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at YU's Annual  
Hanukkah Dinner

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W E S T C H E S T E R

# Jewish Life

December 2009 — Kislev-Tevet 5770 Volume 14, Issue 11

## Area Synagogues Plan Chanukah Festivities

By Lorraine Thomas Sherman

Reflected in the anticipatory glow of children's eyes, colorful candles announce Chanukah's approach, as Westchester synagogues plan to celebrate.

On December 11th, Rabbi Barry Kenter and Cantor Amy Kanarek lead songs and blessings at Greenburgh Hebrew Center, Dobbs Ferry, prior to an early dinner, 5:15 PM, for families with young children, followed by 6:30 PM Shabbat service and the 7:30 PM congregational dinner.

"Each table has a Chanukah 'theme,'—Glittering Gelt, Luscious Latkes, Magnificent Menorahs, Mighty Macabees," explained Robin Rosenberg, Membership Vice President. Chanukah decorations adorn tables for a traditional Shabbat Chanukah dinner. Sparkling wine glasses add to the festivity, "with friends, new and old, meeting--wine and conversation flow."



Menorah contest at Temple Shaaray Tefila of Westchester in Bedford Corners

Everyone wins chocolate gelt at the Jewish Trivia Contest run by Rabbi Kenter, Casual dress for the Bluejeans Shabbat,

draws people. "It's like being back in college," quipped Rabbi Kenter.

Candles burn brightly at the Jewish

Community Center of Harrison, where a ventriloquist will entertain families expected at the December 6th pre-Chanukah event, reported Judy Weinberg, Educational Director. Candle lighting ceremonies by Hebrew School children begin December 13th.

At Congregation Kol Ami, White Plains, "We are building the worlds' tallest Lego Menorah," said Ilene Miller, Program Manager. With 200 people involved, "it should take about two hours to complete...a lot of Legos! It's interactive; kids and parents work together."

Rabbi Ely J. Rosenzweig, Congregation Anshe Sholom, New Rochelle, enthused about their Chanukah Carnival Saturday, December 5th, 7:30 PM.

"Featured will be a homegrown live band, The Draycups, open to the community," admission \$15.00; \$18.00 at door. The

(continued on page 13)

## Asaf Selinger Describes Israel's 61 Years of Progress and Contributions

By Stephen E. Lipken

Asaf Selinger, the Information Officer from the office of Consulate General of Israel in New York assured those attending the Reaching Out consortium at Bet Torah, Mount Kisco on Tuesday, November 10, that Iran's nuclear threat will not deter Israel from making valuable contributions to the world.

Sponsored by Westchester Jewish Community Services (WJCS) Partners in Caring, Selinger, 30 pointed out that Israel has not seen rain in six years. "Yet that is a blessing," Selinger asserted. "It has led to big desalination programs (removing salt from seawater) and Israelis are roaming Africa, teaching drip irrigation techniques."

Residents from Mount Kisco and outlying communities participated in a brief question and answer session, conducted by WJCS Jewish Life Educator Susan Kronish.

Selinger was asked whether it was safe to travel to Israel. "Can you survive Israel?" Selinger replied. "I hope your heart can stand it. The food is excellent. The weather is beautiful. It takes your breath away."

Selinger added that thanks to negotiations with Ehud Olmert and Tzipi Livni, the West Bank is gradually stabilizing. Shopping malls were constructed in Nabulus and Jenin and there was an uprising, "not against



Left to right: Susan Kronish, Asaf Selinger and Rabbi Aaron Brusso.

Israel but against police officers in West Bank handing out traffic tickets. Qatar financed a cell phone system and 45 check

points have been removed."

"There is a partnership between Maale Gilboa, a consortium of 20 kibbutzim and Jennin, working together to bring in tours, trade groups and advice on how to yield better crops.

"Egypt and Jordan are terrified of a nuclear Iran. We are not singing solo. We are joined by Western countries. In fact, Egypt, Jordan and the United Arab Emirate, not necessarily friends of Israel join us in opposing Iran's coming nuclear power."

Addressing the controversial September 15 Richard Goldstone Report, initiated by the United Nations Human Rights Commission (UNHRC), Selinger stressed that the document accuses Israel of "war crimes."

"Both sides were blamed," Selinger noted. "We could show on You Tube that Hamas doesn't wear uniforms and shoots at

(continued on page 13)

Covering All of Westchester County, NY for Over 14 Years!

# JCC on the Hudson Presents New Dual Program

By Lorraine Thomas Sherman

Affecting every aspect of life, the current financial situation has many synagogues struggling to recruit new members with young children. Membership costs and fees have become prohibitive for families suffering job loss or salary cuts due to the recession.

To cope with the problem, the JCC on the Hudson's new Gateway program combines Jewish background with social and recreational possibilities. JCC Public Relations Director Susan Feist, reports, "We have been cooperating with temples in the Rivertown area, basically, for families with children younger than seven, offering JCC membership." This entitles family participation in activities and events, and covers synagogue membership in Temple Beth Abraham, Tarrytown (oldest child in first grade or younger) or Woodlands Community Temple, White Plains (oldest in second grade or younger), at the discounted price of \$900.

The concept had been discussed previously, noted Executive Director Frank Hassid, "but the financial times have made everybody rethink expenses. Whatever was not on the table before is now. The reality is there is a high cost of living Jewishly in Westchester."

By engaging youngsters at an earlier age than traditional Hebrew School years through more affordable membership, and recognizing that social/recreational as well as spiritual needs exist, the JCC and the temples help provide the combination.

"So far, ten families have jumped on board," said Hassid. "We are very excited. In the long term it may open doors to more extensive collaboration between institutions.

"Nothing succeeds like success...the idea that you can come to the table and find partners.

"My hope is that if we are lucky and it works out, we can find another way to change or modify the dues structure so it's not a kind of obstacle."

Feedback from other communities supports Hassid's belief that they are onto "something a little different from what people are accustomed to hear. We hope it will be replicated...to insure propagation of Jewish values from an early age."

Vice President of Member Services at Temple Beth Abraham, Sherri Heller, said, "It's



a great idea to get families with younger children affiliated; often, cost kept them away."

At Woodlands Community Temple, Financial Secretary Michael Winkleman explained, "A lot of temples across the country have been talking about ways to cooperate with other temples. We had considered the question of a nursery school, but do not have the correct facilities. We work with the JCC."

Dual JCC/ Temple membership entitles the family to

High Holiday seats, religious school and pastoral services. Temple membership dues run over \$3,000 annually--this program is a boon.

After moving to Westchester last winter, Miriam and Dan Kerness and two sons, 4 and 6, sought a synagogue. "I heard about the Gateway," said Miriam, "went to Woodlands, and loved it. We joined, and are thrilled to be members and to use the JCC services. The synagogue is a joyous place, and we look forward to becoming more and more involved, and appreciate the joint program." Membership in the JCC includes class and event discounts, Early Childhood Program, after school care, a Fitness Center, free lectures, workshops, recitals, music lessons, day camps, and special needs programming.

JCC on the Hudson - (914) 366-7898 - Lois Green; Temple Beth Abraham (914) 631-1770 - Sherri Heller; Woodlands Community Temple (914) 592-7070 - Andrea Olstein.

## Rabbi Jacobs to Receive Rabbi Israel and Libby Mowshowitz Award

Rabbi Richard Jacobs, Scarsdale resident and Senior Rabbi of Westchester Reform Temple (WRT), will receive the Rabbi Israel and Libby Mowshowitz Award from the New York Board of Rabbis' on December 14, 2009. The annual award recognizes a rabbi who excels in public service and whose work transcends congregational ministry serving both Jews and non Jews inclusively and ecumenically. The award ceremony for Rabbi Jacobs will take place at Westchester Reform Temple, 225 Mamaroneck Road, Scarsdale, at 8:00 PM.

"Rabbi Jacobs is a spiritual and creative person," said WRT President Lisa Messinger. "His quest for Tikkun Olam (repair of the world) has been an inspirational hallmark of his work. He calls all who know him to action. This award is a moment to honor the work he has done and continues to do."

Rabbi Richard Jacobs has been the Senior Rabbi of Westchester Reform Temple in Scarsdale, since 1991. Ordained in 1982 by Hebrew Union College-Jewish Institute of Religion (HUC-JIR), New York, he served



Rabbi Richard Jacobs

as the Rabbi of the Brooklyn Heights Synagogue from 1982 until 1991. Committed to revitalizing synagogues in North America, he worked for eight years as part of Synagogue 2000 with rabbis across the country inter-

ested in synagogue transformation in their community and is continuing this work as a board member and program fellow of Synagogue 3000.

Believing that change cannot stop at the local or national level, Rabbi Jacobs sits on the Board of American Jewish World Service, an organization providing nonsectarian

humanitarian aid and emergency relief to underprivileged people worldwide. Since a 2005 trip to Chad, he has worked tirelessly to bring an end to genocide in Darfur. Rabbi Jacobs was a part of the international board of the New Israel Fund from 1992 to 2001, and now serves as the Chair of the Pluralism Grants Committee. He served on the Board and Executive Committee of the Central Conference of American Rabbis, as well as boards of the Union for Reform Judaism, New York's UJA Federation, and ARZA/World Union.

Formerly a dancer and choreographer with the Avodah Dance Ensemble, Rabbi Jacobs has led workshops on movement and prayer at Hebrew Union College-Jewish Institute of Religion, Union Theological Seminary and in many synagogues and educational settings. He is the author of several publications.

Anyone who wishes to attend the award ceremony may call Amy Rossberg at 914-468-0522. For directions, call the Temple at 914-723-7727, email to office@wrtemple.org, or visit the web at www.wrtemple.org.

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# Dr. Summers Keynote Speaker at YU's Annual Chanukah Dinner

Dr. Lawrence H. Summers, Director of the National Economic Council and Assistant to President Barack Obama for Economic Policy, will be the keynote speaker at Yeshiva University's (YU) 85th Annual Chanukah Dinner and Convocation on Sunday, December 13 at The Waldorf-Astoria in New York City. Prior to his appointment by President Obama in 2008, Summers served as the Secretary of Treasury under President Clinton and as president of Harvard University from 2001 to 2006, making him the first Jewish president in the institution's history.



Y U President Richard M. Joel will confer the honorary Doctor of Humane Letters degree on Dr. Summers. He will also confer honorary degrees on community leader and prominent clinical social worker Froma Benerofe, a member of the Board of Overseers of YU's Wurzweiler School of Social Work; investment executive Roger W. Einiger, a member of the Board of Overseers of YU's Albert Einstein College of Medicine; award-winning actress, singer and playwright Tovah Feldshuh; inventor and entrepreneur Maurice Kanbar; and the renowned Cantor Joseph Malovany, of Manhattan's Fifth Avenue Synagogue and Distinguished Professor of Liturgical Music of YU's Philip and Sarah Belz School of Jewish Music.

Froma Benerofe graduated from Vassar College and received an M.S.W. from Columbia University. A clinical social worker currently in private practice, she has counseled and assisted children and adolescents, victims of interpersonal trauma and domestic violence, survivors of sexual abuse, and parents coping with the needs of their children, for more than 20 years.



She serves as a director of the Hadassah Foundation, Westchester Jewish Community Services, UJA, and the Parsons Dance Foundation. Mrs. Benerofe and her husband, Andrew, established the Benerofe Family Scholarship at Wurzweiler.

Roger W. Einiger is President of Hard-scrabble Associates, LLC, a private investment firm.

Tovah Feldshuh, who has had a remarkable career as an actress, singer, and playwright on stage, television and film, illuminates the Jewish diaspora through her portrayals of strong, complex women. She has earned four Tony nominations for Best Actress and won four Drama Desk Awards, four Outer Critics Circle Awards, the Obie, the Theatre World Award and the Lucille Lortel Award for Best Actress for Golda's Balcony, which became the longest-running one-woman show in the history of Broadway.

Maurice Kanbar, an inventor and

entrepreneur born and raised in Brooklyn, has made an indelible impact on American culture. He has changed the way we view films, receive medical injections, socialize after a tough day at the office, zip through traffic, see the world, and pick fuzzy little balls from our sweaters.

Cantor Joseph Malovany, one of the world's most accomplished tenors, has served as Cantor of the Fifth Avenue Synagogue since 1973.

Founded in 1886, Yeshiva University brings together the heritage of Western civilization and the ancient traditions of Jewish law and life. More than 6,400 undergraduate and graduate students study at YU's four New York City campuses: the Wilf Campus,

Israel Henry Beren Campus, Brookdale Center, and Jack and Pearl Resnick Campus. YU's three undergraduate schools – Yeshiva College, Stern College for Women, and Sy Syms School of Business – offer a unique dual program comprised of Jewish studies and liberal arts courses. Its graduate and affiliate schools include Albert Einstein College of Medicine, Benjamin N. Cardozo School of Law, Wurzweiler School of Social Work, Ferkauf Graduate School of Psychology, Azrieli Graduate School of Jewish Education and Administration, Bernard Revel Graduate School of Jewish Studies, and Rabbi Isaac Elchanan Theological Seminary. YU is ranked among the nation's leading academic research institutions.

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# AHAH! - NEJC Reaches Out to Members to Share Fun

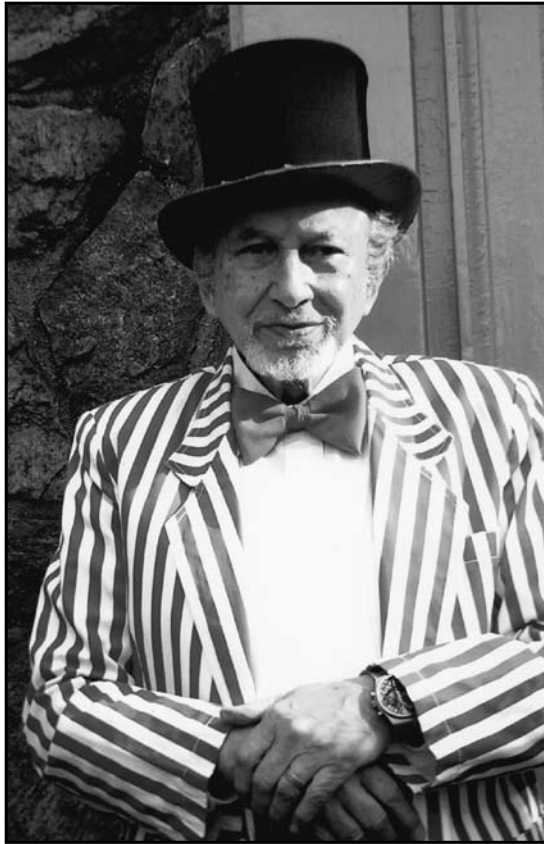
By Lorraine Thomas Sherman

**B**ronxville resident and dental practitioner Arthur Dupler, feels "Retirement is when you can do things you like"-- and Dr. Dupler and his wife, Claire, like to laugh.

The AHAH Club, "Association of His and Hers," initiated by the Duplers several years ago, is gaining interest and participants. Longtime members of Northeast Jewish Center in Yonkers, they noticed that the Men's Club and Sisterhood, functioning as separate bodies within Northeast, continually helped each other out during functions. Well, thought Dupler, why not establish a smaller, more socially-directed group, of both genders, within the congregation, to plan fun things to do together on empty Sundays?

Why not, indeed? So instead of more intensive--and expensive--projects better suited to larger budgets for lunches, dinners and speakers, they embarked on a different tack.

One successful event undertaken was "Nostalgia Night." Organized to emulate the old Borscht Circuit format of jokes followed by "lights out" at unexpected punch-lines, Dupler said "These 'blackouts' evoked



Arthur Dupler

things people would remember." Favorite songs were performed by congregants, accompanied by DJ Dupler on saxophone or clarinet, "People from the shul acted out 1940's [characters] like Betty Boob and Al Jolson

... a lot of laughs!"

A New Year's Afternoon party last year drew many congregants and guests, but planned events require dedication and a strong hand for implementation. Claire Dupler, a professional singer in her own right, who has appeared in theatres on and off Broadway ("Fiddler," "Two on the Aisle," etc.), in addition to participating in many NEJC theatrical offerings and celebrations, explained,

"We did all the music. Artie built the DJ stuff, bought speakers, amplifiers--with a shoestring and scotch tape and a lot of work, we put together a variety of music for dancing."

The talented couple researched Jewish and vaudeville comedy routines and wrote small productions. As Radio Station WNEJC, they assigned those present as the studio audience and brandished huge "APPLAUSE" and "LAUGH" card cues. .

"The musicians were from far and wide," Dupler joshed. Actually no accomplished musicians took part; just members enjoying them-

selves with a banjo, a washboard/shoehorn, and a couple of stompers, cymbals and bells. A huge tuba completed "The Symphomaniacs," with kazoos provided for those without instruments. A sing-along with Dupler on clarinet as a Klezmer musician drew cheers.

Table tennis tournaments (non-competitive) an innovation already involving ten members, are currently hosted at the Dupler home. If the group expands, larger premises will be located.

A former teacher at Fred Astaire Dance Studios, Dupler is considering offering free dance lessons at the shul. Magic shows for children and adults is another idea; among his diverse abilities, Dupler is familiar with illusions and mind games.

A professor at NYU Dental College, Dupler still practices dentistry--work he enjoys--on a reduced scale. "I have reached a point in life where I've narrowed down to three days a week. Retirement is when you can do the things you like, that is why I keep it up. Down the road, our synagogue is going to depend on a combination, both men and women. The AHAH Club is an opportunity for members to work together for NEJC."

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# Hadassah Continues Collaboration on Policies and Health Care Diplomacy

**A**larmed by the breast cancer epidemic in this country, Hadassah, the Women's Zionist Organization of America is joining Susan G. Komen for the Cure, the world's largest breast cancer organization, and others in addressing the recent news on breast cancer screenings. In addition, Hadassah and Komen for the Cure have pledged to work together to address the global plight of breast cancer.

Given that one in eight women will be diagnosed with breast cancer in her lifetime and that 40,000 women will die of the disease in the U.S. alone this year, Hadassah is reaffirming its commitment to breast health awareness, including regular breast self exams and both annual clinical exams and annual mammograms beginning at age 40. Hadassah is dedicated to educating women about healthy life choices that prevent disease and promote wellness, including screenings and self examinations for the purposes of early detection. Hadassah's goal is to educate women of all ages about health and to empower women with knowledge to make appropriate medical decisions for themselves and their families.

Hadassah's breast health awareness program "Check It Out", recommends the following Screening Guidelines for Breast Cancer Early Detection:



- \* Monthly self breast examination to identify breast abnormalities and allow a woman to become familiar with her breasts so that she can tell her doctor about any changes
- \* Clinical breast examination (CBE) performed by a health care professional and recommended annually beginning at age 40
- \* For women in their 20s and 30s at average risk of breast cancer who do not have symptoms, it is recommended that clinical breast examinations (CBE) be performed by a health care professional at least every three years
- \* Mammograms annually starting at age 40

medical research institution in the Middle East, Hadassah University Medical Center is actively involved in improving screening techniques, as well as working to find a cure for cancer via our pioneer human embryonic stem cell and genetic research."

Breast cancer is a global health and "Global Diplomacy" issue that Hadassah women are taking the lead in. This leadership involves a continued collaboration between the 300,000 strong Hadassah and Susan G. Komen for the Cure, the world's largest private funder of breast cancer

In addition, Hadassah recommends that women talk to their health care professionals about individual risks and develop a screening plan.

Hadassah National President Nancy Falchuk says, "As the premier

research and community programs. To date, Komen for the Cure has given grants to about 26 Hadassah chapters for cancer awareness and walks totaling approximately \$335,000.

Ambassador Nancy G. Brinker, founder of Susan G. Komen for the Cure, and Audrey Shimron, Director of Hadassah Office in Israel, recently met at Abu Gosh, where there is a Hadassah Health Clinic. The two committed to collaborate on potential activity in Israel in the coming year, as did Ambassador Brinker and Hadassah president Falchuk.

Responding to the new recommendations from the U.S. Preventive Services Task Force concerning mammography screening, Susan G. Komen for the Cure chief scientific adviser and chair of Komen's Scientific Advisory Board, Eric P. Winer, M.D. issued the following statement:

"Susan G. Komen for the Cure wants to eliminate any impediments to regular mammography screening for women age 40 and older. While there is no question that mammograms save lives for women over 50 and women 40-49, there is enough uncertainty about the age at which mammography should begin and the frequency of screening that we would not want to see a change in policy for screening mammography at this time."

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We can help with employment and career counseling, financial and debt consulting, legal services, loans, and even Jewish spiritual care and supportive counseling. You can access services near your home or another discreet location. Services are easy to obtain, are comprehensive, and ensure the privacy you need.

So, if you've hit hard times and need a little help to turn it around, the Jewish community is here for you.

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# Calendar



*Acclaimed New Rochelle writer Cynthia Ozick will present a reading at Pelham Art Center, 155 Fifth Avenue, Pelham on December 6, from 2:30 to 3:30pm as*

*part of the new collaboration with the Hudson Valley Writers' Center. For more information call 738-2525.*



*Israel's Ambassador to the United States, His Excellency Michael B. Oren, will be the keynote speaker at the Orthodox Union's 111th Annual Dinner and Awards Presentation, December 6 at the Hudson Theater and Millennium*

*Broadway Hotel, New York at 7:30pm. For more information call Elaine Grossman at 212-613-8350.*



*At 8pm, Congregation Sons of Israel, 1666 Pleasantville Road, Briarcliff Manor, will present a concert featuring Basya Schechter and her band, Pharaoh's Daughter*

*on December 12. For tickets call 762-2700.*



*Award-winning novelist Dara Horn will be the guest speaker at a luncheon on Tuesday, December 15 at Westchester Reform Temple, 255 Mamaroneck Road, Scarsdale beginning with a luncheon at noon, followed*

*by the program at 1pm. RSVP by December 11 to 723-7727 or office@wrtemple.org.*

## Ongoing & Upcoming

Chabad of the Rivertowns will hold their **Chanukah Wonderland** gift store, menorah and dreidel crafts through December 18 from 10am to 5pm at 27 Center Street, Ardsley. For more information call 693-6100.

A four-session class, **Dealing with Death**, is being offered to adults at Temple Israel of New Rochelle, 1000 Pinebrook Blvd, New Rochelle on Thursday evenings from 7:30 to 9pm on December 3, 10 and 17. For more information call 235-1800.

Westchester Jewish Community Services will hold the following events: WJCS Senior Program at Sinai Free Synagogue, 550 N. Columbus Ave., Mt. Vernon – **Free movies** at 12:30pm: 12/14 – Miracle at St. Anna; 12/21 – Uncle Nino; and 12/28 – State of Play. For more information call Karen at 668-4350. In addition, a Chanukah Celebration will take place on December 8 at 12:30pm.

Bet Am Shalom Synagogue presents **The 16th Annual Judaica Craft Show** held on December 5 and 6 at 295 Soundview Avenue, White Plains. For more information call 946-8851.

Beth El Synagogue Center, 1324 North Avenue, New Rochelle presents **McAdon** (The Lounge) an afterschool program for K-5 from 3:30 to 6pm, Monday and Wednesdays featuring outdoor and indoor games and activities, craft projects, snacks and more. For questions or registration contact Ilana Davidov at 235-2700, ext. 221.

**Volunteers are needed** to deliver kosher meals to homebound individuals living in Mt. Vernon, New Rochelle and Yonkers. Sponsored by Westchester Jewish Community Services, the Kosher Meal Program operates Monday through Friday from Sinai Free Synagogue in Mt. Vernon where meals are picked up by 11:30am and the warming containers are returned daily at 1pm. Call 668-4350 to help.

**The Men's Club of the JCC** on the Hudson meets every Wednesday of the year (except holidays) at 9:45am at the JCC, 371 South Broadway, Tarrytown. Call Stacy Gentile for schedule and fee information at 366-7898, ext. 103.

## December

**5**  
From 7:30 to 10:30pm, Congregation Anshe Sholom, 50 North Avenue, New Rochelle will present a **Chanukah Carnival**. RSVP to 632-9220.

At 8pm, the Westchester Jewish Center, Rockland and Palmer Aves, Mamaroneck, presents **Maestro Matthew Lazar and the renowned Zamir Chorale** in concert followed by a dessert and wine reception. For further information call 698-2960.

**6**  
From 8am to 1pm, there will be a **Blood Drive** at Beth El Synagogue Center, Northfield Road at North Avenue, New Rochelle, co-sponsored by Temple Israel of New Rochelle. Call 235-2700, ext 223 for more information.

The **First Annual Chanukah Festival of Southern Westchester** will run from 1 to 5pm at Northeast Jewish Center, 11 Salisbury Road, Yonkers. For more information call 423-5009.

ArtsWestchester's ninth annual **Free Arts Day** welcomes arts lovers of all ages. This one-day-event features Westchester's finest art organizations who will be offering free admissions to museums, art centers, and historical sites. Call 428-4220, ext. 273 for more information.

Shaarei Tikvah, the Scarsdale Conservative Congregation, 46 Fox Meadow Road will have its **Chanukah Party** from 10am to noon. For more information call 472-2013.

The Greenburgh Hebrew Center, 515 Broadway, Dobbs Ferry will host its annual **Book Fair and Holiday Gift Sale** from 9am to 1:30pm. For more information call 693-4260.

From 2 to 4pm, Rosenthal JCC of Northern Westchester, 600 Bear Ridge Road, Pleasantville will host **Chanukah Rocks! Holiday Gift Factory and Story Reading**. RSVP is requested at 736-3076.

At 4:30pm, **Dr. Daniel Gordis, Senior VP, Shalem Center**, will speak at the Westchester Jewish Center, Palmer and Rockland Aves in Mamaroneck on "The Future of Israel, Zionism and the U.S. Israel Alliance." RSVP to Nancy Rios at 212-750-4110.

From 9:45am to 1pm, the Port Chester-Rye Brook-Rye Chapter of Hadassh will sponsor **Mitzvah Morning** at Kneses Tifereth Israel Synagogue, 575 King Street, Port Chester. For more information call Andrea Neuman at 934-9280.

At 8pm, The Westchester Chamber Music Society will present the **Antonin String Quartet**, which includes New York Philharmonic concertmaster,

Glen Dicterow and renowned violist Karen Dreyfus at Congregation Emanu-El of Westchester, Westchester Avenue, Rye. For more information and tickets call 723-6192 or 967-7399.

**7**  
The Active Retirement Program at The JCC on the Hudson, 371 S. Broadway, Tarrytown will present a **lecture on FDR and the Jews** from 10:30am to noon. Call Linda Paver at 366-7898 for more information.

**11**  
Greenburgh Hebrew Center, 515 Broadway, Dobbs Ferry will hold its **annual festive family Chanukah Dinner**. "Bluejean" Shabbat services begin at 6:30pm, led by Rabbi Kenter and Cantor Kanarek, to be followed by a family-style Shabbat dinner. There will be an early program and dinner for families with young children beginning at 5:15pm. Call 693-4260 for details.

**12**  
Celebrate **Chanukah at the Peekskill Gazebo** followed by a dinner party at First Hebrew Congregation. Help light the Menorah at Park and Division Sts, 6pm. Deli dinner at 6:30pm, 1821 Main Street, Peekskill. RSVP to 739-0500.

At 8pm, the **Westchester Chamber Orchestra** conducted by Maestro Barry Charles Hoffman will be held at Iona College, in the Christopher J. Murphy Auditorium, at the Murphy Science and Technology Building, on Summit and North Avenues, New Rochelle. For tickets call 654-4926.

**13**  
At noon, Congregation Anshe Sholom, 50 North Avenue, New Rochelle, will show the **movie, Full Court Miracle**. For details call 632-9220.

At 2pm, Chabad of the Rivertowns, 303 Broadway, Dobbs Ferry, will try to break the record for building the **largest Lego Menorah Ever** along with Chanukah activities, refreshments and more. For more information call 693-6100.

**14**  
At 7:30pm, the Sisterhood of Lincoln Park Jewish Center, 311 Central Park Avenue, Yonkers, will celebrate **Chanukah featuring Cantor Eric Freeman**. For more information call 965-7119.

**15**  
The JCC on the Hudson, 371 S. Broadway, Tarrytown will host a 7:30pm program explaining how to **"Guarantee Your Values Live On: Writing an Ethical Will."** For details call Stefani Cohen at 366-7898.

Jewish Family Services of Greenwich and Mature Jewish Connections will host **A Taste of Chanukah** from 6 to 8pm at The Delamar Greenwich Harbor, 500 Steamboat Road, Greenwich, Ct. RSVP by December 11 to Rachelle at 203-622-1881 or rlowne@jfsgreenwich.org.

**16**  
At 7pm, Temple Israel Center, 280 Old Mamaroneck Road, White Plains will present **Rick Recht in Concert**. For more information call Laurie at 948-2800, ext. 123.

**20**  
At 10am, **Avi Posnick, Outreach Coordinator, StandWithUs-New York**, will speak at Beth El Synagogue Center, Northfield Road at North Avenue, New Rochelle. This event sponsored by the Beth El Israel Affairs Committee, College Age Committee, and Community Hebrew High School of New Rochelle. For more information call 235-2700.

**24**  
From 6 to 8pm, The Greenburgh Hebrew Center, 515 Broadway, Dobbs Ferry, will host **The Wonton Ball**, a party for the whole family with Chinese food and dancing to a DJ's tunes. RSVP to 693-4261.

**25**  
From 11am to 2pm, Beth El Synagogue Center, Northfield Road at North Avenue, New Rochelle will hold **Family Fun Day** with fun arts and crafts, cupcake decorating and games for the whole family. For more information call 235-2700.

The JCC on the Hudson will sponsor a **Family Fun Day** at LIFE, The Place to Be, 2 Lawrence Road, Ardsley from 11am to 2pm. RSVP to Lisa Feinman at 366-7898.

## January

**11**  
**Author David Lehman** will help Greenburgh Hebrew Center, 515 Broadway, Dobbs Ferry, celebrate Jewish Music Month at 7:30pm. Call 693-4260 for details.

**30**  
The 34th **Westchester Jewish Conference Annual Gala** will be held at Temple Israel Center of New Rochelle and will honor Lisa Roberts, Westchester Jewish Conference Vice-President, officer at Temple Shaaray Tefila in Bedford Corners, and Program Director at the Rosenthal JCC. The Gala will feature the music and talent of KOL HAZZANIM-The Cantors of Westchester. For additional information contact Nancy Zaro at 328-7001.



# Temple Beth Abraham Hosts Visiting Author

Rabbi Dana Evan Kaplan, author and scholar, visited Temple Beth Abraham on November 13-15 to inaugurate the Marvin Wexler Memorial Scholar in Residence program. Rabbi Kaplan gave a series of talks throughout the weekend starting with a discussion of "Five Hot Button Issues Facing American Judaism" at the Friday night services and culminating in a bagel breakfast on Sunday where he discussed "The Future of the Reform and Conservative Movements." Kaplan argued that while Judaism has always been contentious, the ancient faith faces unprecedented challenges in contemporary America.

The Scholar in Residence program was conceived when Mrs. Rita Wexler decided to honor her late husband, Marvin Wexler. Since he had a great love of Judaism, she decided to endow a program that would bring in top quality scholars to help educate the adults in the congregation, giving them a new perspective on issues relating to Jewish life. Rabbi David K. Holtz, Melissa Baer, Chairperson of the Adult Education committee and the committee members decided to focus the first Scholar in Residence program on American Jewish History. They chose noted author and American Judaism scholar, Dana Evan Kaplan.

The program also included a Torah study discussion on Saturday morning where Rabbi Kaplan gave a new interpretation for the reason for sounding the Shofar, explaining that it symbolizes Sarah's anguished cries upon hearing that her son was nearly sacrificed by Abraham. Saturday's lunch slide presentation focused on the "Development of the Religious Movements in American Judaism", illuminating how Judaism arrived where it is today. Saturday evening's



Left to right: Cantor Margot Goldberg, Rabbi Dana Evan Kaplan, Mrs. Rita Wexler, and Rabbi David K. Holtz. Photo Credit: Bob Harris, Tarrytown

program was an entertaining look at "Jewish Ritual in Hollywood: How Contemporary Films Portray Judaic Ceremonial Practice." Rabbi Kaplan showed film clips from five recent film portrayals of how Jewish ritual comforted – or failed to comfort – characters in a variety of unusual situations.

Kaplan argued that while synagogues will continue to struggle to attract new members and to keep their current membership spiritually fulfilled, a merger between the Reform and Conservative movements is unlikely to happen and would have all sorts of negative consequences. He urged his listeners to develop a coherent and unifying theology that could help galvanize support for Reform Judaism in Tarrytown and throughout the country. The congregation was pleased with the attendances at the various events, attributing the heavy turnouts to the audio-visual presentations and dynamic interaction.

Rabbi Kaplan recently published his fifth book, *Contemporary American Judaism: Transformation and Renewal*, published by Columbia University Press. He discussed the major findings from this work. Rabbi Kaplan's interest in American and Reform Judaism began as a young child in New York. He studied at Hebrew Union College in Jerusalem, and has traveled extensively throughout Asia, Africa and the Caribbean, where he frequently lectures as well.

# Joshua Cooper Ramo Discusses Evolving Global Climate

Joshua Cooper Ramo, managing director at strategic advisory firm Kissinger Associates, addressed a gathering of distinguished philanthropists at UJA-Federation of New York's Westchester King David Society. The event took place at a private home in Scarsdale on Tuesday, November 3, 2009.

Ramo is the youngest-ever full partner at Kissinger

Associates, the New York City-based international consulting firm founded by Henry Kissinger. The youngest senior editor and foreign editor in the history of *Time* magazine, Ramo is author of *The Age of the Unthinkable: Why the New World Disorder Constantly Surprises Us And What We Can Do About It*.

In his address, Ramo discussed today's new world order, which he said is defined by unpredictability. "We're living in a historic moment," he told the group. "The old balance of power and ideas just don't work anymore. All of the rules that govern our affairs are changing."

The King David Society (KDS) is a community of individuals who set inspiring standards of philanthropic giving. As philanthropists who contribute \$25,000 or more to UJA-Federation of New York's annual campaign, KDS members are among New York's leading donors. Jane and Norman Alpert of Purchase and Shari and Joel Beckman of Scarsdale chaired the event at the home of Karen and Mark Hauser in Scarsdale.



(From left) Jane and Norman Alpert of Purchase, Joshua Cooper Ramo, and Shari and Joel Beckman of Scarsdale.

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# Kids and Parents Help Feed Homebound

Off from school in observance of Veteran's Day, more than 115 kids and their parents geared up for the next holiday — Thanksgiving — by decorating and filling holiday food packages for the homebound elderly.

The event, sponsored by UJA-Federation of New York's Scarsdale Women's Philanthropy as part of the organization's Families Feeding Families initiative, took place at UJA-Federation's Westchester offices on Wednesday, November 11, 2009.

During the morning event, volunteers decorated bags and created holiday cards to deliver warm wishes to recipients. The bags were filled with a variety of foods and other goods, such as paper towels and sponges, that cannot be purchased through the Food Stamp program. The Bronx Jewish Community Council, a beneficiary agency of UJA-Federation, delivered the bags to those in need.



Event Chair Peri Polesuk with her son, Cameron Polesuk

# UJA-Federation of New York Names Spitz Regional Director

Richard Spitz, a seasoned UJA-Federation of New York professional, has been named regional director of the organization's Westchester region.

Spitz has served UJA-Federation in a professional fundraising role for nearly a decade. Most recently, he served as director of UJA-Federation's Wall Street & Financial Services Division. Under his leadership, the division raised \$31 million for the 2009 campaign. Larry Nathan of Mamaroneck, previously associate director of the Wall Street & Financial Services Division, succeeds Spitz as director.

Before coming to UJA-Federation in 2000, Spitz held the position of associate director of development in the Anti-Defamation League's New York office. Prior to that, he was an executive in the medical and pharmaceutical marketing arena.

"With its strong, committed Jewish population, Westchester provides a wonderful opportunity for UJA-Federation to engage the community, as well as raise funds for the wide-ranging services that our beneficiary agencies provide," said Spitz. "This is particularly critical now, during the economic downturn, when those services are in higher demand than ever before."

A Brooklyn native, Spitz is a graduate of Stony Brook University and received a M.S. from the Bank Street College of Education. He is a resident of White Plains, where he lives with his wife, Jill, and two children. Max is an eleventh



Richard Spitz

grader at the Solomon Schechter High School of Westchester, and Jenny, a recent graduate of the Solomon Schechter High School, is a freshman at Ithaca College.

The world's largest local philanthropy, UJA-Federation of New York strengthens community and helps 1.4 million people in New York City, Westchester County, and Long Island, as well as 3 million in Israel and 60 other countries.

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## Author Einhorn Addresses Women's Philanthropy Event

Erin Einhorn, author of *The Pages In Between: A Holocaust Legacy of Two Families, One Home*, shared her story about finding the family that hid her mother from the Nazis during World War II with a gathering of more than 100 attendees at the opening event of UJA-Federation of New York's Westchester Women's Philanthropy. The event took place at Bet Am Shalom Synagogue in White Plains, New York, on November 19. [From left] Author Erin Einhorn (center) with (from left) Susie Schnall of Purchase and Phyllis Neider of Briarcliff Manor. Photo supplied by UJA-Federation of New York



## Bet Torah Nursery School Gets Ready for Midnight Run

Four's students at Bet Torah Nursery School helped synagogue members get ready for the November 9 van caravan to the city to help the homeless. This effort called the Midnight Run, brings food prepared by synagogue adults and teens and warm clothing donated by Bet Torah families.

Students in Morah Sandi LaCava and Morah Keryn Frankel's 4s class used their tzedakah (char-



ity) money to purchase juice boxes that will be packed in the bag lunches and dinners distributed the evening of November 9. Over 150 boxes were collected in this Mitzvah of the Month (good deed of the month) project.

Students built a tower of juice boxes to get the sense of how many boxes and how many people they could help. Bet Torah ([www.bettorah.org](http://www.bettorah.org)) serves as a leading center for Conservative Judaism in Northern Westchester located at 60 Smith Avenue, Mt. Kisco.

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## Campership Fund's Largest Contributor is Its Youngest

This year, a 12 year old young man became the largest individual contributor to the New Rochelle Campership Fund. Lance Cohen, a 7th grade student at Albert Leonard Middle School in New Rochelle, chose to raise money for The Campership Fund as part of his Bar Mitzvah project at Beth El Synagogue Center in New Rochelle.

Over the last 9 years, Cohen has enjoyed going to various summer camps. Now, he decided that he wanted to give other local children – those who come from financially needy homes – the same opportunity from which he has benefited. Cohen started by studying how the Campership Fund operates and who it supports. He read through the organization's web site ([www.campership.org](http://www.campership.org)) and literature, and learned that donations go straight to helping needy children.

Cohen then kicked off his own donation campaign with his immediate family. The next phase was to solicit help from relatives and friends, and once that was done, he initiated a door to door campaign in his neighborhood.

Consequently, Cohen came up with the idea of writing to the children's camps where he previously spent his summers. In support, camps in New York, New Jersey and Pennsylvania all sent in contributions. After a five month effort, Cohen found he had collected \$1,608 in donations, funds that will allow the Campership Fund to provide the experience and joy of attending summer camp programs to 10 more children in financial need.

But, this endeavor is not over. Cohen is still pursuing other donation opportunities between now and Summer 2010 and has also committed to his own personal donation after his Bar Mitzvah on February 27, 2010.

Lance Cohen is setting a true example of commitment.

To donate, contributions can be sent to: The New Rochelle Campership Fund Inc. P.O. Box 255, New Rochelle, NY 10804.



Lance Cohen receiving proclamation



## United Hebrew Receives Gift from Artist Charles Fazzino

**I**nternationally renowned artist Charles Fazzino has donated four limited-editions of his 3-D masterpieces to United Hebrew's new nursing and rehabilitation center on Pelham Road in New Rochelle. United Hebrew staff and residents are enjoying the vibrant images in Fazzino's works, "Take the B Train to Brooklyn", a collage of New York City transit; "Schmaltzy", depicting a New York Jewish neighborhood; "Back Stage Broadway", based on the well-known New York theatre district; and "A Celebration of Spirit", illustrating Biblical stories.

The energetic, hand-assembled 3D pop artworks provide uplifting moments and bring a touch of whimsy to the first floor hall where residents and visitors walk. "I recognize so many of my favorite places around New York," comments UH resident Dorothea Farrow. "I feel like I'm gazing out a window over the City!"

United Hebrew President Rita Mabli adds, "Fazzino's art truly complements the vibrant tone of our new residence, adding fun and fancy to everyday living space. We could not have imagined any better décor for our new home."

A life-long Westchester County resident, Fazzino wanted to give back to his community, and chose United Hebrew because caring for the elderly has been important to him for a long time. "I recently lost my father to Alzheimer's, and I'm very sensi-



United Hebrew in New Rochelle President Rita Mabli is presented with one of four stunning artworks by artist Charles Fazzino that he donated to the new nursing and rehabilitation center.

tive to issues involving the care and dignity of the elderly," he says. "It is my hope that my artwork will brighten the residents' days."

In June 2009, United Hebrew opened the Lucile and Joseph Skalet Pavilion, a new state-of-the-art nursing and rehabilitation center with private rooms in a more resident-centered environment. The 5-story building has clusters of rooms called neighborhoods, smaller dining and living rooms, large windows overlooking a courtyard garden and entertainment centers. There is also a short term rehabilitation suite staffed with Burke Rehabilitation professionals.

For more than three decades, Charles Fazzino has been known for his highly detailed layering technique that brings his images to life. He sees pop art as a way to celebrate everything about popular culture and to tell the story of how people live. Thanks to Fazzino's generous donation, the residents of United Hebrew will forever enjoy a few chapters from that story.

## Holocaust and Human Rights Education Center Honors Two Courageous Women

**T**he Holocaust and Human Rights Education Center (HHREC) recently held its 2009 Annual Benefit, Be the Difference, at Mamaroneck Beach & Yacht Club, Mamaroneck. Two Rye residents were honored.

Dr. Tina Strobos was honored with the Courage to Care award, which recognizes the outstanding efforts of an individual who possesses the characteristics of an "upstander." Strobos, along with her family, saved the lives of more than 100 Jews in Holland during the Holocaust. Award-winning actress Tovah Feldshuh, who portrayed a rescuer in Irena's Vow, presented Dr. Strobos with her award.

Dr. Lee Katz, vice chair of HHREC's Board of Directors, was honored with the Spirit of Humanity Award for her lifetime spent in higher education and her ongoing efforts to support HHREC's mission.



From left: Westport, Conn. resident Donna Cohen, Executive Director, Holocaust & Human Rights Education Center (HHREC); New York State Senator Andrea Stewart-Cousins; Mamaroneck resident and Chairman Emeritus and event co-chair Eugene M. Grant; New York State Senator Suzi Oppenheimer; Congresswomen Nita Lowey; and Chappaqua resident Richard Laster, event co-chair and Board Chairman, HHREC, at HHREC's Annual Benefit, Be the Difference



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# Some Medicare Recipients Will See a Rise in 2010 Premiums

The Medicare program has announced its 2010 premium and coinsurance rates. As predicted, an anticipated increase in medical costs will mean a rise in Medicare-related premiums, but federal law protects most recipients from having to pay the new rates. One effect of changes in Medicare rate-setting over the last few years will be seen more clearly in 2010. Not long ago, every Medicare beneficiary could expect to pay the same portion of his or her medical costs. Those days are over, and a confusing system of co-payments, deductibles and premiums has now gotten more confusing.

## Medicare Premiums for 2010: Part A (Hospital Insurance) Premium

- Most people do not pay a monthly Part A premium because they or a spouse has 40 or more quarters of Medicare-covered employment.
- The Part A premium is \$254.00 per month for people having 30-39 quarters of Medicare-covered employment.
- The Part A premium is \$461.00 per month for people who are not otherwise eligible for premium-free hospital insurance and have less than 30 quarters of Medicare-covered employment.

## Part B (Medical Insurance) Premium

Medicare has set the annual premium increase for Part B insurance at 15%, which translates into a 2010 premium of \$110.50 per month. Nearly three-quarters of Medicare beneficiaries, however, will not have to pay that higher amount. Congress limited current Medicare beneficiaries' premium increases to no more than their Social Security cost-of-living adjustment. Since Social Security announced two months ago that there will not be a COLA increase in 2010 that means that most Medicare beneficiaries will continue to pay \$96.40 per month for Part B.

Basically, three groups of people will pay the higher figure:

1. People who have been receiving Medicare but have not had Part B premiums deducted from their Social Security checks, for whatever reason, are not protected from the increased premiums.
2. New Medicare beneficiaries are not protected, either: If you start receiving Medicare benefits in 2010 for the first time, you will pay the higher rate.
3. Wealthy Medicare beneficiaries are not protected from increases. If a single person makes more than \$85,000 per year, or a married couple more than \$170,000, they will see the increase in their

## Part B premiums.

Wealthy Medicare beneficiaries actually get a double dose of increased premiums. Not only are they not protected from the 2010 increase, but they may also have to pay higher premiums based on their income levels. For the wealthiest Medicare beneficiaries - those whose individual income is over \$214,000, or couples whose income is over \$428,000 — the new Part B premium will be \$353.60 per month.

## Deductibles and Co-insurance Amounts

Under Medicare Part A, for each benefit period Medicare pays all covered costs except the Part A deductible (2010 = \$1,100) during the first 60 days and co-insurance amounts for hospital stays that last beyond 60 days and no more than 150 days.

For each benefit period you pay:

- A total of \$1,100 for a hospital stay of 1-60 days.
- \$275 per day for days 61-90 of a hospital stay.
- \$550 per day for days 91-150 of a hospital stay (Lifetime Reserve Days).
- All costs for each day beyond 150 days.

The skilled nursing facility coinsurance is \$137.50 per day for days 21 through 100 for each benefit period.

The Medicare Part B deductible is \$155.00 per year. Thus, you pay 20% of the Medicare-approved amount for services after you meet the \$155.00 deductible.

Confused yet? You're not alone. The Medicare program has gotten extremely complex and we haven't even discussed the various options available to you to cover the gaps in Medicare coverage. Changes are being made in this area as well. In a future column, we'll talk about the different types of Medicare policies.

*Bernard A. Krooks, JD, CPA, LL.M. (in taxation), CELA, is a founding partner of the law firm Littman Krooks LLP with offices in White Plains, NYC and Fishkill. Krooks is past President of the National Academy of Elder Law Attorneys (NAELA), past President, and a founding member, of the NY NAELA Chapter, and is past Chair of the Elder Law Section of the New York State Bar Association. He is President of the Special Needs Alliance ([www.specialneedsalliance.org](http://www.specialneedsalliance.org)), a national not-for-profit organization dedicated to assisting families with special needs planning. Phone (914) 684-2100 or (212) 490-2020, [www.littmankrooks.com](http://www.littmankrooks.com).*



# What You Can Do to Boost Your Immunity & Stay Healthy

'Tis the season for colds and flu. This year, especially worried about the H1N1 influenza, we're taking all types of precautions from getting vaccinated to washing our hands multiple times a day. While these safeguards are all vital to staying healthy, the biggest contributor to preventing illness is maintaining a healthy immune system.

A weakened immune system opens the door to a host of health issues some of which can even be life threatening. Sustaining a strong immune system can enable us to stave off colds, viruses and bacterial infections. It's important that we all take responsibility for our health and there are several things we can do boost our immune system:

- Take several deep breaths of fresh air every day. Many of us work in offices where the air is stagnant and live in houses that are sealed up against the cold winter temperatures. If possible open windows even for a few minutes each day to circulate the air. Also, take a short walk daily. Fresh air is vital to boosting your immunity. The more fresh air we can get, the better.

- Get a good night's sleep. The average person needs at least seven hours of sleep. Some may require more. Getting the rest your body needs keeps your hormones in balance. As you sleep, your immune system is busy rebuilding and repairing itself. Research bolsters the link between sleep and immune function in humans. Among 153 people voluntarily infected with a cold virus, those who averaged less than seven hours of sleep each night were nearly three times more likely to get sick than those who slept eight hours or more.

- Eat a well-balanced diet. Healthy proteins, complex carbohydrates and good fats can effectively boost your immune system and keep it strong. Giving your body the nutrition it needs to fight infection is one of the best things you can do.

- Drink plenty of water. Dehydration adversely affects the immune system.

While we have all heard the claims about red wine and green tea being beneficial to our health, water is truly the most vital thing we should be drinking. Dehydration hinders the body's ability to function at its best. Especially in winter when our bodies are evaporating moisture because of indoor dry heat, we need to remember to stay hydrated. It is also important to keep in mind that caffeine acts as a diuretic and its consumption needs to be offset with water intake.

- Reduce or eliminate sugar. Many doctors, nutritionists and researchers consider refined sugar a major risk component to our health. In addition to the obvious -- candies and cakes -- refined sugar also is hidden in many of the foods we buy from breads to salad dressing. Processed sugar is considered so lethal because it provides only "empty" calories, lacks the natural minerals which are present in the sugar beet or cane and it drains the body of precious vitamins and minerals through the demand its digestion, detoxification and elimination makes upon our system.

- Don't smoke. In addition to being destructive to the immune system, smoking and second-hand smoke are major risks factors to ailments ranging from cancer to heart disease.

- Be good to yourself and relax. It's long been recognized that stress weakens the immune system. Studies have shown that people who are overly stressed not only experience more frequent colds and viruses with more severe symptoms but it also takes longer for them to recover. So find ways to eliminate stress both at work and home, and make time to enjoy life. A



positive attitude and outlook can have a beneficial impact on your physical health.

*Sheila Rabideau, RN is Assistant Executive Director, WJCS Home Health Services. For more information, call 761-0600 X312.*

## Happy Chanukah



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# The Kitchen & Bath Insider<sup>®</sup> – New Looking Kitchens, For Less!

Although, constantly under stress these days I failed to pass the government stress test, and there was no bailout money for me. I assume most of us are in the same boat, even though I don't even own a boat. So, what's a person to do if their kitchen is beginning to look as sad and run-down as Bernie Madoff, but their budget is limited due to a Ponzi scheme?

Fortunately, there are a few companies that offer a relatively inexpensive service which involves refurbishing your existing kitchen cabinets. The process is perfect for the on-the-go family that has let their cupboards run down and show signs of wear and age. In a matter of hours technicians remove all the grime that has been building up on the woodwork; touch-up nicks and scratches; and apply a new top coat which forms a protective barrier against common kitchen contaminants. Keep in mind, however, that a restoration of this type will not make heavily worn cabinets look new again, nor will it change their color. It's designed to bring your woodwork back to 85-90 percent of its original condition.

The cost of cabinet restoration usually starts

at about \$1,000 for an average size kitchen. This amount will vary on the condition of the cabinets and the type of doors and drawer fronts that you have. Larger kitchens and cabinets with more wear will increase the cost.

This method of restoration should not be confused with refinishing, where the wood is chemically stripped, sanded and re-stained. It's more like detailing your car. While, it won't fix big dents and scratches, (which requires bodywork and a new paint job), if the condition of the cabinets is not too bad, it may be just what you need to spruce up your kitchen. Add new knobs, pulls or hinges (at additional cost) and you're half-way to a new kitchen.

Another cost saving idea is to just change the doors and drawer fronts. This would cost more than restoring you cabinets, as mentioned above, but less than traditional refacing, where the cabinet boxes themselves are resurfaced. You can select new doors that complement the color of the box or contrast them. You can even have new wood doors stained to match your existing cabinets for an additional charge. Usually, new hinges and hardware are included in this type of remodel.

If you've been dreaming of a white or off white kitchen, you can change the doors and have a painter paint your cabinets to match the new fronts. This works great on wooden cabinet boxes but painting laminate cabinets is not recommended.

You can even save more money by installing the new fronts yourself. If you're a DIY, (Do-It-Yourselfer), and you can use a ruler and a screw-driver, you could replace the fronts in a couple of days. It's best to get the door supplier to measure for you, (even if it cost a couple of extra dollars). This is money well spent because if a door doesn't fit, and you had a professional measure them, it's their responsibility to replace it, not yours.

Although, not all refacing companies will sell you the fronts, if you make a few local calls, you'll probably find one who will. I don't recommend purchasing them on the internet because, in all probability, you'll need direct contact with the company

when questions arise relating to measuring and installing.

With any of these cost-saving processes, you can also change your countertop and update the accessories inside your cabinets. By adding some new internal accessories like roll-out trays and garbage pull-outs, your kitchen can act like new as well as look good again.



*Paul Bookbinder, M.I.D., is president of DreamWork Kitchens, Inc. located in Mamaroneck, New York. A Master of Design (Pratt Institute), he is an advisor for Kitchen & Bath Design News and a member of the Advisory Panel of Professional Remodeler magazine. A member of both the U.S. Green Building Council and the National Kitchen and Bath Association, he can be reached for questions at 914-777-0437 or [www.dreamworkkitchens.com](http://www.dreamworkkitchens.com).*

## Synagogues Plan Chanukah Festivities

(continued from page 1)

community is also welcome at the Sisterhood Chanukah party, December 15th. Rabbi Rosenzweig will talk about the Jewish Family Today.

Temple Shaaray Tefila of Westchester in Bedford Corners, scheduled a congregational dinner and Shabbat services with special Chanukah features December 11th, noted Education Director, Mara Braunfeld. "Families are asked to bring their own menorahs and light them together to fill the synagogue with light. After services, people are bringing latkes. There will be activities for children, and Israeli dancing." During the week, students light candles at the religious school. Last year's successful menorah-making contest—with 75 entries—will be reprised.

Rabbi Steven Kane, Congregation Sons of Israel, Briarcliff, hosts Pharaoh's Daughter, a group led by Basya Schechter, December 12th, 8:00 PM, in "an interesting mix of Middle Eastern and Hassidic flavored music...an eclectic blend of Arabic rhythm and an African beat." Open to the

public; \$18.00.

A free pre-school program is scheduled on December 14th. Hebrew School students light the outdoor Menorah at 5:45 PM. December 16th, and the public is invited.

Beth El Synagogue Center in New Rochelle, celebrates on December 15th. "Congregational candle lighting will be geared to all ages, followed by latkes and jelly doughnuts," said Youth Activities/Program Director Erica Leventhal. "An Israeli musician will perform; there will be singing and dancing." Nursery school family celebrations are planned, 4th-5th graders will meet to press olives and create oil, and students light candles each night.

On December 12th, Bet Am Shalom Synagogue in, White Plains, plans "an adult evening party with dancing and music by 'The Moody Jews,' a wonderful band of synagogue members" reported Communication Chair, Joan Rosen. Sunday morning, a celebration for kids and families and a youth group party Sunday evening complete the program.

Chanukah will light up the County!

## Asaf Selinger Describes Israel's Progress

(continued from page 1)

civilians. Israel will demonstrate in a court of law that it protected civilians before initiating Operation Cast Lead in 2008.

The Israeli Defense Force (IDF) made 1 ½ million phone calls and dropped 700,000 leaflets warning civilians that they were in danger.

"We were trying to stop rockets before they left launching pads in schools and mosques.

"Israel has been misunderstood for 61 years—what is another year? The UN voted 114 to accept the Goldstone Report, 18 against and 44 abstained. That is the

UN today," Selinger remarked.

"Let's go to France. In a recent survey, fifty percent were against Israel, but fifty percent were indifferent. This gives us maneuvering space for public relations. And 98 percent of French citizens polled will still buy Israeli products," Selinger noted.

"If we go to a two-state solution, the Palestinians will be a majority without Apartheid. We will gain a Jewish state, run by legislators who [will] make Jewish mistakes and it will be a sustainable peace," Selinger commented.

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# 'Land of the Free'

By Rachel Weintraub, Westchester Day School

Nearly four hundred years after the Mayflower's voyage from England to Plymouth Rock, Westchester Day School's "downsized" Pilgrims, under the supervision of Mrs. Susan Chasan, Early Childhood Director, enacted this legendary scene prior to Thanksgiving. The stars of the show were two to five year old students in the preschool through kindergarten program at the Mamaroneck school.

On the shores of Long Island Sound, preparations were made to get ready for this modern twist on an historical event. The kindergarten Pilgrims pretended to put their lives at risk in England in order to be able to practice their religion without restraint. Taking only what they could hold, these hopeful young immigrants boarded their aluminum "Mayflower" and sang patriotic songs such as G-d Bless America and This Land Is Your Land, to express their feelings about why they left their friends and family in England to journey to the New World.

Similar to the Native Americans praising a Great Spirit, the Jewish people also have a related concept of giving thanks to G-d. The students recited the proper blessings over their meal consisting of cookies, water, and apples in the confined quarters of their miniature "Mayflower." They did this to experience the living conditions of the Pilgrims and their Jewish ancestors who voyaged to freedom. In both of these cases, the New World leads to religious liberty for Christianity and Judaism. The WDS children are the result of an enormous stride taken from their country's native and Jewish ancestors.

Students were divided into four groups: the Pilgrims, the friends and family left behind, the Native Americans and the turkeys. "We are sad to be leaving our home country. We will miss our friends and family," said one Pilgrim. As they boarded the ship, they waved sadly to those whom they might never see again. Upon arrival in America, they were greeted by the Native Americans whom they eyed suspiciously.

Their reactions changed when the Indians taught them the skills of survival: farming, fishing, hunting, and weaving.



In order to increase understanding in the weeks prior to "the sailing" the teachers involved the students in hands-on activities such as baking pumpkin muffins, decorating feathered hats, cooking cranberry sauce, and dressing in clothing appropriate to the time.

The students were taught that the Pilgrims created a foundation for America's courage. Without the Pilgrims' quest for religious freedom, this integral part of the first amendment may never have appeared in the United States Constitution.

In keeping with the theme of Thanksgiving the Middle School students of Westchester Day School were asked to dedicate their "Tefila" (Prayer) Journals, to the prayer "Mizmor L'Todah", a prayer of thanksgiving. After doing research on how and why their ancestors came to America, they wrote about how thankful they are for the abundant blessings and freedoms their families have experienced in America.

Similar to the experiences of the main character in the story, *Rivka's First Thanksgiving*, a book which was read to the kindergarten classes, the sixth, seventh and eighth grade students learned "to appreciate Thanksgiving as a celebration that all Americans can share."

While celebrating freedom and giving thanks as Jewish Americans, the Westchester Day School students are learning to respect old traditions and embrace new ones. Sitting down at the Thanksgiving table on November 26, prayers of gratitude were offered for the opportunity to live in a land where people of all backgrounds and religions are free.



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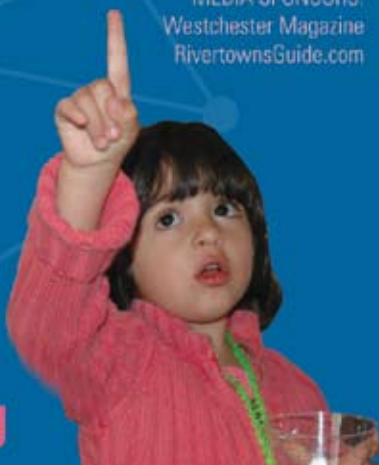
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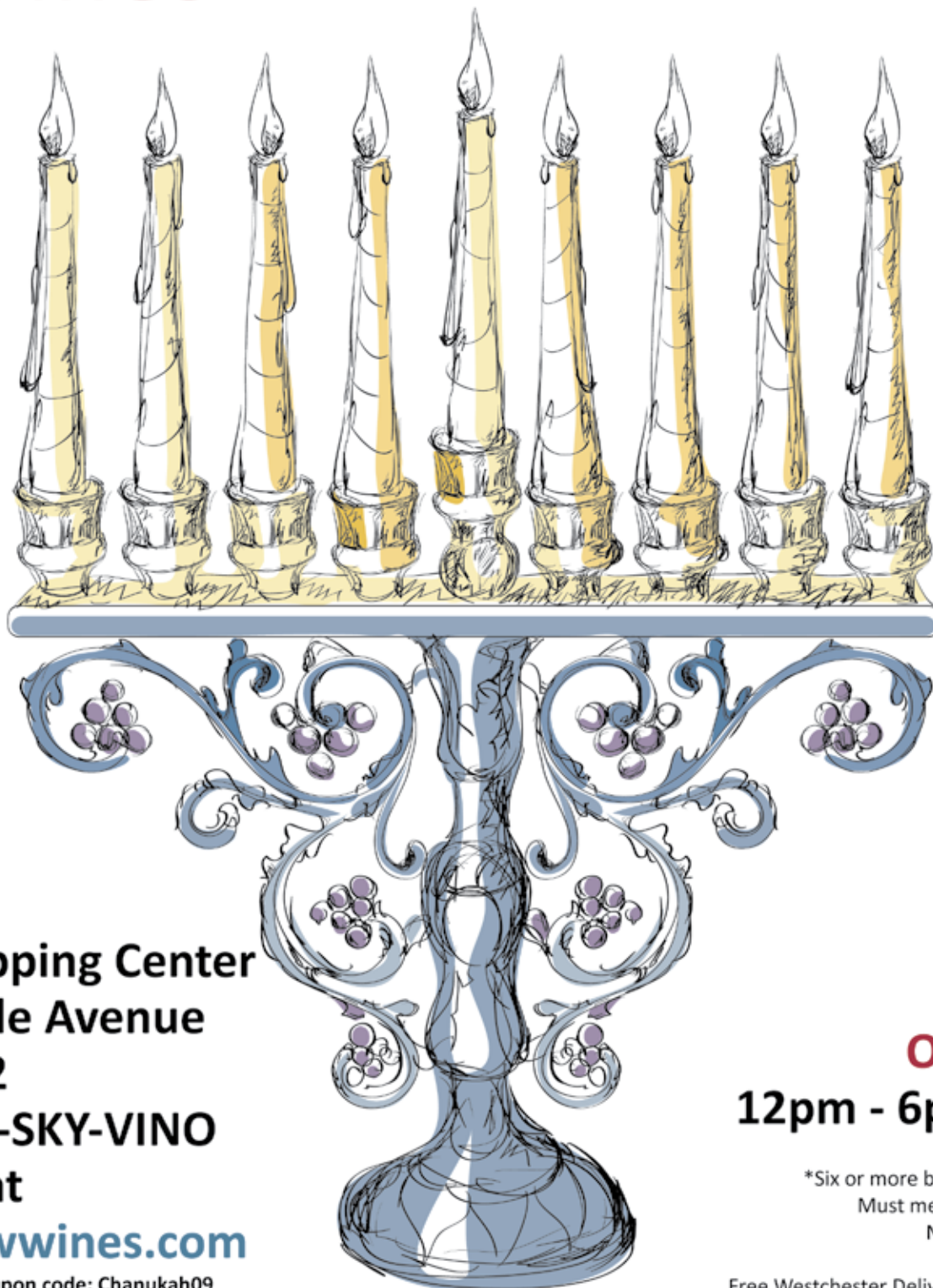
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