim Rubinstein Visits SAR High School

SAR High School had the honor of welcoming Justice Elyakim Rubinstein to speak with the senior class. Justice Rubenstein has profoundly shaped Israel's history as a diplomat, as attorney general and as vice president of the Supreme Court of Israel. He spoke with the seniors about differences between the American and Israeli legal systems, about the role Jewish law plays in determining Israeli law and about the role of law in ensuring that Israel is both a Jewish and democratic state. SAR was very privileged to have had the opportunity to hear from such an influential figure.



## RYNJ Second Graders Provide Window Into Winter

The RYNJ halls outside Mrs. Blumenthal's 2B2 classroom has been transformed into a winter wonderland. Her students used canvases and oil paints to create magnificent winter scenes. RYNJ students organized their canvases into four sections using geometric shapes to help them create their snowy scenes. Each student received a palate of oil paint colors and variety of



paint brushes and then created their own winter colors. The scenes illustrate what the students enjoy doing during the winter.

## Winter Animals Are Alive in Moriah Nursery

Winter is here! Moriah nursery kids have been learning about ways animals survive in the cold. They talked about bears beginning to increase their food intake in the summer, and continuing into the fall. They eat and eat and eat some more! All this extra food gives them a thick layer of fat under their fur. This fat layer keeps them warm in the winter. The yeladim did an experiment using ice, water and fat (margarine) to demonstrate how fat does this.



Each child put their two hands in the icy water. One hand was put in the water with no covering. The other hand had a "margarine mitten" to wear. The morot explained that margarine is fat. Next, the kids stuck both hands in a bowl of ice water, comparing how they feel. Guess what? The hand wearing the "margarine mitten" stayed warm while the other hand was freezing cold! Fat does keep us warm!

## Why Study Humanities? The Idea School Has an Answer



By Nancy Edelman

What does it mean to be human? Of all the driving questions schools might ask students to grapple with, this is perhaps the most overarching and most important. And it is at the root, both etymological and practically, of the study of the Humanities at The Idea School.

The first unit of study centered around the habits of ancient agrarian civilizations. Those habits created the building blocks of our modern societies. Those habits—storage of surplus food, central authority, state religion, occupational specialization, trade, written language, standing armies, social hierarchy, monumental public architecture and gender inequality—are easily recognizable to students in modern institutions as well as in the civilization we are commanded to create in sefer Bamidbar. As students studied ancient Mesopotamia and other ancient river valley civilizations, they made connections in the beit midrash to the similarities and differences they found in the way Bnei Yisrael were commanded to set up their camp and ultimately their society once they reached the land of Israel. What emerges from this are the elements that link all human beings together, and also might make us ask how much progress we have actually made in refining and improving our institutions.

In exploring the theme of law and justice, students looked at how Greece and Rome made civilization much more complex by creating laws, inventing concepts like democracy and citizenship, and posing philosophical questions about existence. It was the Greek philosopher Protagoras who in essence created the humanities by asserting that "Man is the measure of all things." The Greek play "Antigone" proposes the driving question for the unit: What happens when one's per-

sonal moral responsibility conflicts with one's responsibility as a citizen?" Through the Socratic seminar process, students will explore the play, discuss the issues it raises and as their final project, put Antigone on trial for defying the law of Thebes to bury her traitorous brother. Concurrently, in the beit midrash as part of their Talmud study, they will explore how this question arises in Jewish law. The Talmud, too, reveals how the oral law took our ancient Temple-based religion and made it much more complex and reflective of the range of human experience with the laws of the Torah.

Idea School humanities students will also connect to human experience through their independent reading. Once per trimester, students will read a book of their choice thematically connected to their unit of study. Students chose a biography or autobiography, noting the habits of (mostly) famous people who had distinguished themselves in some way and thinking about their own habits. For their law and justice unit, they are reading a book that poses the same question as Antigone—how do characters in "The Book Thief," "The Hate U Give," "Monster," "The Help" and "All the Light We Cannot See," among others, respond to the challenge of injustice in their "civilized" societies?

By asking questions about human experience—where our habits came from and how we might refine them, whether personal or societal; how we might respond to injustice—we are better able to honor Hillel's directive in Pirkei Avot to "love all creatures." We are better able to use our scientific knowledge to create things that will improve human experience and to ask the ethical questions that might prevent us from using our inventions to harm others. Integrating the study of the humanities helps students make the connections that will make them be more thoughtful members of the Jewish people as well as of the human race.



**SWIM PASS SALE! CALL FOR PRICING.**  
**ENJOY SWIMMING ALL YEAR ROUND!**

**MALE HOURS**  
Sun. 3-6:30pm  
Sun. 10:05-12am  
Tues. 9-12am  
Thurs. 9-12am  
Sat. 8:05-12am  
(Depending on Zman)

**•LIFEGUARDING/CPR**  
**•PRIVATE POOLS**  
**•SWIMMING LESSONS**

**FEMALE HOURS**  
Mon, Wed, Fri. 12:15-2:15pm  
Sun. 9:30-3pm  
Sun. 6:35-10pm  
Mon. 9:30-12am  
Wed. 9-12am  
Sat. 7-8pm

**MONSEYSWIMSCHOOL.COM 845-578-1888** 145 College Rd., Suffern, NY, 10901

## Moriah Middle School Science Classes Are Bustling

There's a lot going on in science classes across all three Moriah middle school grades!

The sixth graders just finished a unit on weathering and erosion, and now they are starting to learn about the rock cycle. They



have been enjoying their analysis of rock samples, and they will be developing their own models of the three different types of rock formations.

The seventh graders created cell analogy projects with the goal of understanding that there are many parts of a cell that all work together to function. For example, a cell is like a country—the nucleus is

the president, the endoplasmic reticulum is the road system, the golgi bodies are like the post office and more! The students developed their analogies, everything from camp to sports teams, and created interactive presentations to share with their classmates. Now they are excited to begin working on their science fair projects!

The eighth graders are getting ready for The Pringles Challenge! The Pringles Challenge requires the students to create the smallest and lightest boxes possible out of thin cardboard that will be able to successfully mail a single Pringle chip while keeping it intact. The students have made their boxes and will be mailing the chips next week to eighth grade students at Yavneh Academy. In turn, Moriah will receive boxes of chips from them. This is Moriah's third year participating in The Pringles Challenge.

## RKYHS Chess Team Continues Undefeated Season



Congratulations to the RKYHS chess team on their win over Frisch 9-5 continuing their undefeated season!

## Liberty Science Center Visits Yeshivat He'Atid



As a continuation of Yeshivat He'Atid's Project-Based Learning partnership with Liberty Science Center, they hosted museum educators for hands-on lessons. Third graders, who have been learning about an-

imal adaptations, were able to see some of their studies up close (cockroaches, spiders and scorpions, oh my!). Fourth graders have been studying electricity and did work with open and closed circuits.

## Ben Porat Yosef Learns Steps of Writing a Sefer Torah



Kitah bet was in for a special treat when a sofer came to BPY to teach them how a Torah is made. After explaining to the students the important job a sofer performs, the sofer gave a demonstration of how a sofer uses quills with ink to write mezuzot, tefillin and sifrei Torah on parchment. The students then used a feather dipped in ink to write their own names on a klaf. They also practiced reading their pesukim for their upcoming mesibat Chumash!



## Ma'ayanot Sophomores Delve Into Chesed



Ma'ayanot sophomores delved into chesed last Thursday with trips to the Ohel Day Hab Center in Brooklyn, the Community Food Bank of New Jersey, Daughters of Miriam and the Kaplen JCC Adult Reach Center. Rabbi Michael Hoenig, mashgiach ruchani at TABC, spoke to the students about "Performing Acts of Chesed with Heart and Soul." The chesed trips were a preamble to the annual sophomore shabbaton, a ruach and Torah-filled weekend held in Edison.



## Yavneh Students Learn About Wassily Kandinsky

Yavneh Academy kindergarten students learned about the art and life of the famous artist Wassily Kandinsky. They learned that Kandinsky's art was created through emotions he felt while listening to music. The children were inspired by his amazing works of art and created their very own oil pastel and watercolor pictures of concentric circles while listening to calming music.



## JKHA Second Graders Run Clothing Drive



After reading the book "The Hundred Dresses," the second graders at JKHA decided that even though they couldn't help Wanda, the main character who was teased for being poor and always wearing the same faded dress, they wanted to try and help people who might be in a similar situation as Wanda. After meeting with Rabbi Kirsch and the high school homeless awareness chug, they decided to hold a clothing drive.

The second graders were thrilled to bring all the many bags of clothes that they collected to Rabbi Kirsch and the members of the homeless awareness chug this week.

Thirty RKYHS students braved the cold to bring the clothing from the second graders to the homeless living on the streets of Newark who were incredibly thankful for the warm jackets, blankets and clothing.



## Bruriah Middle School Hosts Yom Iyun

Bruriah middle-school students and their mothers explored the attitude of gratitude at Bruriah's annual mother-daughter yom iyun. With "iAppreciate" as the theme, daughters and their mothers participated in various activities to reinforce how important each body part is in daily activities. The students performed a stomp and a dance, and the choir performed songs that hold relevance to the day's theme. Each student along with her mother cre-



ated a thank-you bulletin board to bring the concept of gratitude to their homes. June Fooksman, whose daughter Mattie Rose is a seventh grader said, "My daughter and I had such a great time. We are grateful for the program and the lessons learned from being grateful." Words of inspiration from Shuli Fuchs rounded out the day's program, which was sponsored by

Joseph and Molly Rothstein in memory of Lea Laufer Goodman. לאה בת יצחק

## Winter Is Coming to IBECC



With the season of winter coming, the teachers read the book "The Mitten" to the three children. The children then created their own mitten by gluing pom poms onto a giant paper mitten.

## JEC Early Childhood Loves Chalav U'dvash

Twice each week, EC students leave their classrooms and enter Eretz Yisrael! Morah Batsheva Kent, the fantastic Ivrit teacher in the JEC Early Childhood, transports her students to Israel in each lesson. Morah Batsheva's approach uses the "chalav u'dvash" program to teach children Hebrew in a fun and hands on way. Through song, puppetry and kinesthetic learning, the children acquire a love of the Hebrew language.



## JEC High School NTHS Members Lead the Way

JEC's National Technical Honor Society members are leading the technology department with a variety of new initiatives. This week NTHS member junior Zack Ovits and his father, Mordy Ovits, held a cyber security session for JEC students. The boys assembled a local area network and began to learn the basic components of cyber security. The end goal is to allow students to design secure networks and identify weak areas within them. NTHS students, seniors Yishai Mandel and JJ Rosenblum are presenting an in-depth 3D printing course for JEC seventh and eighth graders. This course



will run on Mondays after school and will introduce them to skills in design, slicing and printing. Junior Aryeh Sheinson is hosting a computer building session after school. He will demonstrate how to complete and actual build, as well as selecting components to ensure it meets the needs of the user.

## RKYHS Students Receive Up Close Look at NASA Mars Landing



As part of JKHA/RKYHS faculty member Sri Sundaram's appointment to the national education advisory board of Infiniscope, a collaboration between NASA and the University of Arizona, RKYHS students were invited to participate in a special webinar, in which a NASA planetary scientist discussed the recent Mars (InSight) landing. The RKYHS students were among a very limited number of students and educators around the country to participate.

The discussion was led by Dr. James Bell, a planetary scientist who has been heavily involved in multiple NASA missions to Mars; such as Mars Pathfinder, Mars Exploration Rovers (Spirit and Opportunity), Mars Odyssey Spacecraft, Mars Reconnaissance Orbiter and the Mars Science Laboratory (Curiosity) rover mission. Dr. Bell discussed the mission objectives of the InSight mission and how it relates to what we know and want to know about the red planet.

## Heichal HaTorah Performs Real Time Chesed

Last week, as December 31 approached, generous Teaneck donors sifted through their closets anxious to clean out be-



fore the end of the fiscal year. The bags of clothing that are too tight, too big and just don't fit right quickly piled up in the Yad Leah drop-off site located in a private garage on Rutland Ave. As the donations came in, the front of the garage quickly filled up, leaving no room to fit any more donations. With threatening rainstorms above, the home owners and managers of the site grew concerned that the clothing would be ruined unless they could quickly find a solution.

With one call to Heichal HaTorah, the problem was solved. With the encouragement of Rosh Hayeshiva Rabbi Aryeh Stechler, the talmidim sprang into action. With a little bit of sweat and muscle, the boys, together with Rabbi Shimon Kronenberg, happily moved all the bags knowing that their efforts would enable more giving and chesed in klal Yisrael. They then headed back to the beit midrash to continue their learning.

## JEC Lower School Hour of Code Is 'Unplugged'



On December fifth the JEC Lower School had an Hour of Code. This year, the program was 'unplugged'—the students did not work on computers, rather, they learned how to write simple code to instruct a "robot" how to build a stack of cups. The final project was writing the code to construct a kosher menorah from stacks of cups! What a fantastic program!



## RKYHS Saves Lives With Winter Blood Drive

Students from the RKYHS blood drive committee held their first of two blood drives for the year. Students, teachers, parents, former parents and alumni came to donate blood. In total they collected 42 pints of blood—which equals saving 126 lives!



## RKYHS Freshmen Participate in Program on Achieving Balance

With the school year nearly halfway through and midterms approaching, the RKYHS ninth grade classes participated in a two-part program led by the guidance department and Learning Lab that discussed the many challenges of high school, along with a variety of solutions. Some of these challenges include a more extensive workload, the expectations of high school with respect to standards, the challenges of balancing obligations, both academic and co-curricular and social pressures stemming from being the youngest in a new environment. Time management, planning and organization were discussed as being critical factors in keeping track of school, sports teams and clubs, family events and obligations and a social life with friends. Utilizing planners, Google Classroom, maintaining organization of materials and lockers, were emphasized as being useful tools. Stress reduction techniques were also discussed and students were informed of the incredible support staff that the school has available to help them.



## JEC Hosts Middle School Father-Son Yom Iyun



How amazing it is when parents use their vacation day to learn with their children! The annual JEC yom iyun, which took place last week, was a chance for parents to enjoy nachat while learning with their sons. The day began with davening, after which Rabbi Beer shared a message about tefillah with the parents and students. A hearty breakfast was enjoyed by all, culminating with exciting raffles for which students earned tickets based on their overall conduct during the first semester. Parents then

joined their sons' respective Gemara classes to get a taste of the passionate Torah learning that the boys experience every day. The program concluded with the most inspiring part: Pirkei Avot was divided between the grades as fathers and son learned b'chavrutta. The sounds of Torah emanating from the beit midrash could be heard down the hall. Students then took turns sharing a part of their learning with the entire group, transmitting the values of Torah. The day was enjoyable, educational and inspirational for all.

### Jewish Spelling Bee Answers (puzzle on page 96):

Jewish Answer- SHVIGGER. Here is a list of some common words (Yes, we know there are more words in the dictionary that can work, but these words are the most common)- GEESE, GIVER, GIVERS, GRIEVE, GRIEVER, GRIEVES, GRIEVERS, HIGHER, HIGHS, REGIVE, REGIVER, REGIVERS, REGIVES, REGRESS, REGRESSES, REGRESSIVE, RIGGER, RIGGERS, SIEGE, SIEGER, SIEGERS, SIEGES, SIGHER, SIGHERS, SIGHS, VERGE, VERGES - Questions/comments- email Yoni at koshercrosswords@gmail.com

## Teaneck Doghouse Sportstar of the Week: Sidney Gussen

By JLNJ Sports Desk

The Jewish Link of New Jersey and Teaneck Doghouse would like to recognize 9-year-old Sidney Gussen as this week's Sportstar of the Week. The third grader at Lowell Elementary is coming off of a championship for the AIFL Flag Football second/third grade Eagles. Gussen helped clinch the win by throwing the game winning touchdown pass in overtime. The performance is even more impressive because his mom (and good



luck charm) was not able to attend the game since she was recovering from an operation the week before. Sidney's mother, Shari Gussen told the JLNJ, "He will be so happy to receive this award, he LOVES eating at the Doghouse."

*Sidney, congrats on the championship. Who is your role model and why?*

Tom Brady because he was playing his best games when I first started playing football and it inspired me to play like him.

*Who is your favorite athlete and why?*

Tom Brady, because he's so old but also because he's so good.

*What is your pregame routine?*

Throwing passes and practicing hand-offs.

*What is your earliest sport memory?*

Hitting a baseball off of the tee in my backyard when I was 2 years old.

*What is your weirdest sports memory?*

One time when I was playing football my pants split and ripped open.

*What is your favorite sports memory?*

Throwing the winning touchdown pass to finish the 2018 AIFL Super Bowl with a touchdown in sudden-death overtime.



*What do you like to do when you are not playing football?*

Watching Fortnite videos on YouTube.

*What is the best thing about being a Sportstar?*

It makes me feel good and helps me to know that you should never give up.

The Teaneck Doghouse Sportstar of the Week will receive a \$15 gift at the Teaneck Doghouse. Please send nominees for an upcoming Jewish Link of New Jersey and Teaneck Doghouse Sportstar of the Week to Sports@jewishlinknj.com.

## Frisch Stuns Ramapo With Five-Goal Third Period

By JLNJ Sports Desk

It was a tough week on the schedule for the Cougars; three games in four nights. It started off Thursday night with a 5-3 win over division rival East Side at the Prudential Center's Barnabas Hockey House. Next came the first of back-to-back games against big North Conference teams, Tenafly and Ramapo High Schools.

Frisch took on Tenafly Saturday evening outdoors, under perfect weather conditions at the Englewood Field Club. Although the teams have not played each other in two years, many players were familiar with each other from skating as youth hockey teammates. The teams traded first period goals by Constantinos Raftis for Tenafly and Noah Petak for Frisch. In the second period, the hitting intensified along with Tenafly scoring chances, as Rafitius and Michael Rinaldi scored goals for Tenafly before Petak got

his second with just over a minute left in the second period. Trailing 3-2 going into the third, Frisch got the equalizer on a Jake Fromen power move off an offensive zone faceoff, flipping it past Tenafly goalie Dylan Wikey with 8:45 remaining. Frisch had a chance to win it on the power play with a minute left, but Wikey turned aside several shots he faced to preserve the tie. Sammy Volodarsky had 20 saves for Frisch.

On Sunday night, Frisch took on Ramapo High School, but things did not get off to a great start for the Cougars. Ramapo jumped out to a 3-0 lead as the big Ramapo scorers Pierce Fogerty (two goals) and Kyle Livernois (two assists) did their thing. Frisch then settled down with captain Jakey Zackai delivering some words of encouragement in the locker room between periods, and played much better defensively limiting Ramapo to 15 shots the rest of the way. After a scoreless second period, Ramapo came out hard



and scored 1:53 into the third period with what seemed to be the clincher. However, with 9:41 left in the game Noah Petak caught Ramapo on a line change and sped down the left side of the ice and sharply cut back across beating the goalie to make it 4-1. Sixteen seconds later Jake Fromen took a Petak goalmouth pass to cut the lead to 4-2. Then on a power play, the Cougars moved the puck around nicely with Petak eventually finding Jack Margolius on the far side, 59 seconds later to cut the lead to one. Af-

ter a Ramapo timeout along with a goal-tending change, Frisch kept coming on hard and they were rewarded with another power play. This time, Max Petak got the game tying power play goal on a feed from big brother Noah and Jake Fromen. The Cougars had scored four goals in just 2:40 to come back and tie the game.

Then with 4:09 left, Noah Petak (two goals, two assists) this time—came down the right side of the ice, cut across to his left at almost the goal line and flipped a backhand past the goalie from an incredibly sharp angle to put Frisch ahead 5-4. Sammy Volodarsky (29 saves) shut down two Ramapo attempts with the goalie pulled and the Cougars completed their incredible comeback. Max Petak finished with a goal and an assist, Jake "The Bull" Fromen had a goal and two assists, Jack Margolius had a goal and an assist while Judah Volodarsky and Jack Fischer also had assists.

## MTA Varsity Basketball Lions Extend Winning Streak

By Ikey Gutlove (20)

Following a crucial victory against the top-ranked TABC Storm, the MTA varsity basketball Lions had winning on their minds this week as they aspired to build on their recent success. The Lions' winning streak continued on Wednesday, December 26, when they played against the Kushner Cobras. Although they started out slow, the Lions kept their composure and were able to fight back and force the Kushner Cobras into overtime. During overtime, the Lions displayed their tremendous free throw shooting, going a perfect seven for seven at the line and playing lockdown defense to secure the victory.



Yoni Rothberg  
(CREDIT: MAYER SABO)

Next up, the Lions faced a familiar opponent—the Hillel Heat—on Sunday, December 30. The Lions previously defeated the Heat, which started their winning streak, and they hoped to keep it going.

The Lions came out shooting the lights out, led by senior Yoni Rothberg, who showed his Stephen Curry-esque shooting capabilities in his brand new Curry 5s, draining four of the Lions seven first-half threes. In the second half, the Lions continued their offensive success and it translated on the defensive end of the court, as they held an insurmountable lead. In the final seconds of the game, the Lions unleashed their secret weapon, a talented core of juniors who will lead the team next year. Mendel Hein, Ikey Gutlove, Elie Goldberg and Tzvi Zigelstein teamed up with senior Efraim Greenberg to put the finishing touch on the Lions' victory, with a final score of 57-41. The

Lions have gone from last place in their division to a playoff team in the midst of the past few weeks and hope to continue their success in the remaining four games of the regular season.

## TABC Storm Varsity Hockey Now 9-1

By JLNJ Sports Desk

TABC varsity hockey continued its impressive streak last week, earning wins at MTA and JEC and a home win over Rambam. The varsity Storm now boasts a 9-1 record for the 2018-2019 season. The Storm brought a barrage of offense in each game led by Ben Englander, Akiva Hain, Avraham Gellman, Shlomo Gellman, Yonadav Rimberg, Jake Rothenberg, Eli Schiff and Elli Spinowitz. The impenetrable TABC defense, featuring Joe Baron, ET Dubin, Yechiel Keiser, Natan Rifkind, Ezra Seplovitz and Isaac Shap-



iro, allowed only one goal in three games. Charles Gibber and Avrumi Davis were stellar in goal, denying TABC's opponents scoring opportunities. TABC is proud of the way its student athletes conduct themselves in the classroom and on the court.

## TABC Storm JV Hockey Clinches Playoff Spot

By JLNJ Sports Desk

TABC's Storm JV hockey team overpowered the Rambam Ravens Saturday night, 5-0. The Storm was led on offense by Zachary Levy, Jonah Gerson, Ezra Kopstick and Yosef Fleischman. The defense, featuring Jonah Elzweig in goal, was led by Eli Blu-

menfeld, Baruch Schumkler-Karpov, Tzvi Naor, and Aaron Teitelbaum. The JV team boasts a 6-1 record and this most recent win clinched a playoff spot for the team. TABC JV hockey has made the playoffs an incredible 22 straight years and continues to be a model of excellence on and off the court.

# MGBL Minute



By JLNJ Sports Desk

This past Sunday, marked the kick-off of the tenth season of MGBL boys basketball—and the games did not disappoint. Even though the games were exhibition and did not count in the standings, you would not know that watching the boys swishing and dishing all day. This week's spotlight game takes us to Yeshivat Ben Porat yosef for the final game of the weekend: Wolverines vs Arnold Schoen MD. Arnold Schoen MD got off

to a quick start thanks to a pair of threes from seventh graders Yoni Wilk and Judah Grunstein. The Wolverines answered back with dominant play from Ezra Haselkorn, scoring seven points of his own. When the first quarter came to an end, Arnold Schoen MD was clinging to a 12-9 lead. In the second quarter, the Wolverines got a huge boost from Yosef Warburg, scoring nine of his team high 16 points (including a ¾ court buzzer beater) pulling the two teams to a deadlock at 24 -24. For most

of the third quarter, team Arnold Schoen MD had a hard time getting the ball in the cylinder but the Wolverines had no such issues as Eitan Haselkorn deposited four baskets of his own. Arnold Schoen MD found themselves down 18 points going into the fourth quarter, but would not give up. With Noah Gutlove at the line, Coach/Rabbi Ciment proclaimed "I smell a comeback" as Noah drained the first of two shots from the line. Team Arnold Schoen MD did try to battle back but the deficit was too large.

The excitement is in the air and the competition is sure to kick it up a notch next weekend when the games start to count, as all teams begin their quest for the championship.

All of the boys took home tenth anniversary Kippahs and dry-fit warm-up shirts. Please submit pictures to be featured weekly in this section to Sports@jewishlinknj.com



Coach Haselkorn discusses the importance of spreading the court on offense with the Wolverines team.



Coach Rabbi Ciment discusses the importance of seeing the whole floor with team Arnold Schoen MD.



Referee Alan talks it over with the Malka Abrahams and Akari Therapeutics teams before they tip off the season.



Rafi Suss takes it to the hoop for Team Sharsheret.

## SPORTS STANDINGS

### Metropolitan Yeshiva High School Athletic League MYHSAL

#### Girls Varsity A Basketball Standings

Western Division

| Team     | Wins | Loss | Winning Percentage |
|----------|------|------|--------------------|
| SAR      | 9    | 0    | 1.000              |
| FRISCH   | 8    | 2    | .800               |
| BRURIAH  | 6    | 4    | .600               |
| MAAYANOT | 5    | 4    | .556               |
| HESCHEL  | 4    | 4    | .500               |
| HILLEL   | 3    | 7    | .300               |
| KUSHNER  | 0    | 10   | .000               |

#### Girls Varsity B Volleyball Standings

| Team         | Wins | Loss | Winning Percentage |
|--------------|------|------|--------------------|
| MAGEN DAVID  | 9    | 0    | 1.000              |
| BRURIAH      | 6    | 2    | .750               |
| SKA          | 5    | 4    | .556               |
| MAAYANOT     | 3    | 6    | .333               |
| SHULAMITH-BK | 3    | 7    | .300               |
| SHULAMITH-LI | 1    | 8    | .111               |

#### Girls Varsity B Basketball Standings

| Team           | Wins | Loss | Winning Percentage |
|----------------|------|------|--------------------|
| SKA            | 10   | 1    | .909               |
| BRURIAH        | 7    | 2    | .778               |
| MAGEN DAVID    | 7    | 2    | .778               |
| ILAN           | 5    | 4    | .556               |
| SHULAMITH-LI   | 5    | 5    | .500               |
| SHAARET, Girls | 2    | 8    | .200               |
| MSH            | 1    | 8    | .111               |
| NAALEH         | 0    | 7    | .000               |

#### Girls JV Volleyball Standings

Western Conference

| Team     | Wins | Loss | Winning Percentage |
|----------|------|------|--------------------|
| MAAYANOT | 6    | 0    | 1.000              |
| FRISCH   | 5    | 2    | .714               |
| SAR      | 3    | 2    | .600               |
| BRURIAH  | 2    | 3    | .400               |
| RAMAZ    | 1    | 5    | .167               |
| KUSHNER  | 1    | 6    | .143               |

#### Girls Varsity A Volleyball Standings

Western Conference

| Team        | Wins | Loss | Winning Percentage |
|-------------|------|------|--------------------|
| MAAYANOT    | 6    | 1    | .857               |
| FRISCH      | 7    | 2    | .778               |
| RAMAZ       | 6    | 2    | .750               |
| KUSHNER     | 4    | 4    | .500               |
| SAR         | 2    | 4    | .333               |
| BRURIAH     | 2    | 6    | .250               |
| WESTCHESTER | 0    | 8    | .000               |

#### Girls JV Basketball Standings

Western Division

| Team     | Wins | Loss | Winning Percentage |
|----------|------|------|--------------------|
| MAAYANOT | 7    | 1    | .875               |
| FRISCH   | 6    | 2    | .750               |
| SAR      | 3    | 3    | .500               |
| RAMAZ    | 2    | 6    | .250               |
| BRURIAH  | 2    | 6    | .250               |

#### Boys Varsity Basketball Standings

Western Division

| Team      | Wins | Loss | Winning Percentage |
|-----------|------|------|--------------------|
| HESCHEL   | 7    | 3    | .700               |
| SAR       | 7    | 3    | .700               |
| TABC      | 7    | 3    | .700               |
| FRISCH    | 7    | 3    | .700               |
| MTA       | 5    | 5    | .500               |
| JEC       | 5    | 5    | .500               |
| WATERBURY | 4    | 6    | .400               |
| RAMAZ     | 4    | 7    | .364               |
| KUSHNER   | 4    | 7    | .364               |
| HILLEL    | 3    | 7    | .300               |

#### Boys JV Basketball Standings

Western

| Team        | Wins | Loss | Winning Percentage |
|-------------|------|------|--------------------|
| SAR         | 9    | 1    | .900               |
| FRISCH      | 6    | 1    | .857               |
| MTA         | 6    | 1    | .857               |
| TABC        | 7    | 2    | .778               |
| RAMAZ       | 4    | 4    | .500               |
| JEC         | 4    | 5    | .444               |
| HESCHEL     | 2    | 3    | .400               |
| KUSHNER     | 3    | 6    | .333               |
| HILLEL      | 2    | 6    | .250               |
| WESTCHESTER | 1    | 6    | .143               |
| MAOR        | 0    | 9    | .000               |

#### Boys Varsity Hockey Standings

Western Conference

| Team    | Points | Wins | Loss | OTL | Ties |
|---------|--------|------|------|-----|------|
| FRISCH  | 22     | 11   | 0    | 0   | 0    |
| TABC    | 18     | 9    | 1    | 0   | 0    |
| RAMAZ   | 14     | 7    | 2    | 0   | 0    |
| JEC     | 12     | 6    | 6    | 0   | 0    |
| MTA     | 11     | 5    | 6    | 1   | 0    |
| SAR     | 10     | 4    | 4    | 2   | 0    |
| KUSHNER | 6      | 3    | 5    | 0   | 0    |
| HILLEL  | 0      | 0    | 13   | 0   | 0    |

#### Boys JV Hockey Standings

Western Division

| Team    | Points | Wins | Loss | OTL | Ties |
|---------|--------|------|------|-----|------|
| KUSHNER | 16     | 8    | 0    | 0   | 0    |
| SAR     | 13     | 6    | 2    | 0   | 1    |
| TABC    | 12     | 6    | 1    | 0   | 0    |
| RAMAZ   | 8      | 4    | 3    | 0   | 0    |
| FRISCH  | 7      | 3    | 4    | 0   | 1    |
| MTA     | 4      | 2    | 6    | 0   | 0    |
| JEC     | 0      | 0    | 8    | 0   | 0    |

#### Boys 8th Grade Basketball Standings

Division 1

| Team   | Wins | Loss | Winning Percentage |
|--------|------|------|--------------------|
| Noam   | 7    | 0    | 1.000              |
| RYNJ   | 4    | 2    | .667               |
| SAR    | 2    | 2    | .500               |
| Moriah | 2    | 2    | .500               |
| Yavneh | 1    | 4    | .200               |
| BPY    | 0    | 6    | .000               |

### Y.M.S.S.A YESHIVA MIDDLE SCHOOL SPORTS ASSOCIATION

Division 2

| Team  | Wins | Loss | Winning Percentage |
|-------|------|------|--------------------|
| MDS   | 6    | 2    | .750               |
| Ramaz | 5    | 2    | .714               |
| PEDS  | 2    | 3    | .400               |
| WDS   | 0    | 4    | .000               |
| Ashar | 0    | 4    | .000               |
| BPY   | 0    | 6    | .000               |

Division 3

| Team    | Wins | Loss | Winning Percentage |
|---------|------|------|--------------------|
| JEC     | 8    | 0    | 1.000              |
| Hillel  | 4    | 2    | .667               |
| RPRY    | 3    | 4    | .429               |
| Kushner | 1    | 3    | .250               |
| JFS     | 0    | 5    | .000               |

#### Boys 7th Grade Basketball Standings

| Team   | Wins | Loss | Winning Percentage |
|--------|------|------|--------------------|
| Ramaz  | 4    | 1    | .800               |
| SAR    | 3    | 0    | 1.000              |
| RYNJ   | 3    | 2    | .600               |
| Moriah | 2    | 1    | .667               |
| Yavneh | 2    | 3    | .400               |
| Noam   | 1    | 3    | .250               |
| Hillel | 0    | 5    | .000               |

#### Boys Hockey Standings

| Team                | Wins | Loss | OTL | Ties | Points |
|---------------------|------|------|-----|------|--------|
| RYNJ Jaguars        | 8    | 0    | 0   | 0    | 16     |
| Moriah Mighty Ducks | 7    | 2    | 0   | 0    | 14     |
| Kushner Cobras      | 6    | 1    | 0   | 1    | 13     |
| SAR Sting           | 5    | 3    | 0   | 0    | 10     |
| MDS Mavericks       | 5    | 4    | 0   | 0    | 10     |
| Yavneh Redhawks     | 4    | 2    | 0   | 1    | 9      |
| Noam Knights        | 4    | 2    | 0   | 0    | 8      |
| WDS                 | 3    | 6    | 0   | 0    | 6      |
| Ramaz Rams          | 2    | 5    | 0   | 0    | 4      |
| JEC Thunder         | 1    | 5    | 0   | 0    | 2      |
| Ashar Sharks        | 1    | 6    | 0   | 0    | 2      |
| Hillel              | 0    | 10   | 0   | 0    | 0      |

# Kosherica



**BONAVENTURE  
RESORT & SPA**  
FT LAUDERDALE

**From \$3560**

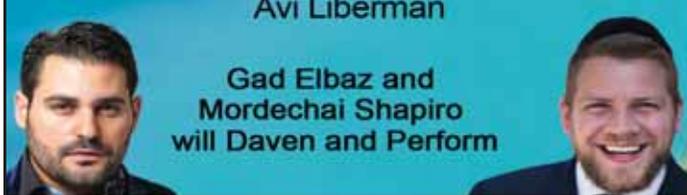
**The Hottest Modern  
Orthodox Program!**

**\$2,000 OFF - YOUR CHILDREN'S ROOM**  
Children 15 and under in their own room

**Entire Hotel is Kosher for Passover**

Catered by Randy Zablo and his  
**Foremost Ram Caterers**  
team and Superstar Chef David Benrey

**Featuring** Dr David Pelcovitz,  
M. Gary Neuman, Dr Mendy Ganchrow  
Rabbi Mordechai Shifman,  
Rabbi Yochanan Zweig,  
Avi Liberman



**Gad Elbaz and  
Mordechai Shapiro  
will Daven and Perform**



**PGA RESORT & SPA**  
PALM BEACH  
GARDENS, FLORIDA

**Entire Hotel is  
Kosher for Passover**

AAA Five Diamond Award

Catered by Randy Zablo and his team  
from **Foremost Ram Caterers**

**Featuring**  
Yaakov Shwekey,  
Rabbi Grossman,  
Rabbi Spiro,  
Rabbi Burg,  
Rabbi Dubov  
& Zusha



## All-Star 2019 Passover Collection

### Our Program Offers:

Seven Star Meals,  
Tea Rooms, BBQ,  
Smoker Specials,  
Chinese, Sushi & More

Incredible Kids Camp and  
Teen Program. Daily Kids  
Shows and Thrilling Kosherica  
Amusement Park

The Best Passover  
Entertainment in the Industry:  
Comedians, Mentalists,  
Magicians, Hypnotists, Casino  
Night and More Surprises

Inspirational Services and  
Beit Midrash

Exceptional Customer Service  
from the time you reserve  
until the end of Pesach

Thought Provoking  
Lectures Services

Stunning Pools, Spas, Golf  
Courses, Tennis Courts,  
Fitness Classes and other  
Exciting Amenities

**1.877.724.5567**  
**305.695.2700**  
**Kosherica.com**

AAA Five Diamond Award



**JW MARRIOTT.**

**DESERT RIDGE  
PHOENIX, AZ**

**Best Arizona Family Resort**

**Featuring**  
Rabbi Steven & Yael Weil,  
Rabbi Blech, Gad Elbaz,  
Rabbi Rowe, MODI and Mio

Incredible Amenities Including  
a Lazy River



**Catered by Nes Events**



AAA Five Diamond Award




**ATLANTIS**  
**PARADISE ISLANDS,  
BAHAMAS**

**One of the Most Magical  
Family Resorts in  
the World!**

Unlimited Waterpark & Aquarium  
Amazing Golf, Pools and Beaches

**Featuring** Mort Klein, Avi Liberman,  
Chaim Kiss, Mio,  
Rabbi Spiro,  
Rabbi Dubov  
Dr. Davidson



## RYNJ Jaguars Unveil Patches in Memory of Rav Dovid Kaminetsky, zt"l



The seventh grade RYNJ Jaguars proudly wearing the patches that memorialize their beloved Rabbi K, before a game where they face Moriah, another local yeshiva on which Rabbi Kaminetsky, zt"l, left an indelible mark.



By JLNJ Sports Desk

There was no bigger fan of the RYNJ boys and the RYNJ Jaguars than Rabbi Dovid Kaminetsky zt"l. He made it his priority to be at every Jaguars game possible. His absence is felt around the halls of RYNJ, but it is also very much felt at all of the RYNJ games. To honor Rabbi K, Jaguars coach Steve Gutlove decided to create patches in his memory for the boys to wear during games. He worked with Jonathan Sklar (a lifelong friend of the Kaminetsky family) at Em-

roidme to make this vision a reality. Coach Gutlove told the Jewish Link of New Jersey, "The patches started as a vision as I was leaving the levaya, but most printers did not want to take on such a small project. I have tremendous hakarat hatov to Jonathan Sklar for making this happen and Rabbi Price for his support of this project."

Coach Gutlove continued, "Nobody exemplified how to be a mensch more than Rabbi K and it is an honor for the boys to wear his initials on their jerseys when on the court."

## JEC Varsity and JV Basketball Squads Combine for Late December Wins

By JLNJ Sports Desk

There was excitement in the air at JEC on Saturday night as the Kushner Cobras came to Elizabeth to battle the JEC Thunder JV, with playoff implications written all over the game.

With hundreds of vocal fans packing the sparkling JEC gym, the two teams started nervously and slowly. JEC's star center, sophomore Ethan Thurm, began the scoring for JEC with a bucket, and under his power umbrella, the Thunder built up an 11-6 lead at the end of the first period.

Thurm got into early foul trouble and in reply, Kushner found its venom in the second quarter, as the Cobras tightened JEC's lead to only four. But when Thurm came back into the game, he immediately displayed his dominance with 12 points in the second period. Thurm was ably assisted by a trey from Josh Krause, and big buckets from Benny Gluck and Jacob Feit, starting his first high school game. With that combo, JEC led at the half 32-21.

It was in the third period that Thurm's domination began to truly manifest itself most dramatically. A series of inside power plays and offensive rebounds, enabled Thurm to score 11 points in the third quarter, while Krause and Feit deflected the ball to Kushner's distraction in the new trapping zone JEC was employing. The end of the third period saw JEC with a 16 point bulge, 46-30.

JEC then took total control. Feit netted a trey, as did PG Dani Hess, and Krause added one of his own. When the final horn sounded JEC had a 67-45 win. JEC played its entire bench, and Thurm had another huuuuge double double finishing with 34 points and 19 rebounds. Hess had eight points and four steals and Krause and Feit each tallied seven points.

JEC JV, with two games remaining, could make the playoffs by winning out.

Moving on to the varsity game, which promised to be a competitive battle between two teams fighting to find a spot

in the six out of 10 team playoff list in the balanced, and highly competitive, yeshiva league west division.

JEC was coming off four straight wins, all over top 10 nationally ranked teams, to earn a top 25 national ranking for the first time in four years. Kushner, in the national discussion all season, had just lost an exciting game to another playoff challenger, MTA, on Wednesday night in overtime. Those teams were evenly matched and by all pre-game accounts. JEC also was evenly matched with Kushner, and another barn-burner was in the offing.

Kushner won the tip, but as would be its pattern all night, JEC stole the ball and captain guard Aharon Heller started the night off with a driving bucket for JEC. From there, the contest in the first period was a roller coaster, as JEC managed a three point lead ending the first quarter, 10-7 Thunder.

Aharon Heller started off the second period with a long trey, to give JEC a 13-7 lead. PF Jake Goldberg followed that bomb with a smooth trey of his one (one of four on the night) and JEC led 16-7.

Kushner scored on a 3 pointer, but Aharon Heller netted yet another trey and JEC built a 19-10 lead.

The Cobras had no die in them, and by the 3:39 mark in the second period, narrowed the JEC lead to five points, 21-17. That pattern continued through the remainder of the second period, and at the half, JEC was clinging to a 26-20 bulge, in what had become anybody's game.

To start the second half, Kushner star center Gabe Plotsker scored on one of his classic turn-around jumpers in the paint, and the score was narrowed to 26-22 JEC. But, that was as close as it got for Kushner. Junior SG Hillel Glick buried a pull up J in the paint, and that was followed by a floater from senior SF Yair Kimmel and yet another Goldberg trey at the 5:48 point. Before you knew it, the JEC lead was back up to 33-22, and Kushner called time out.

➔ CONTINUED ON P. 114

**Bergen County Boys Grades 3-8**

**LEARN LACROSSE WINTER AFTER-SCHOOL CLINICS**

**CL- 18 CHEVRA LACROSSE**

**TO OFFER INTRO TO LACROSSE WITH 4 WEEK AFTER SCHOOL CAMPS.**

**WE SUPPLY ALL THE EQUIPMENT.**

- Camps to Run Weekdays Thursdays or Sunday afternoons 1 hour.
- Dates and Times / Location to Follow for Winter Program

Please register below , we will call you with Start Date in January.  
WWW.CL18LAX.COM

More Information & Costs to Register - Please call 646.334.7754

**CHEVRA LACROSSE**

**2019**

For more information call / text 646.334.7754  
To receive our newsletter of upcoming events:  
Chevalacrosse18@gmail.com  
WWW.CL18LAX.COM

**You want a DJ but your parents want a BAND?**

**Jeff Wilks**

**ORCHESTRA & DJs**

DJ's ★ Bands ★ Motivators ★ Photo Booths

NY (212) 840-5523 | NJ (732) 828-9274

**WEDDING DJ**

Hear your music the way YOU like it!

Add a Bar/Bas Mitzvah Motivator & Receive FREE PHOTO BOOTH!!

## New Jersey Avalanche Are Pee Wee Champions



By JLNJ Sports Desk

This past weekend the New Jersey Avalanche spent a memorable Shabbat together at the Hershey Lodge. The team and their families were able to take part in the tournament and enjoy a special Shabbat. The hotel accommodated them by blocking out a conference room for davening and meals. The team played two games on Friday went back to the hotel and enjoyed a delicious catered Shabbat by Yakov Nahari.

After Shabbat, they resumed play, followed by a BBQ and on to the championship Sunday where they won 5-0 and brought home the cup. The boys were excited and played amazing as a team. The team celebrated the big win at Chickies, their go-to place. Chickies' owner Yitzy was ready for them, and in honor of the big win, gave each player a sandwich with a side order of fries. When asked about the win, the boys looked at each other and said "We win as a team. Each one of us made this happen."

## MTA JV Basketball Lions Win 54-22 Over Hillel

By Donny Book ('22)

On Sunday, December 30, the MTA JV basketball Lions traveled to Deal to play against the Hillel Heat. Coming off a huge win against TABC, the Lions were all fired up, knowing they could easily defeat the Heat. Sophomore starter Yosef Zakon was out sick and sophomore Ben Platovsky stepped in to the starting lineup, where he played with no mistakes. Throughout the first half, both benches were shocked with the Nikola Jokic-like passes from freshman



Dani Wolk. Leading into halftime, the score was 25-3 Lions. Players on the bench took their turn on the court in the second half of the game. Freshman Eli Sheer and sophomore Shai Friedman led the offense, while freshman Gershon Colton and sophomore Akiva Coan pulled boards both on the offensive and defensive glass. The MTA JV Lions came out victorious, with a final score of 54-22. The Lions look forward to their next game against Frisch on Sunday, January 6.

## MTA Varsity Hockey Lions Defeat Hillel Heat

By Ephraim Landa ('19)

On Saturday night, December 29, the MTA varsity hockey Lions made the long trek down to Deal, to face off against the Hillel Heat. The game started off slow, with neither team scoring within the opening minutes. After penalties by both teams created a three on three, senior Daniel Landa shot and scored off a nice faceoff win by senior Ari Rosenberg to take a 1-0 lead. Later on in the period, Daniel Landa scored off of a faceoff win by senior Yaron Kahan. With a few minutes left in



the period, Hillel scored to cut the lead to 2-1 to end the period. In the second period, Daniel Landa completed the hat trick and junior Aaron Borgen scored off a rebound to take a 4-1 lead. Towards the end of the period, Hillel scored again, cutting into MTA's lead and making the score 4-2. In the third period, Daniel Landa scored his fourth goal, with two additional goals scored by Ari Rosenberg and junior Yosef Sullivan. Hillel scored two more goals and the final score was 7-4 MTA. Thanks to junior Andrew Cohen, who stepped in as emergency goalie to help lead MTA to victory.

## 'Jump Into Shape' Expands to Offer Two New Beginner Programs in Teaneck

(Courtesy of Jump Into Shape) Jump Into Shape, one of Bergen County's premier men's fitness programs, has opened registration for two new beginner classes in Teaneck. The classes will be on Wednesdays, from January 30-March 6, at Congregation Beth Aaron and on Thursdays from January 31-March 7, at Congregation Bnai Yeshurun. Classes begin at 8:20 p.m., following the 8:00 p.m. Maariv.

The six-session beginner program, designed and led by Bergenfield's Russell Moskowitz, is for men with no prior jumping experience and covers the four fundamental jump roping skills: bounding, wrist placement and movement, posture and rope movement. Jump Into Shape's 35-minute classes use high intensity interval training (HIIT) and weighted ropes to increase the benefits of jump roping—boosting fat burning, improving cardio and improving mental sharpness.

"Russell is an amazing coach and instructor," said Tzvi G. "He teaches with patience, compassion and care. I never would have imagined that jumping rope could be such a great work out."

"An amazingly fun, full-body workout. Highly recommended for all," said Yossi K.

The cost for the six-session program is \$120. Save 10% when you register by January 15 with coupon code JAN10. Register at [www.jumpintoshape.fun](http://www.jumpintoshape.fun). For more information, contact Russell Moskowitz at [jumpintoshape@icloud.com](mailto:jumpintoshape@icloud.com) or 973-476-7356.



### About Jump Into Shape

Jump Into Shape is a men's jump roping program with a mission to build a healthier guf (body) for our neshama (soul). The program was created by Russell Moskowitz to share the benefits he gained from jumping rope.

When Russell turned 40, he discovered jumping rope as an easy, convenient and cost-effective way to stay in shape and preemptively combat a family history of diabetes and heart problems. Using the Crossrope® weighted jump ropes for 10 minutes a day, three times a week, he lost 14 pounds the first year and then kept off the weight and added muscle mass in the second year. Russell is in the best physical shape of his life. For more information, visit [www.jumpintoshape.fun](http://www.jumpintoshape.fun).

**2019 WINTER LEAGUE**

January 13 - March 17 (No game Jan. 20)

## NFL FLAG FOOTBALL

The Arena (formerly K-Mart)

859 Route 17 South, Paramus, NJ · SUNDAYS ONLY

Games will take place between 12 pm and 4 pm

**6-on-6 Flag Football • Fast Paced  
Non Contact • Boys & Girls • Grades K-8**

Official NFL Flag Football complete with  
Official NFL Jerseys and Flag Belts!

Cost: \$265

Sibling Discounts Available

Register now online at:

[www.aiflag.com/bergencounty](http://www.aiflag.com/bergencounty)

**No Experience Necessary - Beginners Welcome!**

AMERICAN  
INSTRUCTIONAL  
FOOTBALL  
LEAGUE

Follow us on FB at #AIFLNJ77

Affiliated with

SPEED SCHOOL

Call: (201) 417-5729

[www.aiflag.com](http://www.aiflag.com) • [Jeffb@aiflag.org](mailto:Jeffb@aiflag.org)

## CLASSIFIEDS - HELP WANTED

### GAN YAVNEH TEACHERS

Needed for the 2018-2019 school year at Gan Yavneh, Teaneck, NJ:  
Full time head teacher for 2 year olds or  
Part-time teacher (hours from 8 am – 1 pm)  
To express interest, please submit CV to Elana Ochs at office@ganyavneh.org

### SUBSTITUTE TEACHERS

Yavneh Academy is currently looking for ....  
Qualified Substitute teachers for General and Judaic Studies in Early Childhood through grade 8 at  
Yavneh Academy  
155 N. Farview Avenue  
Paramus, New Jersey  
To express interest, please submit CV to Dalia at dalia.golbari@yavnehacademy.org

### CAMP STAFF

Local day camp looking for female head staff member. Beautiful atmosphere, good pay. Please call: 929-213-3633

### DRIVER



Cinch Delivery Co. (scan2ship LLC) is looking for a motivated individual to represent our business in the field as a Cinch Delivery Representative (CDR). Cinch's CDR's are the face of our company who deliver our products and provide our services directly to our customers. As a CDR you will have the opportunity to develop relationships with our customers. We are a fast growing startup with a great entrepreneurial spirit, and will play a role in making Cinch a leading company in our industry.

- You will need to be able to lift 45+ pounds repeatedly throughout the day and deliver our products into the customer's home, wherever they request.
- To be able to work in all kinds of weather while working out on your own with limited supervision.
- You will need a driver's license with a clean driving record
- Driving throughout Bergen and Passaic counties

We are flexible and are looking for CDR's who can commit to any full days or 5 days a week  
Please send resume to info@cinchdelivers.com.

## COMMUNITY CALENDAR

### SUNDAY, JANUARY 6

**Joseph Kushner Hebrew Academy Bracha Fiesta**  
3:30-5:30PM, JKHA, 110 South Orange Ave, Livingston  
JKHA invites current and prospective Early Childhood families to attend this Mexican-themed bracha event!  
For more information, please contact Allison Lyons at allions@jkha.org or 862-437-8050.

### Buying a Home in NY or NJ?

Call today for a HOME INSPECTION  
908-451-3905  
Eli Klugmann  
Best Nest Inspections LLC  
eli@bestnestinspections.com  
11 Swift Ct., Clifton, NJ 07014  
NJ Lic #24GI00163300  
NY Lic #16000094166  
Radon Lic #MET13804

### TUESDAY, JANUARY 8

**Chabad of Teaneck Ladies Event**  
8:00PM, Chabad of Teaneck, 513 Kenwood Pl.  
An evening with acclaimed author Chana Weisberg on the topic 'Soulstorming, Brainstorming and Heartstorming.' Explore the messages and motivations in your life and how to write the script for a more meaningful G-dly life. Dessert buffet.  
Cover: \$25. RSVP: rivkygoldin@gmail.com  
text: 718-344-1211

### WEDNESDAY, JANUARY 9

**Make 'Em Laugh: The Funny Business of America**  
1:30PM, Congregation Ahavath Torah, 240 Broad Ave, Englewood  
The Dor L'Dor Group of Congregation Ahavath Torah will screen excerpts of the film documentary "Make 'Em Laugh: The Funny Business of America" - the hilarious men, women and moments in American entertainment and why they make us laugh. All welcome. Refreshments served. There is no charge for this event, but reservations are requested. Email dorlidor@ahavathtorah.org or call the synagogue at 201-568-1315.

## Late December Wins

CONTINUED FROM P. 112

For the rest of the period, the Cobras and Thunder traded baskets and at the end of the third period, JEC held on to a nine point lead, 41-32.

In the final stanza, JEC went into its classic slow-down mode. The Thunder ex-

tended its defensive zone to take away the easy threes from the Cobras. Kushner, in response, wisely fed the hungry Plotsker on the low block, and he succeeded in scoring inside on a variety of moves, (14 in the second half, six in the fourth period). But JEC was equal to the task and matched Plotsker bucket for bucket, and Kushner could not narrow the lead.

Eventually, Kushner had to resort to fouling JEC to regain the ball. As Plotsker made inside scores for twos, JEC was converting its one and ones and then its bonus twos, to shoot 10-12 from the charity stripe in the fourth period (16-19 for the game).

That accuracy, coupled with a back breaking full court "bingo" score to break the Kushner press and a nifty layup from

senior Jacob Winters, enabled JEC to cruise to a 59-45 win.

For JEC, Aharon Heller had 19 points. Goldberg had 13 points and four treys. Moshe Heller had 10 points, seven rebounds and five assists. Kimmel tallied seven points and Winters added six points.

For Kushner, Plotsker led all scorers with 20 points and 12 rebounds.

You are cordially invited to a Special Networking Event by the



Wednesday, February 6, 2019

Time: 7:00 PM – 9:30 PM

Location: Young Israel of Kew Gardens Hills  
7011 150th St., Flushing, NY 11367

Free Parking available at the YCQ lot



Publisher's Report  
**Yaakov Serle**  
Celebrating the QJL's 7-Year Anniversary and B.J.L.'s 1-Year Anniversary



Words of Welcome  
**Rabbi Dr. Richard Weiss**  
Rabbi of the Young Israel of Hillcrest



Recipient of the Michael Simanowitz Memorial Award  
**Simon "Shimi" Pelman**  
Noted Community Activist and CEO at Union Plaza Care Center



Special Guest Speaker  
**Ambassador Dani Dayan**  
Consul General of Israel in New York



Emcee  
**Yaniv Meirov**  
Director of the CHAZAQ organization

Honoring:



Delicious Buffet Catered by  
**SOY SAUCE**  
GLAZED KOREAN CHINESE TAKE OUT

Special Raffle Drawing



## WOMEN'S

# SHIURIM

| DAY | SPEAKER                 | TOPIC                    | TIME         | LOCATION                                |
|-----|-------------------------|--------------------------|--------------|-----------------------------------------|
| MON | Rebbetzin Leah Kohn     | Bamidba                  | 10-11:15am   | 1510 Jefferson, Teaneck                 |
|     | Rabbi Binyamin Krohn    | Parsha                   | 1:15-2pm     | Contact janethod613@gmail.com           |
| TUE | Rabbi Ephraim Simon     | Parsha                   | 9:45-10:30am | Contact merav@dahaninc.com              |
|     | Rebbetzin Chana Reichma | Parsha                   | 10am         | East Hill Synagogue, Englewood          |
| WED | Mandana Bolou           | Shalom Bayit             | 9:30am       | Contact merav@dahaninc.com              |
|     | Yael Weil               | Parsha                   | 10:30am      | Keter Torah, Teaneck                    |
|     | Rabbi Adler             | Chumas                   | 12:30am      | Rinat Yisrael, Teaneck                  |
|     | Rabbi Yudin             | Sefer HaChinuch          | 1pm          | Congregation Shomrei Torah of Fair Lawn |
|     | Rabbi Adler             | Mishna, Gemara           | 8pm          | Rinat Yisrael, Teaneck                  |
| THU | Yael Weil               | Parsha                   | 8:30pm       | Keter Torah, Teaneck                    |
|     | Rabbi Ephraim Simon     | Tanya                    | 9:15am       | Contact merav@dahaninc.com              |
|     | Chani Juravel           | Change, Making it Happen | 10am         | Ohr HaTorah, Bergenfield                |

TO ADD A SHIUR TO THIS LIST, PLEASE EMAIL  
[EDITOR@JEWISHLINKNJ.COM](mailto:EDITOR@JEWISHLINKNJ.COM)  
SHIUR SCHEDULES ARE SUBJECT TO CHANGE

For more information and reservations, Call 718-880-2622 or email: [QueensJewishLink@gmail.com](mailto:QueensJewishLink@gmail.com). Admission is \$15 in advance and \$20 at the door.

# HOME & LIVING LINK

## OF NEW JERSEY



## My Conversation with Mr. Bob Borrower



By Shmuel Shayowitz

Over the holiday break, I was speaking with a friend about the real estate market. This guy is financially savvy and has an excellent understanding of the economy. He also happens to be in the market to buy his first house. While he didn't have "real time market stats" at his discretion, he made a compelling argument as to why he is in no rush to buy a house at the moment. I told him that he didn't need to "convince me" about softening real estate housing prices, I have been forecasting it for several months.

It's always nice to say, "I told you so" when you can actually send people links of recent articles that I wrote that literally told-you-so. Market data is starting to support my sentiment. CoreLogic, the nation's premier real estate market analysis company has released several statistics pointing to a slowdown in housing and a decline in

home prices. CoreLogic has also lowered their outlook on market prices for 2019.

"A strong economy helps homeowners feel confident about the value of their property," said Frank Martell, president, and CEO of CoreLogic. "If recent declines in the stock market shake consumer confidence in the national economy, we may see homeowners' perception of home value change and a subsequent buyer's market emerge in 2019."

According to a recent CNBC analysis, more than half of the nation's 50 largest housing markets were considered "overvalued," last spring, meaning prices were at least 10 percent higher than their long-term sustainable levels. Last month, that number dropped substantially.

What was interesting about my conversation with "Bob Borrower" was that he had a keen understanding of the economy, rates, and real estate prices, but he wasn't necessarily saying the right things about why he should or shouldn't be buying a house. I think this is a critical point of understanding for both homeowners who are

looking to sell and home buyers who are looking to buy.

The typical home buyer, who I was very much speaking to on new year's, believes that they will "catch a deal" in the spring, after tax season, when homeowners become desperate to sell their house. Many of these home buyers have a misconception that rates are high when they actually hit ten-month lows by 2018 year-end. Many buyers are also looking at 2006-2008 market statistics and anticipating a similar real estate decline.

Sellers are in a sensitive position as they are battling with the winter housing market, and are torn as to whether to wait or weather the storm, pun intended. It might be a catch-22 trying to anticipate the perfect timing of putting a home on the market while gauging a new crop of home buyers in the spring who are different than those who have seen their house previously.

My advice, of course, is to continue to have candid conversations with Bob Borrowers, Realistic Realtors, and Logical Lend-

ers as to the best way to navigate this transitioning market. As we have announced and will continue to publish, Approved Funding is offering many different seminars and workshops that will help buyers and sellers learn more about how they can maximize their financial objectives, despite the changing marketplace.

*A shout out and Happy Birthday to Na'amah Bateman, Shmuel Herman, Jason Jacobs, Marc Rosen, and Tamara Scheinman-Attali.*

Shmuel Shayowitz (NMLS#19871) is President and Chief Lending Officer at Approved Funding, a privately held local mortgage banker and direct lender. Approved Funding is a mortgage company offering competitive interest rates as well as specialty niche programs on all types of Residential and Commercial properties. Shmuel has over 20 years of industry experience including licenses and certifications as certified mortgage underwriter, residential review appraiser, licensed real estate agent, and direct FHA specialized underwriter. He can be reached via email at [Shmuel@approvedfunding.com](mailto:Shmuel@approvedfunding.com)

## Real Estate Spotlight

### Congratulations to our 2018 winners...

Thank you to the thousands of participants that entered! We are looking forward to more contests in 2019!!

*Grand Prize:*

Norbert Strauss

*Gift Card Winners:*

Donny Book, Mordechai Fox, Lisa Gordon, Eytan Kirschenbaum, Irwin Levenbrown, Lyzette Mizrahi, Elisa Posniack, Penina Richman, Yedida Rosenbaum, Ariel Stern

To have your home featured, email [Approved@ApprovedFunding.com](mailto:Approved@ApprovedFunding.com)



To claim your prize email [Contest@ApprovedFunding.com](mailto:Contest@ApprovedFunding.com)

\* For more information and official contest rules visit: [www.approvedfunding.com/spotlight](http://www.approvedfunding.com/spotlight)



LICENSED MORTGAGE BANKER NMLS#5411 • NY/NJ/CT/PA/FL/TX/IL • NATIONWIDE COMMERCIAL LENDER • FHA/VA DIRECT LENDER



## Smart Homes & Security: Weighing the Vulnerabilities and Benefits of a Smart Home

By Efraim & Dvora Vaynman

While smart home technology brings an unprecedented comfort and convenience to millions of homes all over the country, many of us continue to wonder about the security risks introduced by bringing these technologies into our homes. To be very clear, these concerns are completely legitimate, and asking questions—being skeptical—is the best first step you can possibly take to secure your home. By installing internet connected devices such as smart thermostats, smart lights, hubs, locks, A/V systems and more, you are essentially creating additional vectors, additional pathways into your home. And the more pathways, the higher the vulnerability, the higher your exposure. The higher the vulnerability, the greater the potential risk. Or so we might think.

But perhaps our greatest enemy when it comes to securing our homes is a lack of clarity. This fuzziness and uncertainty about security risks creates a frenzy of anxiety and confusion and unfounded rumors. Unfortunately, the true dangers are lost in that frenzy and not given proper attention. So, in an effort to clarify the facts and dispel the myths, the following short series will review *what* the greatest security risks are, *how* those risks can be mitigated,

*who* is at risk and *what* it is that you can do about it. As you read, please note that we value your input. If you feel there is a glaring issue we haven't addressed, let us know so that we can focus on it in future articles!

One of the greatest concerns when it comes to smart homes is "hacking"—today's most misunderstood and overutilized buzzword. Many people believe hackers exploit the vulnerabilities that exist within the victim's actual system, be it a camera or a lock, which may be true in some cases. But there is a far more common and more concerning kind of hacking. In fact, very few hackers actually break the system directly. According to a 2017 Verizon Data Breach Investigations Report, an estimated 81 percent of hacking breaches were the result of weak or stolen passwords. And over 90 percent of breaches were due to phishing attacks, a term you've no doubt heard ad nauseum from your IT guy. Those strange emails from seemingly innocuous sources that turn out to be malicious, or those that look like they are from a friend's email address and contain an attachment—those should be your concern. These attachments can install malicious software on your computer, malware that can then be used to leverage passwords and compromise countless accounts. Some of those emails even directly ask you for your pass-

word. Note: A legitimate company will never ask you to provide passwords or personal information via email. And if you open a link and are directed to a site that asks you for personal information, glance at the URL to make sure you're in the right place. All this to say that hacking has grown much more sophisticated than exploiting vulnerabilities in your systems. The weak link is not your network, it is actually you.

When it comes to your security, we recommend securing the most basic and essential components first. That means secure passwords, two-factor authentication, password-protected WiFi networks, wariness of unusual emails, keeping your computer and other IoT devices updated with the latest security patches and anti-virus software. You should never be providing your password to anything—to anyone. Ever. Be it the password to your email, your bank account, your login for smart devices... Just don't give it to anyone. Don't use easy-to-guess passwords, use different passwords for different websites, update them frequently and be highly suspicious of any emails that request any personal information. And when those annoying pop-ups reminding you to update your computer or phone appear on your screen, do not click "remind me tomorrow" indefinitely. The purpose of those updates

is to patch up newfound vulnerabilities. Meaning that if you do not update, a known vulnerability is still lurking, making you susceptible to malicious attack.

With a smart home, your phone is probably the most important thing to protect. It can control everything from your bathroom light to your burglar alarm to the heating in your baby's room. Your phone is the key to your entire house, so secure it. Use complex password protection (and for crying out loud stop using your birthdate or the word password or your name), encryption, fingerprint locks etc. If your phone is stolen or lost, be prepared to wipe it remotely, change your passwords and touch base with your installer to make sure you've properly secured your smart home.

In next week's installment of Smart Homes & Security, we'll explore another common concern for homeowners considering automation: the physical security of your home. Smart locks, sensors and cameras all introduce new risks... but are those risks greater than those that exist with keys and "old-fashioned" locks? And do the benefits outweigh or mitigate those risks heavily enough to make a smart home worth it? Spoiler alert: They probably do.

Efraim Vaynman owns a home-automation company, Automated Abode, dedicated to making smart homes accessible, affordable and efficient. Contact him at [info@automatedabode.com](mailto:info@automatedabode.com) or 973-619-9915. See his website at [www.automatedabode.com](http://www.automatedabode.com).



Michelle Rosen, Esq.

### ENGLEWOOD OFFICE GRAND OPENING!

Michelle Rosen, Esq. is your premier provider of transactional legal services across New Jersey. Leverage our expertise and experience on your next transaction, whether you are purchasing, selling or refinancing.

- Residential and Commercial Closings
- Property Tax Appeals
- Transfers of Title
- Business Formation
- Residential and Commercial Mortgages
- Lease and Rental Agreements
- Operating Agreements
- Foreclosure Purchases

Offices in Englewood, Passaic, and Newark. Evening hours available.



[Michelle@PropertyLawyerNJ.com](mailto:Michelle@PropertyLawyerNJ.com)



973-963-9613



[www.PropertyLawyerNJ.com](http://www.PropertyLawyerNJ.com)

## Approved Funding Announces Jan. 13 Home Buyer Seminar in Fair Lawn

Approved Funding, a leading privately held local mortgage banker has announced its "Educational Seminars and Workshop" series for 2019. "Approved Funding prides itself on being a community based local mortgage lender that provides 'value' even more than as it provides financing," says Shmuel Shayowitz, President of Approved.

In this regard, the local lender has launched an extensive calendar of informative seminars and workshops helping everyone from beginner first time home buyers, to savvy and experienced real estate owners and investors who want to know the tricks of the trade. These seminars will be held throughout the North Jersey area in tandem with local municipalities, associations, and chambers of commerce.

The first in this series is a community **Home Buyers Seminar** in conjunction with the **Fair Lawn Public Library** special community programming. This seminar will focus on helping home buyers understand the best-fitting and lowest-cost mortgage financing options. The educational presentation is free of charge and will be held on **Sunday, January 13, 2019, from 1:30 to 4:30 pm** at the Fair Lawn Public Library. The event will be hosted by **Sholom Silvestri of Approved Funding** and will include a Real Estate sales associate from **Prominent Properties Sotheby's International Realty**.

Sholom Silvestri is a former associate of Marcus & Millichap Iacono National Retail Group,

one of the nation's largest real estate investment sales, financing, research, and advisory firms. He has an extensive entrepreneurial background, coupled with a Master's degree in Hospitality Asset Management from New York University, and is currently pursuing a secondary Master's degree in Real Estate Finance and Investment at NYU Schack Institute of Real Estate.



There will be an audience Q & A following the presentation and will conclude with private breakout sessions for one-on-one consultations with advisors from Approved Funding. Each meeting is strictly confidential, with no obligation necessary. While there is no cost to attend the seminar, the venue does require advanced registration which can be done online at <https://bccls.libcal.com/event/4945478> or by visiting [www.approvedfunding.com/fairlawnseminar](http://www.approvedfunding.com/fairlawnseminar).

For more information on the Fair Lawn Home Buyers Seminar contact Sholom Silvestri, Mortgage Banker, NMLS 1730931 at (201) 833-0123 or via email at [SSilvestri@approvedfunding.com](mailto:SSilvestri@approvedfunding.com).

Approved Funding NMLS 5411 is a three-decade-old privately held direct mortgage banker offering competitive interest rates and specialty niche programs on all types of Residential and Commercial properties.

### SHOSHANA HALPERT DESIGNS LLC

*Interior Design & Decoration*



Full Service Interior Design Studio  
Extraordinary Design, Exceptional Quality & Service  
**201-417-0519**  
[shdesignsllc@gmail.com](mailto:shdesignsllc@gmail.com) • [shdesignsllc.com](http://shdesignsllc.com)

## TEANECK FOR SALE

### 733 Catalpa Avenue, Teaneck



**OPEN HOUSE 1/6, 1:00 PM - 3:00 PM**

Perfection Plus! Beautiful Sandstone Dutch Colonial. Covered Porch, Living Room, Dining Room, Modern Kitchen open to Vaulted Ceiling Family Room with Fireplace & Deck. 4th Bedroom/Library. Gorgeous Master Suite with Sitting Room. 3 Full, Updated Baths. Finished Basement. 3 Zone Heat + Central A/C. Flowering Gardens.

**\$525,000**

Presented by: **Robert & Rhoda Russo** Broker-Associates Office: (201) 837-8800 Cell: (201) 321-5691  
[rrusso@russorealestate.com](mailto:rrusso@russorealestate.com)



201-837-8800, 800-447-8776  
[www.RussoRealEstate.com](http://www.RussoRealEstate.com)



Download Russo Real Estate's mobile real estate app to get FREE access to all local listings from your smartphone or tablet.  
<http://app.russorealestate.com/>  
or scan QR code on your smartphone or tablet



**KAREN SELIGER**



**296 EDGEWOOD AVE, TEANECK**



**NECHAMA POLAK**



**36 WILBUR RD, BERGENFIELD**

**\$1,075,000 • 5 BEDROOMS • 4.5 BATHS**



**ALON HAIM**



**635 NORFOLK ST, TEANECK**



**ESTHER SHLANGER**



**660 MARTENSE AVE, TEANECK**



**LINDA STAMKER**



**1284 WELLINGTON AVE, TEANECK**

**\$799,000 • 4 BEDROOMS • 2.5 BATHS**



**DEBRA BOTWINICK**



**1679 RIVER RD, TEANECK**

**3 BEDROOMS • 1 BATH • \$2,450/MONTH**



**RUBY KAPLAN**



**1637 BUCKINGHAM ROAD, TEANECK**

**\$849,000 • 98 FT FRONTAGE  
4 BEDROOMS • 3 BATH**



**412 BRIARCLIFF RD, TEANECK**

FEATURED HOMES

Sponsored By



**318 Warwick Ave, Teaneck**

**\$1,610,000**  
**V & N Realty**  
**201-692-3700**

Custom-built Center Hall Colonial beautifully situated on a large property in the prime West Englewood area of Teaneck. The 1st Floor boasts an elegant foyer with a 27-foot vaulted ceiling, Formal Living Room, Banquet Sized Formal Dining Room, large Family Room with built in library. Gourmet Kitchen with custom cabinetry, separate eat in breakfast area with sliding glass doors to deck and private manicured back property. 2nd floor has 5



bedrooms including Master Bedroom Suite with full bath. Additional features include hardwood floors, security system and underground sprinklers. Listed by Roza Chideckel.



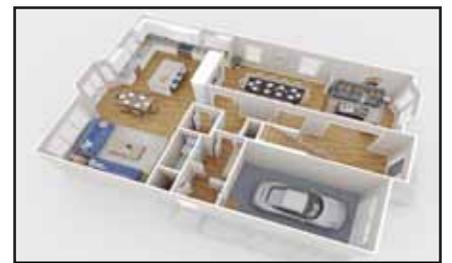
**Office Exclusive - Teaneck**

**NEW CONSTRUCTION |**  
**Country Club Area**  
**6 Bedrooms | 4.5 Bathrooms | \$999,000**  
**WEIN AGENCY REALTORS**  
**201-347-3044 | info@weinagency.com**

This is the best value for brand new construction in Teaneck. With only 60-90 days left until completion, there's still time to select your own cabinets, counters, tiles, and paint colors. A perfectly balanced floor plan with approx. 4,500 sq. ft. of meticulously finished living space (not including garage). Boasting a gorgeous eat-in-kitchen open to a spacious family room, 5 second floor bedrooms all w/ custom fitted closets, 2nd floor laundry



room, attached garage plus mud room, and a finished basement w/ high ceilings. The 156 ft. deep property is fenced-in, flat and substantial. You will love this home...contact us for a private tour today! 3D pictures & floor plans may be subject to minor changes. \*\*\*Active Construction Site - Please do not walk property without confirmed appointment\*\*\* Listed by Edyie Rosenfeld.



**282 Elm Avenue, Teaneck**

**\$449,000**  
**4 Bedrooms, 2 Full Baths**  
**Russo Real Estate**  
**(201) 837-8800**

Charming Dutch Colonial. 75' X 150' Property. Flowering Gardens. Covered Front Porch, Living Room with Fireplace, Formal Dining Room with Built-ins, Gorgeous Vaulted Ceiling Family Room with Skylights open to Granite Island Kitchen. Four (4) 2nd Floor Bedrooms, 2 Full Baths. Huge Walk-up 3rd Floor. EZ to Cedar Lane.



**690 Lucy Ave, Teaneck**

**\$369,900**  
**4 Bed / 2 Bath**  
**Links Residential**  
**201.992.3600**

Four bedroom Cape in a convenient location. Great investment opportunity. Property sold as-is. First floor features a living room, dining room, kitchen, two bedrooms and a full bathroom. The second floor features two bedrooms and a full bathroom. Detached one-car garage. Close to parks, schools, shopping, houses of worship, and public transportation. Listed by Gnesha Shain.



**Featured Rates and Market Insight**

presented by  
**APPROVED FUNDING**  
 LICENSED MORTGAGE BANKERS



**Sholom Silvestri**  
 Mortgage Banker  
 SSilvestri@approvedfunding.com  
 Tel: (201) 833-0123 • NMLS ID: 1730931

\*Mortgage rates are based on weekly FreddieMac mortgage market survey and subject to rates, terms, details as described at <http://www.freddie.com/pmms>. Mortgage Rates offered by Approved Funding have historically been below these averages on a weekly basis. Contact Approved Funding for more information. Rates as of 12/28/18.



**Average Credit Card Interest Rates**  
**16.14%**



**Average 5/1 ARM\* Mortgage Rate**  
**3.77%**



**Average 30yr Fixed\* Mortgage Rate**  
**4.45%**



**Average 15yr Fixed\* Mortgage Rate**  
**3.91%**



**Current FOMC Influenced "Prime Rate"**  
**5.50%**

# Water-Saving New Year's Resolutions

(StatePoint) It's that time of year to start setting New Year's resolutions: work out more; get a new job; save money. While these are admirable goals, have you considered how your resolutions might make a bigger impact?

Protecting our water is one of the biggest challenges facing the planet, but many of us don't realize how much water flows through our lives every day. According to the EPA, the average US household wastes nearly 10,000 gallons of water each year – roughly enough to fill a residential-sized swimming pool. Talk about a reality check.

This year, resolve to care for our most precious resource with a few simple eco-conscious tricks and swaps that will reduce water waste and keep our water clean – not to mention help out your wallet, too.

- **Implement meatless Mondays:** A single pound of beef requires more than 1,800 gallons of water to produce, compared to tofu, which only takes approximately 300 gallons, according to the Water Footprint Network. So, once a week, plan a meat alternative for a meal or hit up your hipster, foodie friend and go to a vegan restaurant (they're all the rage right now).

- **Reuse excess water:** Your leftover cooking water is liquid gold. Save water remaining from boiling pasta and steaming vegetables and recycle it by nourishing your houseplants or outdoor garden with the

surplus. Plus, your plants will love the extra nutrients.

- **Replace your showerhead:** A great way to conserve water is by installing a low-flow showerhead. With an Eco-Performance showerhead, like the Velocity rain-shower showerhead from Moen, you can conserve water and still have plenty of pressure to lather, rinse and repeat.

- **Invest in a reusable water bottle:** Whether you're chugging water after SoulCycle or casually sipping throughout the day, reusable water bottles are convenient and eco-friendly. With the growing problem of plastic pollution in our water supply (see ya, straws!), utilizing a reusable water bottle can make a big difference, with the possibility to save an average of 156 plastic bottles each year, according to EarthDay.org.

- **Try a waterless facial cleanser:** The secret is out: rinse-free cleansers are taking over. These detergent-free liquids will purify skin of dirt, oil and makeup. Simply apply a few drops to a cotton pad, swipe it across your skin and you're done. These cleansers will get your complexion squeaky clean – no water necessary.

As you pledge to improve yourself in the year ahead, these great water-saving ideas can help you be more conscientious when it comes to protecting this limited resource – and will ensure you'll get a hearty pat-on-the-back from Mother Earth.



**LINKS**  
RESIDENTIAL



**1193 E LAURELTON PKWY, TEANECK**

5 3 639K

LISTED BY NINA EIZIKOVITZ

**JUST LISTED**



**31 RECTOR CT, BERGENFIELD**

4 2 469K

LISTED BY ZEEVYAH BENOFF



**535 STANDISH RD, TEANECK**

3 2.5 449K

LISTED BY MICHELLE WASSERLAUF



**690 LUCY AVE, TEANECK**

4 2 369.9K

LISTED BY GNESHA SHAIN

201.992.3600

LINKSNJ.COM

## Commercial Real Estate Division



**700 sq. ft retail**  
Highland Park, NJ



**33,000 sq. ft. warehouse**  
South River, NJ



**6 unit apartment building**  
Perth Amboy, NJ



**Professional office**  
East Brunswick, NJ



**Legendary Realty, LLC**  
197 Route 18, Suite 3000, East Brunswick, NJ 08816  
Phone: 732-659-9688



### NEW AGENT ALERT



ROMY OUZIEL  
917 - 922 - 9348  
ROMY@WEINAGENCY.COM

Honored and privileged to introduce Romy Ouziel as the newest agent to join the Wein Agency. Romy's ambition, composure, and sense of humor will make her a household name and top notch Realtor in no time. She will focus on your needs, negotiate the best deal, and advocate for you from start to finish. Contact Romy for a most personal experience with professional results!

### WEIN AGENCY REALTORS

811 Queen Anne Road, Teaneck  
201 - 347 - 3044 | info@weinagency.com  
www.weinagency.com

|                                                                                   | Address                     | Price     | Description                                                                                                                                                                                                                                                                                                                   | Time              | Agent                                                                               | Contact        |
|-----------------------------------------------------------------------------------|-----------------------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-------------------------------------------------------------------------------------|----------------|
|  | 733 Catalpa Avenue, Teaneck | \$525,000 | Perfection Plus! Beautiful Sandstone Dutch Colonial. Covered Porch, Living Room, Dining Room, Modern Kitchen open to Vaulted Ceiling Family Room with Fireplace & Deck. 4th Bedroom/Library. Gorgeous Master Suite with Sitting Room. 3 Full, Updated Baths. Finished Basement. 3 Zone Heat + Central A/C. Flowering Gardens. | 1:00 PM – 3:00 PM |  | (201) 837-8800 |



**WE CAN HELP WITH COMMERCIAL LOAN NEEDS!**

**JASON BERG**  
Vice President of Sales  
NMLS# 220661

**(201) 343-6100**  
Email: jberg@fam1fund.com  
Web: jberg.fam1fund.com



## Goodbye Spring Cleaning, Hello Winter Refresh

Four home improvement updates to take your home from drab to fab.

(BPT) Every year, homeowners anxiously await spring to refresh and reset their homes. But what if we capitalized on all the time spent indoors during winter to take control of home improvements ahead of time instead? With a little thoughtful planning, you'll not only be able to give your space a simple face lift but also enjoy spring when it comes around and be outside, soaking up the weather!

Many homeowners agree that the colder months are the perfect time to cross home improvement projects off the list, feeling more motivated to work on them during this time of year, according to a new survey (online survey conducted in September, 2018, of 1,000 U.S. homeowners, ages 18+, in partnership with Lucid, on behalf of Maytag). A whopping 78 percent of homeowners plan to make some type of home improvement in the next three to six months and young homeowners are even more motivated, with 87 percent of millennials planning to give their spaces some tender loving care during the same time frame.

### Simple Updates With Big Impact

Enhancing your home's value and functionality does not require a full-blown remodel. Strategic updates can make a sig-



nificant impact and can be completed in just a few days. Consider these smart, no sweat home updates while staying cozy indoors.

**Upgrade appliances:** Dated appliances can steal from a space's potential; a simple swap can completely transform the aesthetic of a room, taking it from vintage to polished in a snap. Thanks to Maytag, you don't have to sacrifice function for style. Whether you're partial to French door or side-by-side refrigerators, front load or top load washers, explore sleek

options at [www.maytag.com](http://www.maytag.com). With a few thoughtful changes, you have the power to turn your home into the space you've always dreamed of.

**Declutter:** While you may not be ready to jump on the minimalist band wagon, be inspired by the movement and remove unnecessary items from your home. Donate or sell trinkets and gadgets you don't use and focus on organizing what's left. Consider storage solutions like closet organizers and kitchen pull-outs that make organization seamless. There's no greater joy than coming home to a clean, tidy and truly clutter-free space.

**Fresh paint:** A fresh coat of paint is an affordable update for any room, and with a little elbow grease, you can easily complete this project in a weekend. Whether you paint all the walls in your bedroom or just one to create a focal wall, you can customize this project to your personal tastes and preferences. While you're at it, why not paint the ceiling too? A fresh coat of white paint can instantly elevate a space by better reflecting light.



**Replace hardware:** The kitchen and bathrooms are typically the most frequented rooms in a home. The hardware in these spaces might seem like an afterthought, but if you want to add a little pizzazz with minimal effort, focus here. Styles go in and out of fashion and hardware becomes drab with everyday wear and tear. Replace knobs, handles and hooks with a new look that reflects your personality. Brushed metals have maintained popularity, and brass is poised to make a comeback. Other materials like wood and glass are popular for hardware, too.

Whether you love it or can't get through it quickly enough, winter is a perfect time to take on home improvements that are simple and achievable; about three in four



homeowners would rather complete home renovations during the fall and winter so they can travel in the spring and summer. With these handy tips, you have the knowledge and power to rejuvenate your home and make this winter a productive one. Update now, so you can relax later!



# Ramat Givat Zeev Is Expanding and Now Features 40 Additional Housing Units

(Courtesy of Ramat Givat Zeev) The finest neighborhood built in the last decade for new immigrants is expanding.

Construction of two additional buildings, containing 40 new housing units, has been approved and, when at full capacity, will now be able to house 500 families.

The neighborhood of Ramat Givat Zeev, where hundreds of families have already settled, enjoys the highest living standards in Israel and beyond: beautiful parks, tennis courts, sports venues and mikvahs here are some of the most luxurious in the country. Moreover, new schools are being set up

in the neighborhood by the Ministry of Education with a huge budget of over 25 million shekels.

More than 400 housing units have already been sold, half of them to families from the United States. The Givat Zeev neighborhood has fulfilled their dreams and enabled them to make aliyah thanks to the convenient conditions provided by the

Kass Group, which has experience working with residents from the Five Towns, Monsey and Los Angeles communities.

Many new residents were pleasantly surprised by the high level of the neighborhood's buildings and amenities, as well as by the special connection and warm atmosphere shared by the new community that is Ramat Givat Zeev.





**Jimmy CLEVELAND**  
Plumbing, Heating, & Air Conditioning Inc  
**201-262-7227**

**OIL TO GAS CONVERSIONS  
SEWER & DRAIN CLEANING  
COMPLETE KITCHEN & BATH REMODELING  
BOILERS & HOT WATER HEATERS SERVICED & INSTALLED  
AIR CONDITION**

Residential • Commercial **EMERGENCY SERVICE**  
Master Plumber Lic #12319 Insured & Bonded

## BLIND & DRAPERY CLEANING AND REPAIR

ON-SITE

WE CAN CLEAN YOUR WINDOW TREATMENTS RIGHT IN YOUR HOME




- ▶ Silhouette
- ▶ Luminette
- ▶ Austrian Shades
- ▶ Pleated Shades
- ▶ Balloon Shades
- ▶ Vertical Blinds
- ▶ Custom Drapery
- ▶ Upholstered Walls
- ▶ Headboards
- ▶ Mattress Cleaning

718-871-3772

We also offer spray application for fabric protectant.



RESIDENTIAL & COMMERCIAL

WE CLEAN OUT:  
Basements • Attics • Garages  
Fire Damage • Construction Debris  
Hoarding Specialists

WE RECYCLE AND DONATE

Call today for a FREE estimate

201-661-4940

We Do Not Transport Solid Or Hazardous Waste

## YOUR NEIGHBOR WITH TOOLS

### Home Improvements & Handyman

- Shomer Shabbat
- Free Estimates
- Over 20 Years Experience

ADAM | 201-675-0816

NJ Lic #13VH05023300

amark2@hotmail.com | yourneighborwithtools

Get an amazingly low rate before it's too late!

30 -YEAR FIXED RATE AT 4.25% / 4.276% APR\*

guaranteed Rate

PRESIDENT'S CLUB



**Shimi Globman**  
VP of Mortgage Lending  
Let's get started  
(201) 591-1170  
ShimiG@rate.com  
Rate.com/ShimiGlobman

\*Sample monthly principal and interest (P&I) payment of \$2755 is based on a purchase price of \$700,000, down payment of 20%, 30-year fixed rate mortgage and rate of 4.25%/4.276% APR (annual percentage rate). Advertised rates and APR effective as of 12/18/2018 and are subject to change. Above scenario assumes a first lien position, 760 FICO score, 30-day rate lock, based on a single family home New Jersey and is subject to change without notice. Subject to underwriting guidelines and applicant's credit profile. Sample payment does not include taxes, insurance or assessments so actual payment obligation will be greater. Not all applicants will be approved. Applicant's interest rate will depend upon the specific characteristics of applicant's loan transaction, credit profile and other criteria. Contact Guaranteed Rate for more information and up-to-date rates.

EQUAL HOUSING LENDER 141 Ayers Court, Suite 2C • Teaneck, NJ 07666 • NMLS ID:29708 NJ - 0801788 - Licensed • NMLS ID 2611 (Nationwide Mortgage Licensing System, www.nmlsconsumeraccess.org) • NJ - Licensed in NJ: Licensed Mortgage Banker - NJ Department of Banking & Insurance



# South Florida Trends

A column by Leon Weinschneider

Trends • The Best Buildings • Realtors • Restaurants • Shuls • Shabbos Elevators  
Contractors • Interior Designers • Classified Advertising • Doctors • Caterers • Attorneys • Beauty Salons • Financial Advisors  
Servicing: Miami Beach | Bal Harbour: Surfside | Sunny Isles Beach | Hollywood | Boca Raton

To advertise, contact Moshe Kinderlehrer • (201) 366-9102 • advertising@jewishlinknj.com  
To contact Leon about column ideas, email him at: Leon@LeonSells.com or call at: (305) 812-1090

## The Carriage House Luxury Condominiums: From a Time of Luxury and Opulence

By Leon Weinschneider

Located between South Beach and Bal Harbour, back in the day, the Carriage House Luxury Condominiums was the place to see and be seen.

Built in 1967 with just over 400 condominiums and 17 stories tall, what really sets The Carriage House apart are the expansive building amenities. The Fitness Center has incredible Direct Ocean Front views and is a pleasure to work out in! For the athletes in the family, there are two indoor racquetball courts along with two waterfront outdoor tennis courts. If yachting is your passion, the building has a private marina. The slips are privately owned and available for purchase upon availability. Or, if you have a friend who has a yacht, just have him "stop by around dinnertime to pick you up!"

One of the things I really like is the building's private commercial section. With such services as a sushi restaurant, beauty salon,

convenience store, tailor and dry cleaner, you never have to step off the premises! Besides, you don't want to cut into your time at the beach!

The building is really in tune with the Jewish needs of its Orthodox residents, offering everything from a Sabbath elevator to the full-time Keter Abraham Synagogue that was custom-built by Sonny Kahn. Sonny Kahn and Russell Galbut are the world-famous mega developer team known throughout the world as the owners/operators of Crescent Heights.

I have known Russell Galbut for over 35 years. When my wife and I first moved to Miami Beach before going on to Mexico, we met a charming couple in shul—Captain Hyman & Bessie Galbut. Not really knowing anyone, I guess it is just our nature, we invited them over for Shabbos lunch. It wasn't planned; there was no agenda.

As it turned out, Captain Hyman & Bessie Galbut were the parents of Robert, David, Alby

and Russell Galbut. From then on, we became close with the entire Galbut family, till this day.

Russell and Sonny have been featured in Forbes Magazine and The Real Deal as one of the top movers and shakers in Miami Beach and around the country! Today, they can be found leading some of the newest, most creative developments around the world—Chicago, New York and even Hong Kong, just to name a few!

As for the units in this building, besides some of the units having unbelievable terraces, the maintenance costs are very low. With an average maintenance cost of .52/sf, what's remarkable is that it includes electricity!

But wait—there's more! The building is now completing the last stages of a \$20m renovation. Some of the main items included in this major renovation are the pool deck, hurricane windows, balconies, lobby and fitness center.

When one enters The Carriage House Luxury Condominiums one is immediately trans-



ported to a different time era. I'm talking about a time when big was better. The lobby is immense, spectacular and outright gorgeous! With sparkling marble floors and architectural columns and a glass cascading staircase that one can take to the upper mezzanine and fitness center, the feeling one gets when entering the lobby is nothing short of inspiring. One feels as though one is walking into a five-star diamond hotel lobby.

You have arrived. Leave your cares behind. Now is your time to relax, unwind and enjoy.

Welcome to paradise!

Leon Weinschneider is a licensed real estate broker with OptiMar International Realty in South Florida.

### Direct Ocean Front Miami Beach Pent-House



2,600/sf, Ceiling = 9.5', Terrace = 56'x25'  
Maintenance = \$1,400/mo & Includes AC, Electricity & Water!  
Sabbath Elevator & Shul

# \$1,550,000

## Leon Weinschneider

"007 - Licensed To Sell"

"The Most Trusted Real Estate Agent  
In South Florida"

Leon@LeonSells.com

# (305) 812-1090



OptiMar Intl Rlty  
Bal Harbour | Surfside | Miami Beach | Hollywood | Boca Raton



TIVUCH SHELLY  
Real Estate Marketing in Israel

### ISRAEL HOMEBUYER SEMINAR Exciting NEW Properties in Israel



Gabay, Tel Aviv

The Best investment  
of the year!



Nofim Gardens, Modi'in

Low, spacious, high-rise  
buildings



Ha Neviim, Jerusalem

Great location.  
Even better prices!



Arnona, Jerusalem

Occupancy between  
3 months to 1 year



Sderot

110 apartments in  
boutique buildings

DATE: January 13, 2019

LOCATION: SAMMY'S BAGELS, Teaneck

TIME: 7:00PM

For a private meetings contact Shelly Levine:  
(NY) 646-704-1185 \* (ISR) +972 2 5662499  
shellylevine2000@yahoo.com



FOR OVER THREE DECADES MANY OF YOU HAVE COME TO TRUST APPROVED FUNDING FOR ALL OF YOUR MORTGAGE NEEDS. APPROVED FUNDING BEGAN ITS HUMBLE BEGINNINGS AS A LOCAL MORTGAGE ORIGINATOR THAT FOCUSED ON CLIENT ADVOCACY TO MAXIMIZE FINANCING FOR OUR NEIGHBORS AND

OUR VAST LENDING PARAMETERS HELPS US APPROVE MORE APPLICANTS, AND AT A HIGHER AND MORE CONSISTENT PERCENTAGE THAN OUR COMPETITORS. YET, WE WANT TO DO EVEN MORE FOR OUR PATRONS AND SUPPORTERS. IN THAT REGARD, WE HAVE A VERY EXCITING ANNOUNCEMENT THAT WE WOULD LIKE TO SHARE WITH OUR FRIENDS AND NEIGHBORS. TO BE THE FIRST TO FIND OUT, VISIT [WWW.APPROVEDFUNDING.COM/BG](http://WWW.APPROVEDFUNDING.COM/BG)

TO HELP EXISTING HOMEOWNERS BETTER THEIR FINANCING OPTIONS AND SAVE THEM EVEN MORE MONEY WHILE MINIMIZING FINANCIAL EXPENSES, WE PRIDE OURSELVES ON BEING A PIONEER IN DELIVERING COMMON SENSE LOAN DECISIONS, AND CONTINUALLY OFFERING A MYRIAD OF DIVERSE NICHE PRODUCTS. FRIENDS, OUR CLIENT CENTRIC FOCUS HAS FACILITATED OUR ABILITY TO FINANCE BILLIONS OF DOLLARS IN MORTGAGES FOR THOUSANDS OF CLIENTS OVER THIRTY YEARS, OFTEN SERVING SEVERAL GENERATIONS OF CUSTOMERS AND THEIR FAMILIES. WE CONTINUOUSLY SEEK NEW AND INNOVATIVE WAYS TO HELP EVEN MORE PEOPLE BUY THEIR DREAM HOMES AT AFFORDABLE RATES AND TERMS. WE ARE CONTINUOUSLY LOOKING FOR MORE WAYS

SNOWHERE CAN  
WE BE BEAT

# Cedar MARKET

QUALITY, SERVICE,  
SELECTION, AND PRICE!

FINE FOODS. GREAT SAVINGS.