

## MARK MAISEL NAMED FEDERATION PRESIDENT

By Mary Klaus

Years ago, Mark Maisel followed his father into the family retail packaging business.

Earlier this month, the Susquehanna Twp. man followed his father as a leader of the greater Harrisburg area Jewish community. Yet Mark Maisel, recently installed president of the Jewish Federation of Greater Harrisburg, is his own man with his own ideas about helping the community to reach what he calls its "tremendous potential for growth and vitality."

Mark Maisel, the oldest son of Jay and Diane (z'l) Maisel, brings his own vitality to the position that involves leading, inspiring and working with area Jews from all walks of life.

He grew up in the Harrisburg area, where he attended Beth El Temple and graduated from Susquehanna Township High School. He then moved to Pittsburgh for 27 years, working



for Commonwealth Packaging Company which his father founded locally in 1959. He currently is the company's CEO. Although Jay Maisel is now retired and splits his time between Harrisburg and Sarasota, Florida, his example of serving the community continues to influence his son.

"My father was in charge of the

United Jewish Appeal and later held two terms as president of the United Jewish Community," stated Mark. "I saw how involved he was in the community. He was my motivation. After I moved back to Harrisburg in 1996, I chaired the Federation's annual campaign. I also served on the Jewish Film Festival committee and on the executive board in various capacities. Now, I'm president. We are the first father and son to be president of the community."

Asked to assess the state of the Harrisburg Jewish community, Mark Maisel smiled.

"We are a diverse and vibrant Jewish community," he said. "We have a strong leader in Margie Adelman, Federation CEO. We have great agencies which serve the Jewish community and the community-at-large, including the Jewish Family Service of Greater Harrisburg, the Jewish Home and Residence, the Brenner Family

Early Learning Center, and more. Yet we have challenges too."

Those challenges, he said, include the needs for more young leadership and more solid funding to sustain the community programs.

"In 1989, my wife and I went to Israel as part of a Koach program," he said, adding that koach means strength in Hebrew. "It was a program to encourage people around age 40 to be leaders. I want us to have a similar program."

Funding could be an even bigger challenge, he noted. "We, as a community, have depended on the largess of several very generous benefactors over the years," he said. "We have all benefited from their generosity, but we have taken those benefits for granted. Some of these people have passed away. Our campaign has dwindled. It is time for us to step forward and make this the best possible community we can."

Mark plans to use his business

acumen to bring efficiency and effectiveness to the Jewish Federation of Greater Harrisburg board. He said he would like meetings to be 1 1/2 hours or less, with the executive board meeting six times annually and the general board meeting every other month, as well. As a packaging specialist, he has spent years of literally thinking outside the box. He plans to do the same in dealing with issues facing the federation.

As the new president, Mark Maisel has three messages for the Jewish community.

"Make our community the best it can be," he said. "Have a sense of pride in what the Jewish community does for the entire Harrisburg region. Get involved in the community both physically and fiscally."

Mark and his wife, Neysa, are the parents of Matt, Sydney and Aaron. In his leisure time, he loves to golf, ski, travel, watch movies and enjoy wine.

## COOPERS AND WEIKERTS NAMED SEASON 2 DANCING WITH THE STARS CHAMPIONS

The JCC is a beloved place for many in the community and Season 2 of the Harrisburg JCC's Dancing with Our Community Stars program allowed seven couples to put themselves on center stage to help raise money for the programming departments of the JCC. After months of preparation and taking several dance lessons, each couple performed a different dance style to the song of their

choice. The couples were Emily Wolf and Parker Forman (Hip-Hop), Julia Frankston Morris and Stuart Gasner (Salsa), Justin and Lisa Fleming (Tango), Rob and Randi Teplitz (Hustle), Scott and Barbara Cooper (Rumba), Etta and Myer Yospa (Swing), and Andrea and Steve Weikert (Hip-Hop).

Over 200 people were in attendance and enjoyed appetizers and desserts prepared by Terry

*continued on page 6*

Barbara and Scott Cooper – Judges' Award Winners



Steve and Andrea Weikert – Popular-vote Winners



**TUESDAY, DECEMBER 31**

Senior's New Year's Lunch Program, 12 Noon  
Entertainment by Hypnotist Baron Taylor

**WEDNESDAY, JANUARY 1, 2014 – NEW YEAR'S DAY  
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Pool Open 7 a.m. – Noon  
Fitness Center Open 7 a.m. – 2 p.m.

**THURSDAY, JANUARY 2**

Senior Lunch Program, 10 a.m., JCC,  
Program: "Iraq War: A Ten-year Perspective  
With retired Army Colonel John Maietta, 12:30 p.m.

**TUESDAY, JANUARY 7**

Senior Lunch Program, 10 a.m., JCC,  
Program: Duet singers Brad and Mary Barrows, 12:30 p.m.

**THURSDAY, JANUARY 9**

Senior Lunch Program, 10 a.m., JCC,  
Program: Bingo

PUBLIC SERVICE ANNOUNCEMENT

## SENIOR FOOTNOTE

By Esther Boldes

Here are some pictures taken at the JCC Senior Adult Club's Thanksgiving lunch. The Club wishes to thank the Federation staff for their gracious assistance, Norman Gras for a delicious meal, Audrey Soffer for the decorations, and all others who assisted to make this party a success. Special thanks to Jack Stein who always volunteers to take these pictures for us.

If you have not signed up for the 2014 trips yet, the information is on the side table when you come in for lunch. It is also the time for the membership renewal. Please save us the postage of sending out invoices. As you can see, everybody had a good time. We hope to see you all at our upcoming scheduled programs.

Shalom!



## Community Review

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Promote Jewish values,  
Jewish identity and a  
sense of Jewish community  
in central Pennsylvania.

The opinions expressed in  
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concern during  
my illness.*

*Elaine Reis*

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people who sent me  
Birthday Greetings  
and all you other kind  
people for remembering  
my Birthday in many dif-  
ferent ways. I appreciate  
your thoughtfulness.*

*Mrs. Bernard Forner  
(Lois)*

A copy of the official registration and financial information of the Jewish Federation of Greater Harrisburg may be obtained from the Pennsylvania Department of State by calling, toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

# 2013 Albert Hursh Leadership Award Recipient Offers Her Comments

At the Jewish Federation of Greater Harrisburg's Annual Meeting on December 5th, Dorothea Aronson was presented with the Albert Hursh Leadership Award for her many years of service to the Jewish community. The following are her remarks upon receiving the Hursh Award:

I'd like to thank Marcia [Cohen] for her kind introduction. Please realize that Marcia, as a past recipient of the Al Hursh award, exemplifies outstanding leadership in this community. She has co-chaired the Federation Campaign Women's Division, this year's major fund raiser at Beth El Temple, organized Book Clubs, etc., etc... As Sandy, Marcia's husband says: "Count on Marcia to give of herself 110%."

Al Hursh was a presence in this Jewish community for his entire life. He lived and breathed the Federation and the JCC throughout its varied iterations. It's an honor to receive the Albert Hursh Leadership Award. Thank you all.

Let me thank my husband, Raph, as well. He has been my mentor, forcing me to look at the larger picture of an issue while I only fill in the details. His sense of humor, sometimes good and sometimes not so good, is well known. He finds the humor in most situations, which helps to keep me on an even keel.

As I was thinking about tonight's Federation Annual Meeting, I recalled a speech I had given at Beth El Temple some 20 years ago. With your indulgence, let me read an excerpt from it which I feel is still pertinent today.

"For the eighteen centuries after the fall of the Temple, and in every nation that they lived, Jews were in a minority-usually barely tolerated, all too often subject to hatred, bigotry and oppression. If there was one quality that describes their position in the general community, it was "weakness." They were usually economically impoverished and always politically impotent. Yet in spite of this they survived and, in a curious way, within their own communities, they prospered, developing a sophisticated social structure, strong family ties and an educational system unmatched in the rest of the world. It would have been understandable if a small pocket of Jews had survived in some remote area, but the fact that thriving Jewish communities existed all across the Western world, from North Africa to Russia, from England to the Middle East, is remarkable. What is most astonishing is that these communities, isolated from each other for centuries, developed in remarkably similar ways. Jews had in some way developed the mechanisms needed to survive in a hostile world. There are endless theories for this survival. To the fundamentalist, it was the will of God. To others, it was the reliance on learning and study. Whatever it was, there is no question that Jewish survival is one of the true miracles of history.

Unlike the previous eighteen centuries, the twentieth century has been marked by dramatic changes in the position of Jews throughout the world. In less than two decades, from 1933 to 1949, Judaism experienced the two most important events in post biblical history: the horrors of the holocaust and the marvelous rebirth of the State of Israel. While much attention has been focused, and rightly so, on the history and meaning of these two events, there is a third major change in Jewish life. In the long run, though less dramatic and more evolutionary, it could have a greater effect on the future of Jewish survival in the Diaspora. It is the shift in the position of Jews in most countries from one of weakness to one of strength: from political impotence to political influence; from economic impoverishment to economic security; from social isolation to social acceptance. It would, of course, be foolish to believe that Jews have acquired complete social and political acceptance or that anti-Semitism and hatred of Jews no longer exists. It does! The fact remains that Jews in this country and in most of Europe have gained an influence and acceptance unmatched in nearly two thousand years. As all of us recognize, however, this has been a two-edged sword. On the one hand, it has given Jews professional and educational opportunities that they could only have dreamed of one hundred years ago. On the other hand, it has reduced the cohesiveness of the Jewish community, and for many Jews, eliminated the centrality of Judaism in their lives. Nearly every problem faced by Judaism in general and the Jewish community in particular can be traced to this change. The sophisticated mechanisms developed by Jewish society to cope with oppression have proved woefully inadequate to cope with acceptance."

The question we have to ask ourselves today is: Does the Federation have a role in addressing the issue of "reduced cohesiveness of the Jewish community, and for many, the centrality of Judaism in their lives?"

The recent Pew Research Center survey did a demographic study of Jewish American life. The results were very disheartening. It indicated that the communal dimension of Jewish life, which has been the mainstay of Jewish identity formation for ages, is all but gone. Only 28% of those polled believe that being Jewish is essentially involved with being part of a Jewish community. The results of the survey were not totally bleak. It appears that American Jews overwhelmingly say they are proud to be Jewish and have a strong sense of belonging to the Jewish people.

Two generations ago, our communal energies were directed toward creating Jewish Community Centers and social service agencies. JCC's were places where Jews could meet, play, learn, and socialize. Other venues were not available to them. Social service agencies allowed the community to assist those in need.

Last generation's energy was directed at resettling victims of the Holocaust and supporting the newly created State of Israel.

Some of this focus remains pertinent, but the challenge for this generation is to define the communal role of the Federation in addressing the problems revealed in the Pew report.

We understand, only too well, the economic difficulties and challenges that the Harrisburg Jewish community is currently facing, but the issues the American Jewish community faces are real and very serious. It would be presumptuous to say that we have the solution to these problems, but here are some thoughts that might guide us.

Support of Jewish education through Federation is essential.

Jewish Education has always been the path to understanding how to cope with change. According to Dr. Daniel Gordis, a frequent columnist for the Jerusalem Post, "We have a generation of Jews secularly successful and well-educated, but so Jewishly illiterate that nothing remains to bind them to their community or even to a sense that they hail from something worth preserving."

Who speaks for the Jewish community in the general community on issues that impact us all? A unified voice (Federation) preferably.

We see a resurgence of anti-Semitism globally. The coordinated voice of a community, not a fractionalized one, is needed.

The coordinated voice of the religious community (our Rabbinic Council) can give direction; can reduce frictions.

This is not a time to step back from our support of the community. Rather it is the time to develop, grow and direct its resources to adapt to the changing environment.

## **The Cardozo Society's CLE Program featured The Last White Knight: Is Reconciliation Possible?**

On November 21, 2013, the Cardozo Society of the Jewish Federation of Greater Harrisburg held its annual Continuing Legal Education program. The three-credit CLE program featured a Civil Rights-themed discussion and film. Co-chair Julia Frankston-Morris stated that, "The Cardozo Society sought to make this year's program a civil-rights theme in order to commemorate 50 years since the March on Washington and Reverend Martin Luther King Jr.'s iconic speech on the steps of the Lincoln Memorial."

Over 60 attorneys and non-attorneys attended the pre-film dinner and presentation, led by attorney Rhonda Brownstein, former Legal Director of the Southern Poverty Law Center (SPLC) in Montgomery, Alabama and current Executive Director of the Education Law Center in Pennsylvania. While participants enjoyed a delicious dinner catered by Norman Gras Catering, Ms. Brownstein discussed different cases in which she was involved where the SPLC filed suit against hate groups, like the Ku Klux Klan, for acts of violence committed by individual members. Her talk was informative and very moving. Anat Beck, a new Cardozo Society member, remarked that, "This was my first Cardozo Society program, and it was by far the best CLE I have ever attended."

After the dinner and presentation, the group was joined by another 20 people for the screening of the film, *The Last White Knight*. The documentary featured Paul Saltzman, a civil rights activist who returned to Mississippi decades after a violent run-in with a young member of the Ku Klux Klan to talk to the man who injured him. Following the film, Ms. Brownstein led a discussion.

The program could not have been possible without the generous support of sponsors, including: Gold Sponsors: Penn State Dickinson School of Law and Eckert Seamans; Silver Sponsors: Smigel, Anderson, and Sacks; Clark and Krevsky LLC; and Giant Foods; and Bronze Sponsors: Cohen Seglias Pallas Greenhall & Furman PC; Law Offices of Aviv S. Bliwas, LLC; Cozen O'Connor - Dan Schulder; Saul Ewing LLP; Julie Wright Halbert, Esq.; Julia Frankston-Morris and Stuart Gasner; and Marian E. Frankston and Burton D. Morris. Cardozo Society Co-chairs Frankston-Morris and Dan Clearfield are grateful to all of the sponsors of the program for understanding the significance of this important program and helping to subsidize it.

Membership to the Cardozo Society requires a minimum donation of \$1,000 to the Federation's Annual Campaign. Associate membership is open to those under the age of 35 who contribute a minimum of \$500 to the Annual Campaign. Cardozo Society members enjoy reduced fees for CLE programs, networking opportunities, and listing in the Attorney Referral page on the Federation website and in the Shalom Harrisburg. The Cardozo Society is eager for new members and ideas for future programs.

For information on the Cardozo Society and the Annual Campaign, please contact Stuart Gasner, Development Director at 236-9555 ext. 3299 or [s.gasner@jewishfedhbg.org](mailto:s.gasner@jewishfedhbg.org).

# Korsunsky family creates a Jewish legacy; establishes college scholarship in memory of son, Roman



Iosif and Zhanna Korsunsky, David Fisch and Masha Korsunsky Fisch, have established the *Roman Korsunsky Memorial Scholarship* with the Jewish Community Foundation of Central Pennsylvania.

On December 10th, 2011, the Korsunsky family suffered an incomprehensible tragedy. Their son, Roman, who courageously fought a brutal battle with CNS lymphoma of the brain for 6 months, passed away at the young age of 47.

Roman's sister, Masha, said, "This was an inexplicable, cruel, and painful loss for us and everyone who knew Roman. He was a beloved father, son, brother, and husband, and is dearly missed every single day".

Roman immigrated to Harrisburg in 1979 from Odessa, Ukraine with his parents, and sister. While it was difficult coming to the US at the age of 14 and learning a new language and culture, knowledge and the pursuit of education was an important part of Roman's life. He graduated from Central Dauphin High School, received an Electrical Engineering degree from Lehigh University, and a Masters Degree from SUNY Binghamton.

Roman became an accomplished engineer at Texas Instruments and held over 25 patents in his name.

During his free time, he loved cheering on his daughters, Sara and Rebecca, at their sporting activities in Downingtown, PA and cycling through the many parks of Chester County.

In memory of Roman, on the two-year anniversary of his passing, the Korsunsky family established the Roman Korsunsky Memorial Scholarship to honor him and to help provide financial support so other Jewish young men and women from Dauphin County and beyond will be able to achieve their goals through education.

"While Roman is no longer with us, his kindness, decency, generosity, and sense of humor will live on through this scholarship."

Since the scholarship fund is open and the Korsunsky family intends to add to the original gift, they welcome others who knew and loved Roman to join them in helping needy Jewish students fulfill their dreams. Additional contributions can be made to the scholarship fund at the Jewish Community Foundation of Central Pennsylvania.



## The Community Investor

By Howard Ross | Executive Director  
Jewish Community Foundation of Central Pennsylvania

### It has been a great career!

This will be my last column as the director of your Foundation; it is time for me to retire and pass the baton of community leadership to the younger generation.

For the past forty-one and one-half years, I have worked on behalf of the global Jewish community.

Over these years I have had the privilege of working with many of the Jewish leaders who shaped our global Jewish society in North America, the Former Soviet Union and Israel. I have worked with prime ministers, presidents, politicians and journalists. I have worked with academics and most importantly, I have worked with thousands of men and women who gave selflessly for the good of those in need and those who diligently gave all to preserve our Jewish cultural and religious values.

And from each and every one, I learned.

The changes in Jewish life and Jewish values from August 1972, when I assumed my first position, through today, have been massive. Although it all seems like yesterday, it has not; the world has become smaller through global communications not even dreamed of in 1972, yet far more complex, and the Jewish community has followed suit, becoming far more complex as our ability to communicate has brought us closer and closer together.

It is now time to enter my "golden years" while the younger, "hipper", more up-to-date generation leads us through the next decades. I only hope that the work I have done for over four decades has been enough to prepare our leaders of today for their huge task tomorrow.

I look forward to joining you as just a member of the community in participating in the community's endeavors and I look forward to seeing you there.

B'shalom,  
Howard

**ARE YOU A JEWISH WOMAN WHO ENJOYS PREGNANCY AND WOULD LIKE TO HELP AN INFERTILE JEWISH COUPLE? OUR NAMES ARE DAVID AND SUSAN AND OUR DREAM IS TO BUILD OUR FAMILY THROUGH SURROGACY. ALL FEES AVAILABLE BY LAW WILL BE PAID. PLEASE CALL OUR ATTORNEY, DENISE BIERLY, AT 814-237-7900**

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**Day 3:** After enjoying a Continental Breakfast, you will depart for a Guided Tour of the historical City of Boston, travel along the Freedom Trail, and relive the birth of our nation. Then stroll the Quincy Market/ Faneuil Hall Marketplace and enjoy great shopping, eateries, and more. Also, see the U.S.S. Constitution, known as "Old Ironsides". She is the oldest commissioned ship in the United States Navy and is a symbol of Liberty and Freedom. You will also visit Cambridge, which is home to Harvard University. This evening, enjoy Dinner before returning to your hotel.

**Day 4:** Start your day with Continental Breakfast before departing for a Guided Tour of the beautiful coastal areas north of Boston. Visit Salem, a coastal city with more than three hundred years of New England history. This is the site of the Salem Witchcraft Trials of 1692. You will also go to historic Gloucester, "America's Oldest Seaport," which is located on Cape Ann. Also located on Cape Ann, you will visit Rockport, a seaside town with quaint shops, restaurants, and galleries. This evening, enjoy a relaxing Dinner and return to your hotel.

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**FOR INFORMATION & RESERVATIONS CONTACT:**

**Cheryl Yablon @ (717) 236-9555**

# Dancing With Our Community Stars - Saturday, November 23, 2013

## DANCING continued from page 1

Fisher. Alicia Richards from ABC 27 was the official emcee for the evening, and all seven couples had their minute to shine during their dance. Before each couple took to the stage, the audience was treated to a video interview of the couple as well as highlights from their dance practices. At the conclusion of each couple's dance, they were critiqued by our judges' panel which included Rabbi Ron Muroff, and dance instructors Laureen Ramos and Kelley Delaney.

At the end of the night, votes were counted and winners were announced. Winning the Popular Vote was JCC Program Director Andrea Weikert and her husband, Steve. The Judge's Award for Best Dance went to Barbara and Scott Cooper. Champion Barbara Cooper stated, "Scott and I laughed all through our lessons. We met three of the other couples in the competition for the first time. We were glad to be given the opportunity to give back to JCC and let the staff know how much we appreciate all they do."

Terri Travers, Sports & Fitness Director as well as Season 1 Popular Vote Winner commented, "I think this is one of my favorite events that we host. We bring together such a great cross-section of our community and everybody has fun and leaves with a smile on their face."

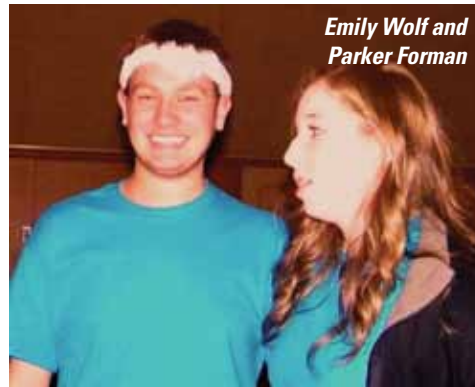
The night raised over \$8,000 for the JCC and will benefit many of the programs people love including Camp, Early Learning Center, Senior Adults and JCC Maccabi Games & ArtsFest. The JCC is already working on Season 3 of Dancing with Our Stars, which will take place in November 2014.



*Etta Yospa in her bobby-soxer costume*



*Judges, left to right, Laureen Ramos, Kelley Delaney, Rabbi Ron Muroff*



*Emily Wolf and Parker Forman*



*Randi and Rob Teplitz*



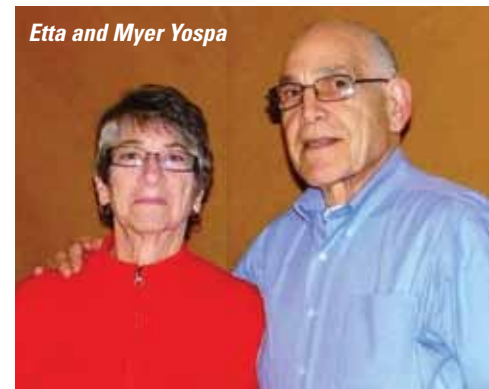
*Stuart Gasner, wife Julia Frankston-Morris and daughter Pearl*



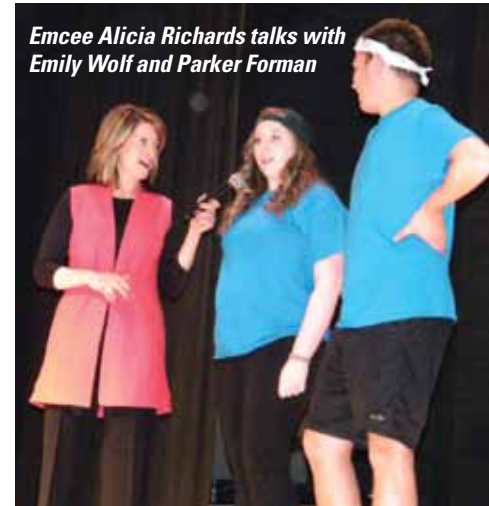
*Justin and Lisa Fleming*



*Stuart Gasner tries to "steal" the mirror-ball trophy from fellow competitor Andrea Weikert*



*Etta and Myer Yospa*



*Emcee Alicia Richards talks with Emily Wolf and Parker Forman*



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**Day 3:** After enjoying Breakfast, you will go on a GUIDED TOUR OF HISTORIC QUEBÉC CITY. Afterward, enjoy some free time in Old Québec and get a close-up feel for this incredible place. Go for a stroll or do some shopping in a distinct European atmosphere! Afterwards, you'll visit the famous MUSÉE de la CIVILISATION in Quebec City. This evening, you'll dine at a local area restaurant.

**Day 4:** After Breakfast you'll head back to Montréal, and go to OLYMPIC PARK where you will see a spectacular view of the city's skyline from the top of the Montréal Tower. Next, you'll visit OLYMPIC PARK'S amazing "Biodome", which recreates some of the most beautiful ecosystems of the Americas. Then, your adventure continues with an additional Guided Tour of Montréal. This evening, you will enjoy Dinner before checking into your Montréal area hotel.

**Day 5:** Today after enjoying Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

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# JCC Adult Programs

Classes available at the Jewish Community Center:

**SilverSneakers® CLASSIC (FORMERLY MSROM)** – Have Fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Tuesday/Thursday mornings 9:15 -10:15 a.m AND Wednesday morning at 9:45 – 10:45 a.m. Drop-in Fee \$5.00 per class. Free to JCC members and SilverSneakers® participants.

**SilverSneakers® CARDIO (FORMERLY CardioFit)** – Get up & go with an aerobic class for you – safe, heart healthy and gentle on the joints. The workout includes easy to follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Mondays and Wednesdays at 10:45-11:45 a.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

**SilverSneakers® YOGA (FORMERLY YogaStretch)** – YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Mondays and Wednesdays 11:45-12:30 p.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

**Gentle Yoga** – Easy Poses for those new to Yoga. Must be able to get down on to floor. Mondays at 9:45 -10:30 a.m. or Tuesdays at 5:00-5:45 p.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

**SilverSplash®** – Activate your aqua urge for variety! SilverSplash® offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. Mondays/Wednesday 9:30 -10:30 a.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

The Jewish Community Center is offering the following senior events:  
Every Tuesday at 9:15 a.m.-10:15 a.m. SilverSneakers Classic  
10:15AM – Discussion Group

Every Thursday at 9:15 a.m.-10:15 a.m. – SilverSneakers Classic

Senior Lunch will be served Tuesdays and Thursdays at Noon. Reservations are preferred two days in advance if possible, but no later than 4:00PM the day before.  
Call Cheryl 236-9555 EXT. 3115

After-lunch Programs are:

**December 31, 2013** – New Year’s Eve Luncheon. Entertainment by Hypnotist, Baron Taylor. Cost: \$10 Members/\$20 non-members

**January 2, 2014** – “The Iraq War: A Ten-Year Perspective by retired Army Colonel John Maietta

**January 7, 2013** – Duet Singers Brad and Mary Barrows

**January 9, 2013** – Bingo

**January 14, 2013** – 10:30am Discussion Group with Bruce Bayuk. After lunch Business Meeting, Birthday Party with Blood Pressure checks by a Bayada Nurse.

**January 16, 2013** – “Name That Tune” with Al Goodman

**January 21, 2013** - The Jewish Perspective – Bob Axelrod, Educational Director at Beth El Temple

**January 23, 2013** – Work on Hadassah Dolls for children in the hospital

**January 28, 2013** – Movie Day: “A Farewell To Arms” with Helen Hayes and Gary Cooper

**January 30, 2013** – Dr. Donald Koones of HACC will lecture

## 2014 Jr. Maccabi Games

**Sunday,  
May 4,  
2014**



The Harrisburg delegation is looking for athletes to participate in the following sports: girls basketball, boys basketball, swim team, tennis and table tennis.

Interested participants should contact Andrea at [a.weikert@jewishfedhbg.org](mailto:a.weikert@jewishfedhbg.org)

Limited spots available. Interested participants should register ASAP.

The 2014 Mid Atlantic Jr. Maccabi Games are Olympic-style sporting events for 10–12 year old Jewish athletes (as of May 1, 2014)

Hosted by the Baltimore JCC

Participation Fee: \$90.00

Please call the JCC at 236-9555, ext. 0 to register.

Questions?? Contact Andrea at 236-9555, 3108 or [a.weikert@jewishfedhbg.org](mailto:a.weikert@jewishfedhbg.org).

# CenterPieces

what's HAPPENING in and AROUND the JCC

**A NEW YEAR  
A NEW YOU!**

Join the J in January and pay just  
**\$20.14** a month for the first 3 months!

For information please contact Linda Skulsky at 236-9555 x 3050  
or [l.skulsky@jewishfedhbg.org](mailto:l.skulsky@jewishfedhbg.org)

**JCC OPEN HOUSE**

Sunday, January 12th, 2014 | 11:00 am – 1:00 pm

## Kosher Wing Cook-Off

Sunday  
February 2, 2014  
12:00 – 2:00 pm



For more information  
or to schedule a tour  
of the facility please contact  
Linda Skulsky at  
(717) 236-9555 x3050 or  
[l.skulsky@jewishfedhbg.org](mailto:l.skulsky@jewishfedhbg.org)



**Save the Date**  
**Sunday, March 2, 2014**

JCC, 3301 N Front Street, Harrisburg

Celebrate Jewish Life & Learning and be  
a part of the Second Annual Jewbilee.

Join Harrisburg area Rabbis, Scholars  
and Educators for a full afternoon of  
classes and programs. You chose the  
sessions you want to do. There will be a  
kosher buffet for dinner, programming for  
families, babysitting and more.

More information to follow including a  
class schedule and list of instructors.

*This program is sponsored by the Lipsett Fund  
of Jewish Community Foundation of Central  
Pennsylvania.*

## community HAVDALLAH

Saturday, February 8, 2014 | 7:00-8:30 pm  
Kindergarten-7th Grade

*There is no fee for this event*

Join us in the Mary Sachs Auditorium for Havdallah, a performance by the  
Harrisburg Jewish Youth Choir and activities in the pool and gym.

Co-Sponsored by Beth El Temple, Chisuk Emuna Congregation, Jewish Federation of Greater Harrisburg,  
Keshet Israel Congregation, The Silver Academy, Temple Beth Shalom, Temple Ohev Sholom

*Please have your child wear their swim suit  
under their clothes.*

Please RSVP to your religious school principal  
or [a.weikert@jewishfedhbg.org](mailto:a.weikert@jewishfedhbg.org) by February 2.



## COMMUNITY PURIM CARNIVAL

Sunday, March 16  
11:00 am – 1:00 pm  
Jewish Community Center

Exciting carnival games for all ages,  
arts & craft projects, prizes & inflatable fun.

**Free to the entire community.**

*Lunch is available at a nominal fee*

*This program is funded by The Jewish  
Community Foundation of Central PA,*

*Bethel El Temple,  
Chisuk Emuna Congregation,  
Keshet Israel Congregation,  
The Silver Academy, Temple Beth Shalom  
& Temple Ohev Sholom*



Saturday, February 1, 2014  
7:00 PM | JCC

**One price includes:** Professional Monte  
Carlo games; live & silent auctions filled with a  
variety of fantastic merchandise; delicious hors  
d'ouvres, wine, beer, and live music.

**Texas Hold 'Em Tournament**  
Prizes will be awarded to the top winners.

To register for this exciting event call 236-9555, x 0 or  
register online at [www.jewishharrisburg.org](http://www.jewishharrisburg.org)

### MONTE CARLO SPONSORSHIPS:

- Sponsor Black Jack Table: \$125
- Sponsor Roulette Table: \$175
- Sponsor Craps Table: \$225
- Donate products or service
- Patron: \$36 per person
- Texas Hold 'Em: \$60 per person

# Land & Specialty Classes

## Abs/Core Training

**Sunday:** 10:30 – 11:00 am

A 30-minute class devoted to strengthening your abs and core.

Cost: \$7 per class/ Regular Rate  
*Free IJCC Member Discount*

## Boot Camp

**Wednesday/Friday:** 12:15-1:00 pm

This class combines resistance training with aerobic exercise. Regardless of your fitness level, emphasis will be placed on having a safe, fun and effective workout.

Cost: \$7 per class/ Regular Rate  
*Free IJCC Member Discount*

## Gentle Yoga (Floor and Standing)

**Monday:** 9:45 am-10:30 am

**Tuesday:** 5:00 pm -5:45 pm

Class designed as a preventive program for a healthy population that suffers, either intermittently or chronically, from mild to moderate back pain or from back pain of non-specific origin. Also appropriate for healthy seniors or beginners who have had no prior yoga experience.

Cost: \$7 per class/ Regular Rate  
*Free IJCC Member Discount*

## Vinyasa Yoga

**Wednesday:** 5:30-6:30 pm

Cost: \$7 per class/ Regular Rate  
*Free IJCC Member Discount*

This is a moderately vigorous class. Content varies, offering elements of Ashtanga and Vinyasa Flow. Participants can expect to move steadily through the entire class. This intermediate level class is suitable for beginners, as modifications to difficult poses are offered in order to make the practice widely accessible.

## ZUMBA

**Monday:** 5:30-6:30 pm

Dynamic fitness workout that will blow you away. Come join the party!

Cost: \$7 per class/ Regular Rate  
*Free IJCC Member Discount*

## Les Mills BodyPump

**Tuesday/Thursday:** 5:30 to 6:30 pm

**Saturday:** 9:00 to 10:00 am

A barbell workout that strengthens your entire body. Tones muscles, changes your body shape, increases your metabolism, makes you stronger, and gives you better muscle and cardiovascular endurance.

Cost: \$7 per class/ Regular Rate  
*Free IJCC Member Discount*

## Pilates

**Tuesday:** 9:00-10:00 am

**Thursday:** 9:00-10:00 am

This class will help improve posture and develop core control, which is the ability to move effectively and efficiently by transmitting force from the body's center through the torso and limbs. The exercises emphasize precise alignment and efficient sequencing of movement.

Cost: \$7 per class/ Regular Rate  
*Free IJCC Member Discount*

## Body Sculpting

**Monday/Wednesday:** 9:00-10:00 am

5 minute warm up, 5 minute stretch, then work each muscle using weights, body bar, medicine ball, big ball, and bands. Beginner to advanced, all levels welcome. Work at your own pace. Focus is on correct positioning for optimum results.

Cost: \$7 per class/ Regular Rate  
*Free IJCC Member Discount*

## Spinning (Indoor Cycling)

A challenging stationary group cycling class, set to music, utilizes various training and motivation techniques to simulate actual outdoor riding experiences such as hills, sprints and racing. A heart rate monitor may be used. **Water and towel are required.**

Cost: \$7 per class/ Regular Rate *Free IJCC Member Discount*

### Early Morning Spin

**Monday:** 6:15-7:00 am  
**Wednesday:** 6:15-7:00 am  
**Friday:** 6:15-7:00 am

### Lunch-Time Spin

**Monday:** Noon-12:45 pm  
**Thursday:** Noon-12:45 pm

### Evening Spin

**Monday:** 5:45-6:45 pm  
**Wednesday:** 4:30-5:30 pm  
**Wednesday:** 5:45-6:45 pm  
**Friday:** 4:00-5:00 pm

### Sunday Spin

**Early Sunday Spin:** 8:45-10:15 am



## Suspension Training

Suspension Training, formerly known as TRX offers a full body workout for individuals of all ages and abilities. Classes offered at a variety of times, but limited spaces are available.

Cost: \$15 per class/Regular Rate  
*\$12 per class/ JCC Member Discount Rate*

For more information contact Terri at [t.travers@jewishfedhbg.org](mailto:t.travers@jewishfedhbg.org) or (717) 236-9555, ext. 3110

## Babysitting At the HBG JCC

For JCC members utilizing the Fitness Center & Fitness Class

Monday – Thursday  
5:15-7:30pm

Ages: 12 months and above

For pricing and reservation requirements please email: [t.travers@jewishfedhbg.org](mailto:t.travers@jewishfedhbg.org)



Cost: \$7 per class/Regular Rate  
*Free IJCC and SilverSneaker*

## Classic

**Tue./Thur.:** 9:15-10:15 am

**Wed.:** 9:45-10:45 am

Move to the music and increase muscular strength, range of movement, and activity for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

## Cardio

**Mon.:** 10:45-11:45 am

**Wed.:** 10:45-11:45 am

Get up & go with an aerobic class for you – safe, heart healthy and gentle on the joints. Easy to follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation.

## Yoga

**Mon.:** 11:45 am-12:30 pm

**Wed.:** 11:45 am-12:30 pm

Move your whole body through a series of seated and standing poses. Chair support is offered to safely perform a variety of postures to increase flexibility, balance and range of movement. Breathing exercises and final relaxation promote stress reduction and mental clarity.

## Personal Training

*Basic Fees:*

**Regular Rate:**

\$30 for 30 minute session  
\$45 for 45 minute session

**JCC Member Discount Rate:**  
*\$40 for 45 minute session*

For more information contact Terri at [t.travers@jewishfedhbg.org](mailto:t.travers@jewishfedhbg.org) or (717) 236-9555, ext. 3110



**ABSOLUTE MASSAGE**  
Healing Hands

Absolute Massage Therapy offers massages at the Harrisburg JCC. Individual or couple massages available. Appointment times vary.

*First Time Clients Only, ask about 50% off your first massage.*

For more information contact Lisa at [lisa@absolutemassage.info](mailto:lisa@absolutemassage.info) or (717) 315-9806.

[www.absolutemassage.info](http://www.absolutemassage.info)

# Basketball



## Iddy Girls Basketball

Ages: 5 & 6

Date: Jan. 5 to Feb. 23 (8 sessions)

Sundays: 4:00 – 5:00 pm

Cost: \$82/Regular Rate

*\$50/JCC Member Discount Rate*

## Biddy Girls Basketball

Ages: 7 to 9

Date: Jan. 5 to Feb. 23 (8 sessions)

Sundays: 4:00 – 5:00 pm

Cost: \$82/Regular Rate

*\$50/JCC Member Discount Rate*

## Iddy Boys Basketball

Ages: 5 & 6

Date: Jan. 5 to Feb. 23 (8 sessions)

Sundays: 5:00 – 6:00 pm

Cost: \$82/Regular Rate

*\$50/JCC Member Discount Rate*

## Biddy Boys Basketball

Ages: 7 to 9

Date: Jan. 5 to Feb. 23

(8 sessions)

Sundays: 5:00 – 6:00 pm

Cost: \$82/Regular Rate

*\$50/JCC Member Discount Rate*

## Members Only Basketball League

Wednesdays: 8:00 – 10:00 pm

Ages: 18+

Cost: \$5/Regular Rate

*Free/JCC Member Discount*



# Sports, Fitness, & Recreation Children & Teens

## Hip Hop

*Ages 6 and older*

Dates: **Tues., Feb. 4 to Mar. 11, 2014**

4:30 to 5:15 pm

Cost: \$65/Regular Rate

*\$40/JCC Member Discount Rate*

Our Kids' Hip-Hop after school classes teach cool moves to the songs they hear on the radio while encouraging positive creativity and exercise. In learning movement and dance, students develop coordination and improve their self-expression and confidence. If this day and time does not work into your schedule, please check out [tapnarts.com/](http://tapnarts.com/) classes for a full listing of dance classes. Call the JCC at (717) 236-9555, x 0 to register.

## Kid Certified Fitness Program

This program allows children ages 12 and up to use the Fitness Center after completing the program with a Fitness Center Manager. Call 236-9555, x3101 to schedule an introduction.

## Girls Sports and Fitness Nite

Date: **January 4, 2014**

Place: Sports City – Linglestown Road

Time: 7:00 to 9:00 pm

Cost: \$10

*Ages: Girls in 1st thru 8th grade*

The evening will allow our young female athletes to try out a number of sports and fitness activities. All participants who sign up in advance will be given a t-shirt. For registration from or more information contact Terri at [t.travers@jewishfedhbg.org](mailto:t.travers@jewishfedhbg.org)

## Jr. Maccabi

Hosted by Baltimore JCC

Open to Jewish pre-teens ages 10-12

**Sunday – Sunday May 4, 2014**

Contact: Andrea at [a.weikert@jewishfedhbg.org](mailto:a.weikert@jewishfedhbg.org)

## JCC Maccabi Games

Detroit, Michigan

For Jewish Teens 13 to 16

**August 17 - 22, 2014**

Sports Offered: Boys Basketball, Girls Basketball, Baseball, Softball, Soccer, Volleyball, Boys Inline Hockey, Lacrosse,

# Water Classes

## Aqua Zumba

Tuesday: 9:30-10:30 AM

Wednesday: 6:00-7:00 PM

Friday: 9:30-10:30 AM

Cost: \$7 per class/Regular Rate

*Free/JCC Member Rate*

A challenging water-based workout that's cardio-conditioning, body toning, and most of all, exhilarating beyond belief.

## Deep Water

Monday / Wednesday: 8:15-9:15 am

Cost: \$7 per class/Regular Rate

*Free/JCC Member Rate*

The deep water provides an environment for exercises that are stress free on the joints yet build muscle strength and endurance. Cardio activities are included. A great way to work hard, have fun and start your day energized. Flotation belts are worn/no swimming skills required.

## SilverSplash®

Monday/Wednesday: 9:30-10:30 am

Cost: \$7 per class/Regular Rate

*Free/JCC Member Rate*

Activate your aqua urge for variety! SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

## Intro to Deep Water

This ½ hour class is designed as a good place to start if you are interested in exercising in deep water. Flotation belts are worn and no swimming skills are required.

# Senior Adult Programs

The JCC Senior Adult Club continues its wonderful schedule of bi-weekly programming on Tuesdays and Thursdays. The Club offers something to meet the interests of almost anyone, with a tasty lunch "sandwiched" right in the middle.

## AARP Safe Driving Class:

**April 3 & 4, 2014**

## AARP Safe Driving Refresher Course

**June 26, Aug 14 & Oct 30**

## The Senior Adult Club

offers monthly day trips to various Theaters from March thru October. For a list of shows, dates, and trips contact Cheryl Yablon (717) 236-9555, ext. 3115

*For more information on all Senior Adult Programs contact:  
Cheryl Yablon (717) 236-9555, x 3115 or  
[c.yablon@jewishfedhbg.org](mailto:c.yablon@jewishfedhbg.org)*

*National Mah Jongg League's cards for 2014 for sale.  
Deadline: January 29th, 2014*

Swimming, Tennis, Table Tennis, Bowling, Track & Field.

## JCC Maccabi ArtsFest

Detroit, Michigan

*For Jewish Teens 13 to 17*

**August 17 - 22, 2014**

*Art Specialties: Acting/Improv, Dance, Jazz Ensemble, Musical Theater, Rock Music, Visual Arts, Vocal Music, and Culinary Arts.*

**The JCC Maccabi Games and JCC Maccabi ArtsFest are amazing programs open to Jewish teens who will be 13-16 years of age as of July 31, 2014.**

For more information on these programs contact Terri Travers at [t.travers@jewishfedhbg.org](mailto:t.travers@jewishfedhbg.org) or 717-236-9555 x 3110

## 50 Mile Swim

*See Becca Doctrow for details*

# The Brenner Family Early Learning Center

A Quality Preschool with Childcare Options | For info contact Angie Stoll at (717) 236-9555, x 3107 or a.stoll@jewishfedhbg.org

## Infants: (6 weeks+)

Experienced and loving staff furnish your infant's daily needs, as well as providing developmentally appropriate activities for infants' ever-changing physical needs.

## Toddlers (approximately 12-18 mo.)

The staff caters to the children's ever growing need to explore; daily walks (inside and out), singing, and playing are how Toddlers spend their days.

## Turning 3s (2 yrs. old by Sept. 1)

Activities are centered on the sense of independence that comes with being two. Children are encouraged to explore art, music, science, and simply getting along.

## Turning 4s (3 yrs. old by Sept. 1) and Pre-K (4 yrs. old by Sept. 1)

Planned activities promote reading and math readiness, scientific discoveries, music appreciation, and just plain fun! Field trips coordinate with classroom activities.

Pre-K is required to attend a minimum of five mornings.

Licensed by the Department of Public Welfare

A Keystone Stars Program



## ELC Enrichment

To register for a class, please stop by the Atrium desk or call 236-9555, x 0. Payment must be made at time of registration.

## MONDAYS

### Artistic Afternoon

1:00-1:45 pm | Ages 3 to 5

Cost: \$110/Regular Rate  
\$70/JCC Member Discount

### Future Super Stars Intro to Sports

1:00-1:30 pm | Ages 4 to 5

Cost: \$55/Regular Rate  
\$35/JCC Member Discount

## TUESDAYS

### Artistic Afternoons

1:00-1:45 pm | Ages 3 to 5

Cost: \$110/Regular Rate  
\$70/JCC Member Discount

### Ganeinu at The Silver Academy

12:00-3:30 pm | Dates: School Year

Ages: Must be 4 years old by September 1

Cost: \$157.50/month

Tuesday & Thursday

Must register through The Silver Academy  
(717) 238-8775 – Hot Lunch Provided.

### Keep Your Eye on the Ball

12:30-1:00 pm | Ages 2 to 5

Cost: \$55/Regular Rate  
\$35/JCC Member Discount

## WEDNESDAYS

### Swim Instruction

12:30-2:30 pm

½ hour lessons based on child's age

Ages: 3 to 5 | 20 Kids Maximum

Cost: \$63/Regular Rate  
\$48/JCC Member Discount

## THURSDAYS

### Suzanne's Jumpin' Jitney

12:30-1:00 pm | Ages 2 to 5

Monthly Cost: \$80/Regular Rate  
\$40/JCC Member Discount

## FRIDAYS

### KinderDance

12:30-1:15 pm | Ages 3 to 5

Monthly Cost: \$90/Regular Rate  
\$40/JCC Member Discount

## Camp at the J

A Summer of Fun. A Lifetime of Memories!

June 16 – August 8, 2014

Day Camp Program for Children entering Kindergarten – 6th Grade as of Sept 1, 2014

Camp is about Fun, friends and new experiences...

Join us for a fun-filled summer that includes exciting activity program featuring outdoor programs, sports and games, performing arts and drama, instructional swim and recreational swim, cultural activities, arts and crafts, music, environmental living and nature and Israeli Culture plus special theme days, camp-wide programs, late nights and overnights, carnival, hobby days and LOTS MORE!

Calling all entering 5th – 8th graders...

Have you always wanted to see the open road, experience interesting things and places, spend time with old camp friends and meet new ones? Then our travel camp is just for you - It's like no other camp! Every day is a new and exciting place to visit and explore. This summer campers will visit Williamsburg, VA & DC, Great Wolf Lodge, Club Getaway, Philadelphia, Montreal, Ohio and lots more.

Please contact Andrea at a.weikert@jewishfedhbg.org for a detailed itinerary.

For more information or to receive a copy of the 2014 Day Camp Brochure contact Andrea at 236-9555, ext. 3108, a.weikert@jewishfedhbg.org or Terry at 236-9555, ext. 3121, t.fisher@jewishfedhbg.org for more information.

## Daddy Daughter Date Night

Sunday  
February 16, 2014  
5:00-7:00 pm

When: Sunday, February 16, 2014

From 5:00-7:00 pm

Where: JCC

3301 N Front Street, Harrisburg

Cost: \$40/Regular Rate;

\$20/JCC Member Discount,

\$5 for each additional child

Registration deadline: Feb. 6

To register please call 236-9555, ext. 0

The evening includes a DJ, dancing, crafts and desserts

Join us for a special evening on the red carpet with dinner, fun and dancing!

Daughters of all ages are invited. The event is not limited to just fathers and daughters. Uncles, Grandpas, and other special men in the lives of a child are also invited (and what a great time for a Mom's Night Out).

Do you have two daughters? Don't worry – there is enough fun for everyone!

So get ready dads – put on your best suit, and daughters put on your favorite dress.

For more information please contact Andrea at a.weikert@jewishfedhbg.org

Save The Date  
Touch A Truck  
& Wellness Fair

March 30, 2014  
11:00 am-1:30 pm



Follow us on  
Facebook & Twitter



Text "HBG" to 51818  
to receive our text alerts  
about upcoming events  
and community news

# Josh Jacobson Award

By Ira Beckerman, President Temple Beth Shalom

The Josh Jacobson Award was presented by Temple Beth Shalom on December 6, 2013. As is traditionally done, the presentation is made by last year's winner – Pam Eisenhour

## WE MAKE A DIFFERENCE IF WE CHOOSE



One day a man was walking along the beach when he noticed a figure in the distance. As he got closer, he realized the figure was that of a boy picking something up and gently throwing it into the ocean. Approaching the boy, he asked, "What are you doing?" The youth replied, "Throwing a starfish into the ocean. The sun is up and the tide is going out. If I don't throw them back, they'll die." "Son" the man said, "Don't you realize there are miles and miles of beach and hundreds of starfish? You can't possibly make a difference!" After listening politely, the boy bent down, picked up another starfish, and threw it into the surf. Then, smiling at the man, he said, "I made a difference for that one."

The Josh Jacobson Award is an award that is given to a Temple Beth Shalom member who has chosen to make a difference. This year's recipient has done many Mitzvahs for our congregation and the area community. They play a key role in keeping Temple Beth Shalom standing and functioning in a way that many of us are not even aware of. Over the several years that this person has been a member, they have had their hands in maintaining the building and the grounds - most of the time without even being asked. They just knew that the work needed to be done. This person has always had a love for TBS. It all

started when they were a small child. They were very active in making this building happen. It's been told that this person, as a child, would even do more work than the older gentleman of the congregation. As they grew up they still cared about the building, Temple Beth Shalom and what it meant to them. As a teenager, this person would even take on projects like sanding down the railings and repairing them without being asked. This person has gone through many of the Jewish Life Cycles throughout their years with TBS. As this person grew up, they had their Bar Mitzvah here, they were married here and now they bring their children here. Their daughter was named here, and both of their children were called to the Torah here. I've even been told that this person used to teach many years ago too. Where did they find the time? As the years went on, this person still would keep Temple Beth Shalom running smoothly. Anything that needed done they were there to do. From cleaning the gutters and gardens to changing the lights in the social hall, to fixing the plumbing and any electrical work that needed attention. You name it, they were there and most of the time no one even knew it. Oh, and let's not forget this person even finds time to do Mitzvahs outside of TBS like visiting the sick and the elderly.

With all the other things they do, they even help to support our cemetery. There are many aspects of Temple Beth Shalom that we as a congregation take for granted every day that this member does without thinking about or even being asked to do. It's natural for them, they just do it. Maybe that's because they follow in the footsteps of their grandfather. A person who sees what needs to be done and makes it happen. In 1970, an ad was placed in the local paper. It listed information about a meeting, "Anyone interested in having a synagogue on the West Shore should come to a meeting on December 6th at Dutch Pantry in Camp Hill." Over 200 potential new members attended the meeting, and that was the day Temple Beth Shalom began.

On this 43rd anniversary of Temple Beth Shalom's first meeting, I am so honored and proud to announce this year's recipient of the Josh Jacobson award to David Kranzel. David, you deserve this award, and it is presented with much love from your TBS family.

## “BELIEVING AND ITS TENSIONS” RABBI CYTRYN’S ADULT ED SERIES AT BETH EL TEMPLE BEGINS JANUARY 14

The second of Rabbi Cytryn’s three winter series of Adult Education classes begins January 14, meeting for four consecutive Tuesday evenings from 7:15 to 8:30 p.m. in the Schein Annex at Beth El Temple. The topic is “Believing and Its Tensions.”

The class will discuss a Conservative Jewish Theology as shared by Rabbi Neil Gillman, author of “Sacred Fragments” and “The Death of Death.” Each week Rabbi Cytryn will lead discussion of a chapter of Gillman’s short (113 pages) personal Jewish theology. All are welcome to participate. Please join us for study, discussion and, of course, coffee and nosh.

## Help The Silver Academy Students Travel to Israel

In the Spring The Silver Academy will be taking their 8th grade students to Israel. The students would like to take your prayers and messages with them to the Kotel, the Western Wall.

As a way to help fund their trip the students are selling *Chai Notes*. For only \$18 these students will personally deliver your notes to Israel.

*Thank you for supporting their trip!*

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Number of notes x \$18= \_\_\_\_\_

Make checks payable to **The Silver Academy**.

Please mail or deliver *Chai Notes* to The Silver Academy:  
ATTN: *Chai Notes* | 3301 N. Front Street | Harrisburg PA 17110

*For additional notes contact The Silver Academy office at 717-238-8775, or copy the form you have. Additional notes will also be accepted on small pieces of paper. Payment for all notes can be made at point-of-purchase or when notes are turned in to and 8th grade student or the school office.*



*Chai Note*

Please write your message here. Fold for privacy.



# Help us get to Israel!

Buy a *Chai Note* for only \$18  
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to the *Kotel*, the Western Wall in Israel.

*This spring the Silver Academy 8<sup>th</sup> Grade class will travel to Israel.  
Help us fund our trip with the purchase of a Chai Note.  
See the 8th graders for details.*





## WHY I NEED YOU: THE ESSENCE OF COUNSELING

By Mary Tarbell, M.Ed., LPC, JFS Adoption Coordinator/  
Child Therapist

Recently, one of my young counseling clients (of elementary school age) handed me a handwritten list. Feeling very touched, I asked the client's permission to share the list (anonymously, of course) with the readers of the *Community Review*.

Why I Need You:

- I need help.
- You help me.
- To get my feelings out.
- To talk about my troubles and problems.
- To get all of my anger out.
- So I am not the bad part of me.

The "troubles and problems" in #4 are specific to that young person's particular situation, but actually the list is a fairly good representation of why any child (or adult, for that matter) might be seeing a counselor or therapist.

In May 2013, the 5th Edition of the Diagnostic and Statistical Manual (DSM 5) was published by the American Psychiatric Association (APA). According to the APA, the DSM is "the handbook used by health care professionals in the United States and much of the world as the authoritative guide to the diagnosis of mental disorders." The DSM is a crucial tool for mental health therapists, providing a standardized diagnostic system used in treatment planning and coding for insurance reimbursement. Anxiety, depression, attention-deficit/hyperactivity disorder -- you name it, the

DSM has a code for it. The DSM 5 has been in the works for years, and its release was met with controversy, confusion, cynicism, and yes, even praise. Debate continues to swirl around topics ranging from autism to cannabis withdrawal.

But enough with the jargon.

As we thumb through our hot-off-the-presses DSM 5 in order to identify and classify and codify our clients' "presenting problems" into "disorders," we would do well to remember that it all comes down to "I need help. You help me."

Mary Tarbell is a Licensed Professional Counselor and Registered Play Therapist at Mynd Works Children's Services, a program of Jewish Family Service of Greater Harrisburg, Inc. You may contact her at JFS 717-233-1681.

## DAY OF PAMPERING - WOW, WHAT A DAY!

Imagine that you have not been able to sit down for a meal for the last 14 years without your special needs child requiring your attention; you haven't had a day to socialize for 5 years; you and your child are stared at with disdain for the uncontrollable outburst at the mall; you spend too much time in hospitals; you carry a binder of case notes; you feel isolated from the outside world. Someone takes notice and plans a day just for YOU!

Jewish Family Service and Temple Ohev Sholom Sisterhood provided a Day of Pampering on Sunday December 1st for women who are full time caregivers for their children, spouses or other family members with special needs. These women are so busy caring 24/7 for others that they have no time to take care of themselves. Neither the volunteers nor the spa service providers realized how much they would be affected and inspired by the women that day. You had to be there, to feel the vibes. When packing to leave, many of the spa service providers asked to be signed up for next year. JFS and Temple Ohev Sholom Sisterhood are ready to plan for next year's Day of Pampering (DOP).

There are many people to thank for planning and executing the event. Shelley Adler, DOP coordinator, and her committee attended to every detail as they envisioned an experience that would allow the women to feel appreciated and pampered. Temple Ohev Sholom provided a perfect venue, with many classrooms available for spa services. A wonderful cadre of volunteers helped the service providers become situated in their assigned space, served as building guides, prepared and served a sumptuous lunch or hosted a table to make our guests feel welcome at lunch. Several businesses and individuals provided the funding for the day, as well as items to be included in the gift bags for our guests and service providers.

The following is the list of all of these wonderful people. **Event Committee:** Shelley Adler, Event Coordinator, Elissa Arch, Barbara Bazelon, Mary Caufield, Helene Cohen, Carol Hillman, Ellie Rabin; **Venue Committee:** Carol Hillman, Chair, Michelle Darr, Temple Ohev Sholom Office Administrator, Martin Egolf, Temple Ohev Sholom Building Maintenance, Kathie Hughes, Charlotte Lee, Mary Lenker; **Library Lounge Hostess:** Linda Weibrecht; **Lunch and sweet treat contributors:** Shelley Adler, Arden Courts, Helene Cohen, Costco, Linda and Arnie Cushner, Giant Foods, Karns Quality Foods, Ltd., Neely Meals and friends, Donna Savage, Wegman's, Weis Markets; **Contributors to the service providers' gift bags:** Carol Hillman, Kathie Hughe, Tickle My Senses Gift Shop, Lori Weitzman, Chocolate Creations; **Contributors to the guest gift bags:** Bonnie Beasley of, Mary Kay Cosmetics, Judy Franklin of Mary Kay Cosmetics, Law Offices of Aviv S. Bliwas; **Music:** Linda Grobman, Flutist; **Parking guides:** Rob Durham, Seth Krause; **Luncheon Table Hostesses:** Kathleen Bard, Sue Brodtkin, Lisa Foer, Mary Ellen Gough, Jill Loughery, Julie Sherman, Lee Spitalny, Carol Vracavich; **Kitchen Crew:** Tracey Binner, John Keck, Allison Shipp, Aviv Bliwas and members of the Greater Federated Women's Club; **Building Guides:** Elissa Arch, Esther Beck, Chris Berger, Elyse Bienstock, William Chaddock, Chastity Cottingham-Frye, Shira Ettinger, Nancy Rose Garner, Patti Hivner, Cindy Lynch, Martha McGraw, Jodi Neuschwander

We had an amazing team of dedicated service providers who spent the day making our women participants feel not only pampered but special in their own right. This amazing team consisted of: **Reflexologists:** Suzanne Becker, Vicki Fox, Maureen Maxwell, Paula Rhodes, Gail Wickwire, Trish Zook; **Manicurists:** Heather Clark, Chelsea Nolan, Lauren Strunck **Chair Yoga and Meditation:** Joe and Marcia Glogowski; **Reiki Practitioners:** Joyce Edmiston, Rickie Freedman, Elizabeth Grassmyer, Tracey Lencioni-Smith, Kelly McGee, Dottie Woodward, Carolyn Zaino; **Chair Massage Therapists:** Helga Jensen, Marty Malina, Monica Pageler, Jeffery Paegler, Jeff Ruggerio, Candy Snyder; **Mini Support Group:** Bryna Sherr; **Skin Pampering:** Judy Franklin.

A Day of Pampering reflected the concept of It Takes a Village. Jewish Family Service and Temple Ohev Sholom Sisterhood are proud to have created that village.

If you are a spa service provider and would like to take part in a future Day of Pampering please call Barbara Bazelon at Jewish Family Service, 233-1681 or Shelley Adler, 233-6127.

# LATKEPALOOZA OFFERED ENTERTAINMENT FOR ALL

Over 150 children enjoyed the Latkepalooza event on November 20th, co-sponsored by the Jewish Federation of Greater Harrisburg, Beth El Temple, Silver Academy, Chisuk Emuna Congregation, Temple Beth Shalom and Temple Ohev Sholom. Participants enjoyed listening to the Harrisburg Jewish Youth Choir, followed by a dreidle competition, making crafts for the residents at the Jewish Home and learning about Bikkur Cholim, making an edible menorah and learning about the Olive Oil Press, a program sponsored by the Jewish Community Foundation of Central Pennsylvania.



## Fun Times on JCC Chanukah Street

Over 60 people enjoyed JCC Chanukah Street, an event co-sponsored by PJ Library and the Brenner Family Early Learning Center. Families enjoyed a delicious breakfast, a showing of Chanukah Shalom Sesame, art projects, a moon bounce, edible menorah, latkes and a special visit from Elmo.



## The Iraq War: A Ten-Year Perspective' Retired Army Colonel John Maietta Thursday, January 2, 2014



On Thursday, January 2, 2014, John Maietta will speak on "The Iraq War: A Ten-Year Perspective" at the JCC Senior Adult Club gathering. In 2003, U.S. and allied forces launched an invasion of Iraq, in order to oust a tyrannical ruler and remove a perceived threat to international peace and security. More than ten years later, the Iraq War leaves a mixed legacy in the minds of most Americans: pride in the valor of those who served; disappointment in the

failure to leave a stable democracy behind.

This program will highlight the roots of the conflict, the progress achieved during the U.S. occupation, and the long-term challenges facing the people and government of Iraq. The presenter, John Maietta, is a retired Army colonel who served as an advisor in the Iraqi police headquarters in 2009. Please make your reservations for lunch and our speaker with Cheryl at 236-9555, EXT. 3115 by Dec. 31, 2013.

## JOIN THE SENIOR ADULT CLUB FOR NEW YEAR'S DECEMBER 31, 2013 ENTERTAINMENT BY BARON TAYLOR



Baron Taylor is a certified hypnotherapist and forensic hypnosis investigator, practicing in Harrisburg. Since 2011, Inception Hypnotherapy has become well-known for helping people with problems such as smoking cessation, weight management, pain management, public speaking, self-esteem, fears of all kinds, anxiety, IBS,

PTSD and a host of other issues.

On the lighter side, Baron enjoys providing entertainment with comedy stage hypnosis. It is a wonderful way to get people laughing, and also explain a bit about how hypnosis works.

Join us for lunch and a fun afternoon. For reservations, call Cheryl at 236-9555 Ext. 3115 by December 24, 2013.

# BBYO Tournies Convention 2013

By Saul Kester

From November 15-17th, 18 Jewish teens from Harrisburg's BBYO chapters attended Liberty Region BBYO's annual Tournies Convention in Allentown, PA, where, as a group, they competed against many other chapters from Pennsylvania, southern New York, and Delaware. BBYO is a Jewish youth movement containing the youth fraternity AZA and the youth sorority BBG. The Harrisburg AZA and BBG chapters won first place in their division for the first time in years.

Around 200 teens attended Tournies, which is short for Tournaments, where they competed in events such as basketball, singing, panel discussion, and chess. These competitions, which go on throughout the entire weekend, build solidarity in the chapter while still allowing friendly rivalries between chapters.

The weekend is not all competitive though; BBYO conventions always have services led by teens in the region, including a unique, interactive Havdalah service complete with guitars and modern music. Everybody who experiences a "Liberty Havdalah" loves it.

By the time Sunday came, everybody



was devastated to leave. Tournies, which is the most popular convention, is a typical favorite of Harrisburg BBYO members. Although it was hard for us to see our friends leave, the members left with a sense of pride with our gold trophy in hand.

BBYO is the world's only independent, international, pluralistic Jewish youth movement

for students in grades 8 through 12. BBYO functions at a chapter, regional, and international level. As president of Larry Urie Harrisburg AZA #128, I implore all Jewish high school students to join the organization. BBYO changed my life; it might just change yours too. Contact Harrisburgaza@gmail.com for more info.

# KI Recruiting – Bringing Talent to Harrisburg

By Rabbi Akiva Males

For the past year or so, a KI committee – chaired by Dr. Stan Lewin – has been working toward the goal of recruiting new families to strengthen Keshet Israel Congregation and Harrisburg's Jewish community. As a result, just before the High Holidays of September 2013, KI implemented a bold new project named 'KI Recruiting'. This initiative had the following two goals: A) networking with local employers to find quality jobs for Jewish individuals/families interested in relocating to Harrisburg; and B) assisting with the integration of those individuals/families into our community.



After many months of planning, KI hired Mark Edelstein as Director of Recruitment for this new project. In the short time that Mark has been working on this initiative, he has accomplished many goals. For example, Mark developed an excellent website for KI Recruiting at www.welcometoharrisburg.com – as well as a great Facebook page. Mark has networked and created important relationships with many local employers. He has also amassed a number of resumes from highly-qualified people interested in relocating to Harrisburg and playing active roles in our Jewish community – if they can find the right employment opportunities.

After several months of getting the KI Recruiting project off to a terrific start, Mark has decided to pursue other opportunities. Although he will be moving in early January, Mark has created a solid base so this project can move forward. Mark will also be instrumental in ensuring a smooth transition for his successor. KI's committee is now back at work to ensure that the positive momentum will continue unabated, and a new highly-qualified Director of Recruitment will be brought on board soon.

In the meantime, I urge everyone to visit www.welcometoharrisburg.com to learn more about this bold project. In addition, many people have inquired what they can do to help KI with this important initiative. The best way to assist is by helping KI Recruiting establish relationships with local employers with the ability to hire. Nothing is more effective than a personal introduction. If KI Recruiting succeeds, both KI and Harrisburg's Jewish community will be the beneficiaries.

*Keshet Israel's Rabbi Akiva Males can be reached at rabbimales@yahoo.com*

## JFGH Summer Leadership Intern Program

The Jewish Federation of Greater Harrisburg is pleased to announce the Summer Leadership Intern Program. This program is open to Jewish college students (no older than 22 years old) who show an interest in Harrisburg, civic involvement and the Jewish community.

Interns will be employed from Monday June 2 – Wednesday August 6, 2014 in Greater Harrisburg area businesses and nonprofit organizations. In addition, interns will participate in engaging activities such as professional development seminars; explore civic and Jewish community leadership opportunities and interact with guest speakers and community professionals. There will be opportunities from a variety of local businesses and non-profits, in a selection of fields, including (but not limited to) marketing/PR/advertising, business development, social work, and community relations and planning.

"We are confident this internship program will give students meaningful career-related work experience and professional development," said Margie Adelman, JFGH CEO. "We intend to open the door to the Harrisburg business community to these college students and connect them to our Jewish Business Leaders."

To apply for the Summer Internship Program please follow the steps below:

1. Complete the application, which can be downloaded from [www.jewishharrisburg.org](http://www.jewishharrisburg.org)
2. Include a recently updated resume
3. Email application and resume to Lauren Jacobs, at [l.jacobs@jewishfedhbg.org](mailto:l.jacobs@jewishfedhbg.org). The application deadline for all materials is February 7, 2014
4. Once your materials are received, you will be asked to sign up for a Skype interview time slot. Interviews will take place before March 14, 2014.

The JFGH Summer Leadership Internship Program is made possible through support from the Jewish Federation of Greater Harrisburg and various other funders.

For more information or questions please contact Stuart Gasner at [s.gasner@jewishfedhbg.org](mailto:s.gasner@jewishfedhbg.org) or 717-236-9555 ext. 3299.

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## COMMUNITY REVIEW AD DEADLINES

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**DEADLINE, DECEMBER 30, 2013**

**JANUARY 24, 2014 ISSUE**

**DEADLINE, JANUARY 13, 2014**

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## synagogue life

### BETH EL TEMPLE

232-0556 | [www.betheltemplehbg.org](http://www.betheltemplehbg.org)

Minyan 7 a.m. daily and 5:30 p.m.

Sunday morning at 9:00 a.m.

Friday night Kabbalat Shabbat 6:00 p.m.

Shabbat morning service 9:15 a.m.

Saturday night mincha/maariv/havdalah at  
same time as Friday evening candlelighting  
time

**Saturday, January 4:** Mini Congregation for  
pre-K's 11:00 a.m.

**Sunday, January 5:** 6th Grade Family  
Education Program, "Preparing for the Bar/  
Bat Mitzvah Journey"; 9 a.m. 7th Grade  
"Tefillin/Minyan Program," 9 a.m.

**Saturday, January 11:** "Board Shabbat" — Beth  
El Temple Board members lead Shabbat  
morning service.

**Sunday, January 12:** Chaverim Bagel & Coffee  
Social 10 a.m. "Parent Schmooze" with Beth  
El President Marsha Davis, 11 a.m.

**Sunday, January 12:** Social Action Volunteering  
at Central PA Food Bank 1-3 p.m.

**Tuesdays, January 14, 21, 28 & February 4:**  
Adult Education Series with Rabbi Cytryn 7:15  
p.m. "Believing and Its Tensions."

**Saturday, January 18:** Java 'n Torah 9:00 a.m.  
Interactive study before Shabbat morning  
service.

**Wednesday, January 22:** Executive Committee  
Meeting

**Friday, January 24:** Tot Shabbat 5:30 p.m.  
Congregational dinner 6:00 p.m. Kabbalat  
Shabbat 7:00 p.m. Junior Congregation 7:00  
p.m.

**Sunday, January 26:** Grade 7 "Judaism  
Through Film" program. "World Jewish  
Cuisines" program for Grades K and 2/3,  
10:15 a.m.

PUBLIC SERVICE ANNOUNCEMENT

### CHISUK EMUNA CONGREGATION

232-4851 | [www.chisukemuna.org](http://www.chisukemuna.org) | [info@chisukemuna.org](mailto:info@chisukemuna.org)

Weekly Minyan times:

Sunday mornings at 8:30 a.m.

Monday, Thursday mornings, 6:50 a.m.

Tuesday, Wednesday and Friday mornings, 7 a.m.

Sunday through Thursday evenings, 7:15 p.m.

### CONGREGATION BETH ISRAEL

Lebanon | 273-2669

Visit the Congregation Beth Israel Web Site at  
[www.congregation-beth-israel.org](http://www.congregation-beth-israel.org)

All are welcome to our egalitarian services:  
Sundays at 9 a.m., Thursdays at 7:30 a.m.

Our Shabbat services, led by Rabbi Paula  
Reimers, are at 7:30 p.m. on Friday evenings  
and on Shabbat morning at 9:30 a.m.  
followed by Kiddush.

PUBLIC SERVICE ANNOUNCEMENT

### CONGREGATION BETH TIKVAH

Carlisle | 245-2811 | [www.bethtikvah.org](http://www.bethtikvah.org)

PUBLIC SERVICE ANNOUNCEMENT

### HISTORIC B'NAI JACOB

Middletown | 319-3014 | [www.bnai-jacob.org](http://www.bnai-jacob.org)

Historic B'nai Jacob Synagogue, Water and  
Nissley Streets in Middletown, will conduct  
Shabbat services on Friday, January 10th  
at 7:30 p.m. Saturday, January 11th, Annual  
Meeting at 5:30 p.m. We are a Community  
Shul - all are welcome. Visit our website or  
call our Voicemail, 717-319-3014

PUBLIC SERVICE ANNOUNCEMENT

### KESHER ISRAEL CONGREGATION

238-0763 | [www.kesherisrael.org](http://www.kesherisrael.org)

Participate in our daily Minyanim. Mornings:  
Sundays and Federal holidays at 8 a.m.,  
Monday through Friday at 6:45 a.m. Rosh  
Chodesh and fast days at 6:30 a.m. Evening  
services begin at 20 minutes before sunset.  
Please join us for our 9 a.m. Shabbat morning  
services - followed by kiddush

PUBLIC SERVICE ANNOUNCEMENT

### TEMPLE BETH SHALOM

697-2662 | [www.tbshalom.org](http://www.tbshalom.org)

Due to the fact that Rabbi Gendra will be on  
a six-month Sabbatical after September 17,  
Temple Beth Shalom will hold twice-monthly  
Saturday morning services conducted by Dr.  
Manel Frau. The schedule is as follows:

The Friday evening schedule remains  
unchanged - Services at 7:15 p.m.

**December 28:** No Saturday morning services

**January 4, 2014:** No Saturday morning services

**January 11:** Saturday morning services, 9 a.m.

**January 18:** No Saturday morning services

**January 25:** Saturday morning services, 9 a.m.

Contact: Jenny Kornfeld, TBS Ritual Chair,  
[jenmarc55@comcast.net](mailto:jenmarc55@comcast.net). To find out more  
about our programs and events, visit [www.tbshalom.org](http://www.tbshalom.org) or contact us at [tbs.temple@verizon.net](mailto:tbs.temple@verizon.net).

PUBLIC SERVICE ANNOUNCEMENT

### TEMPLE OHEV SHOLOM

233-6459 | [www.ohevsholom.org](http://www.ohevsholom.org)

**Friday, December 27:** Shabbat Service,  
6:00 p.m., Joint Services with Beth El Temple  
at Beth El

**Friday, January 3, 2014:** Shabbat Service,  
6:00 p.m., Lehrman Chapel

**Friday, January 10:** Family Shabbat Service,  
7:30 p.m., Sanctuary

**Saturday, January 11:** Tot Shabbat Service,  
10:30 a.m., Lehrman Chapel

**Friday, January 17:** Shabbat Service,  
6:00 p.m., Sanctuary

**Saturday, January 18:** B'nai Mitzvah, 10:30  
a.m., Sanctuary

**Friday, January 24:** Shabbat Service, 7:30  
p.m., Sanctuary

**Friday, January 31:** Shabbat Service, 6:00 p.m.,  
Lehrman Chapel

**GALINA KOZHEVNIK**

Galina Kozhevnik, 66, passed away on December 8, 2013 at the Hershey Medical Center. Galina was born on August 23, 1947 in Moscow, Russia to Boris Polyak and the late Hanna Polyak. She attended high school in Russia, graduating in 1964 and graduated from university with an associate's degree in Industrial Engineering in 1966. In 1967, Galina married the love of her life, Volf Kozhevnik, her husband of 46 years. In 1990, she immigrated to America. During her time in America, Galina worked for the Yeshiva Academy in

Harrisburg for a time before moving on to Boscov's. She began her career at Boscov's in sales and moved up to assistant manager. She worked in management until her retirement.

Galina loved life and was loved by many. She was always surrounded by friends and family, and that was very important to her. She had a big heart and unconditional love for her children. Her family was her life; that's what kept her going. She had an amazing sense of humor and was always able to make you laugh. She loved to travel and enjoyed working, especially at Boscov's, as she loved

being around people. Galina loved music and played multiple instruments when she was younger. She was a very strong woman and knew how to fight for what she wanted. She is our hero, and we hope that we can make her proud. Nothing can fill the emptiness in our hearts, but we know she is in a better place now. We love you and will miss you very much. Please rest in peace, Mom, and don't worry about us, we will be okay now.

Galina is survived by her father Boris Polyak; her beloved husband Volf Kozhevnik; her son Oleg Kozhevnik and wife Natalya; her daughter Yelena

Weaver and husband Anthony; her 2 sisters Olga Kantar and husband Yakov, and Ella Volfson and husband Michael; and 2 grandchildren, Angela Kozhevnik and Dillon Weaver.

Funeral Services for Galina were held on Wednesday, December 11th at the Bookstaber Chapel at Mt. Moriah cemetery, with Rabbi Peter Kessler officiating. To view the complete obituary or to leave an online condolence, please visit us at [HetrickBitner.com](http://HetrickBitner.com) or on Facebook.

**EDWARD SKULSKY**

Edward Skulsky passed away on Friday, November 22, 2013 in Michigan. He was the beloved husband of Marilyn Skulsky; dear father of Alan (Linda) Skulsky, Craig (Tamara) Skulsky, and Barbara (David) Kellam; dearest brother of Frances (Robert) Gordon and Suzanne (Michael) Sudz; and loving grandfather of Matthew, Michael, Eric, Bryan, Jessica, Stefanie, and Jason Skulsky, and Derek Kellam. Edward will also be remembered by many loving nieces, nephews,

other family members and friends. Funeral services were held on Sunday, November 24th at the Dorfman Chapel, Farmington Hills. Interment followed at Hebrew Memorial Park Cemetery, Mt. Clemens. For information, visit [www.thedorfmanchapel.com](http://www.thedorfmanchapel.com).

**CANDLELIGHTING**

**December 27..... 4:30 p.m.**

**January 3..... 4:35 p.m.**

**January 10..... 4:42 p.m.**



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