Mid Penn Bank Makes Donation to Brenner Family Early Learning Center Through the Educational Improvement Tax Credit Program

Recently, Mid Penn Bank presented a check for $2,500 to the Brenner Family Early Learning Center through its participation in Pennsylvania’s Educational Improvement Tax Credit (EITC) Program. The EITC Program benefits not only the businesses that participate in the program by earning tax credits, but also the schools who are registered to receive EITC donations. These donations are used for tuition scholarships.

“Mid Penn Bank is committed to funding educational dollars for the youngest generation of our community,” said Mid Penn Bank Government and Nonprofit Banking Officer Christine Nagorzanski. “We are pleased to be a partner to the Jewish Federation of Greater Harrisburg and provide our recent donation to the Brenner Family Early Learning Center.”

If you are a business owner and would like more information on the EITC Program, please contact Patti Bromley at p.bromley@jewishfedhbg.org or 236-9555, x-3209.

Jewish Federation of Greater Harrisburg Welcomes New CEO

After a long and arduous search, the Jewish Federation of Greater Harrisburg is pleased to announce that Margie Adelmann is the Federation’s new Chief Executive Officer.

Margie comes to us with a wealth of experience in the non-profit world. She was most recently the President at the National Multiple Sclerosis Society, Central Pennsylvania Chapter, where she worked for 20 years.

Margie is excited to be part of the Federation family and stated that she plans to hit the ground running. “My door is always open,” stated Adelmann, “and I look forward to building the Federation together.”

Sunday, September 29

Registration details on page 5!

HBG JCC 5K Walk/Run

www.jewishharrisburg.org
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Community Review
Vol. 87 No. 15
July 26, 2013
ISSN 1047-9996
USPS 126-860
Published bi-weekly by the Jewish Federation of Greater Harrisburg, 3301 N. Front Street, Harrisburg, Pa., 17110.
Subscription rate: $50 per year.
Periodicals postage paid at Harrisburg, Pa., and additional entry office.

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Mission Statement of The Community Review:
Inform readers about local, national and international events of interest to Jews. Promote Jewish values, Jewish identity and a sense of Jewish community in central Pennsylvania.

The opinions expressed in the Community Review do not necessarily reflect the position of the Jewish Federation of Greater Harrisburg. The Federation does not endorse any candidate or political party for any elected office.
A new match program through the 2013 JFGH Annual Campaign is being offered. For the first 25 younger donors who make a first time gift or increase their annual campaign gift to $1,000 or more, the JFGH will receive a matching $1,000 gift to accompany the donation by leadership donors. For more information, please contact Stuart Gasner at s.gasner@jewishfedhbg.org. Leadership and match gifts continue to come in and will be updated monthly.

Thank you to our current 2013 leadership and match gifts.

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Jewish Community Foundation of Central Pennsylvania
3301 N. Front Street
Harrisburg, PA 17110  (717) 236-9555 Ext. 3202
A Case for the 5k
By Katie Mace

3.1 miles— a beautiful thing. Achievable to almost anyone who sets out to do it but so foreign to too many people.

To those who are not runners, this can be the ultimate goal. Why do people choose to run 5K's? It's different for everyone: challenge, bragging rights, training races, accountability to a plan, charity motivation, something to do on a Saturday morning—whatever the reason, 5k's are a common thread among the running community. So why run a 5K?

Health: There is no more obvious reason to start a running program than for the health benefits of it. If you're talking weight, 3,500 calories = 1 pound. You start pounding the pavement, you're going to burn calories. Running will not only help you lose weight, but it will help with stress, help your cholesterol, your resting heart rate, improve your lung function. The list continues, but know that overall health improves with running.

Example: Being a role model to your family, friends, and peers is a very gratifying feeling. Start asking around— I bet you most people haven't run a race but would love to say they did. Be the one who does it first. Tell them how fun it was and how surprisingly, the training wasn't that horrible. They will likely join you for a race in the future.

Swag: Who doesn't love a goodie bag?! Most races come with handouts, and coupons, and t-shirts OH MY! Seriously, if you need to update your t-shirt collection, start doing races. You'll have more than enough. I personally love seeing where people have run races so wear them with pride! Do you like medals? Some races even hand out medals at the end like you're an Olympic champion (which you practically are) for finishing. There is nothing cooler than starting your very own medal collection (very gratifying for the late bloomer athlete who didn't have any fun swag from high school…womp wommp)

Pride: If medals and t-shirts aren't gratifying enough, how about plain old being proud of yourself. Even after all of the races I've completed, I am STILL proud of myself every time I cross the finish line. You just ran 3.1 miles! Do you know how many people haven't run 3.1 miles…or 1 mile…or walked to their mailbox? Be proud of yourself and tell people about your race because you have every right to brag about it. If they don't care, talk to me, I love to talk about races.

Spice: I don't mean a spice rack spice, I mean, “you've hit a plateau, rut, or you've just become bored in your workouts/wellness journey and need something more”. A 5k could be your ticket out of that hole. Get moving and start training.

Friends: Runners are friendly people (until you are 25 yards from a finish line and they cook past you…blonde girl on the bridge a month ago…grrr). Most like to run with others. And there are lots of runners out there. Join a group! Make a friend or 50. Locally we have the Harrisburg Area Road Runners Club.

Charity: So many runs and races are done as fundraisers for great organizations. I hate just writing a check to groups. The run gives the donation some meaning and personal value. I have run races for animals, racism, sexual abuse, cancer awareness…there are SO many charity runs.

Where to find runs?
Websites I use to find races:
racingintheusa.com
runnersworld.com
Or go to your local running shoe store, they often have races posted.

Libraries, and other community boards are a great place to look for races in the area.

You ready to get started training?
I coach a Couch to 5K program beginning July 29 leaving from the Harrisburg Jewish Community Center. Join Absolute Wellness Group and get started!

More info, head to absolutewellnessgroup.com
AdoptionLinks to Host Family Picnic

Denise Sheffield, JFS AdoptionLinks Coordinator

Summer is always a great time to get together and celebrate our families. On August 1, 2013, AdoptionLinks of Jewish Family Service will hold a Luau themed family picnic at the Green Hills Swim Club. This event is open to all families with an association to AdoptionLinks and will include swimming and other outdoor games as well as food and good conversation.

Families are asked to bring a dish to share with the group. Families should RSVP to Denise Sheffield or Leslie Rutter, Resource Family Coordinator, at 233-1681 or dsheffield@jfsofhbg.org or lrutter@jfsofhbg.org with the number of adults and children who will be attending.

This family picnic is an extension of the AdoptionLinks Support Group, which routinely takes place the first Thursday of each month at Jewish Family Service from 6:00 pm – 8:00 pm.

JFS AdoptionLinks staff facilitates the Adoptive Family Support Group. This group is open to anyone interested in adoption, no matter what phase of the adoption process or type of adoption.

The Support Group evening begins with a pizza dinner and side dishes brought by group members. Families are asked to pay $2 per person for the pizza and are asked to bring a side dish/dessert to share with the group. At 6:30 PM the children head in one direction for supervised play and craft activities, and the adults head in another direction for the parent group.

Topics for the support group are chosen by the participants. Outside speakers are invited to present to the group on a chosen topic. There is always time for discussion of current family issues and sharing of ideas.

RSVP is required one day prior to the event by phoning 233-1681 or emailing lrutter@jfsofhbg.org or dsheffield@jfsofhbg.org Please include the number of adults and the number of children so that we can plan for pizza and childcare. Following is the listing for upcoming Support Groups: September 5, 2013— Why Kids Lie and techniques used to stop lying—Facilitated by Leslie Rutter and Denise Sheffield of JFS, based on the B. Bryan Post publication “Why Kids Lie and What you Can Do to Stop It Now!” October 3, 2013—The Adopts Program—Nikki Horanburg and Amber Wanner of Bethany Christian Services. Come learn more about Bethany’s ADOPTS (Therapy to Address Distress of Post-Traumatic Stress in adoptive children) program which offers a unique, specialized, trauma-focused treatment for adopted children. November 7, 2013—Food Issues and Attachment—Faye Hall and Jeff Merkert, Healing Hearts Family Based Program, JFS. Faye and Jeff will discuss food issues such as hoarding and gorging and their relation to the attachment and bonding process.

December 5, 2013—Types of Therapy—Rachel Kuhr, JFS Director of Adoption Services, will discuss the different types of therapy styles. Investigate which type of therapy may be best for your child.

Families should RSVP to Denise or Leslie at 233-1681 or dsheffield@jfsofhbg.org or lrutter@jfsofhbg.org

We hope to see you there.

An Unlikely Mix?

Teen-age children and their aging grandparents? How often do grandparents complain that their adolescent grandchildren stay as far away as possible? The kids prefer their own friends, their own music, and, sometimes heaven forbid! their own fashions. The grandparents are simply too old-time even if they are not old; they want visits, attention, and conversation. A relationship between a teen-ager and his grandparent can be a difficult disconnect.

Not so with Tim and his grandma Josephine. Josephine lives at the Jewish Home, at least a million miles away from the volleyball and basketball courts and the malls that Tim patronizes. Most afternoons, Tim and Grandma sit together, indoors when the weather is unpleasant and outdoors when it is nice. They eat the lunch that Tim brings and enjoy gentle conversation. Clearly, they love being in each other’s company.

Nobody forces Tim to visit Grandma Josephine. He wants to. In summer, the tall, handsome young man arrives almost daily at the Jewish Home, but cuts back in fall when school and volleyball practice interfere. Tim sees nothing unusual in his behavior. He loves his grandmother and understands how much his visits mean to her, especially given that Grandma Josephine lives at the Jewish Home where she is away from her family and friends.

Josephine, of course, loves Tim’s visits. It doesn’t matter what he brings for lunch, or what they talk about. Tim’s attention and Tim’s company and the clear demonstration of Tim’s love ease the separation from his grandma’s family, and greatly enhance her quality of life.

A generational disconnect? Not for these two.
Camp Zeke is the first Jewish summer camp where 7 to 17 year-olds become fitter, faster, and stronger while eating local, organic foods and cooking kosher, gourmet meals.

- campzeke.org
- facebook.com/campzeke
- 212-913-9783
- questions@campzeke.org
**BETH EL BOOK CLUB MEETS AUGUST 7**

Beth El Temple Book Club meets for a summer book review on Wednesday, August 7 at 7:00 p.m. in the Schein Annex at the synagogue. Lainie Strokoff will review and lead discussion of Lady at the O.K. Corral by Ann Kirschner.

For nearly fifty years, she was the common-law wife of Wyatt Earp, hero of the O.K. Corral and the most famous lawman of the Old West. Yet Josephine Sarah Marcus Earp has nearly been erased from Western lore. In this fascinating biography, Ann Kirschner brings Josephine out of the shadows of history to tell her tale: a spirited and colorful tale of ambition, adventure, self-invention, and devotion. Reflective of America itself, her story brings us from the post-Civil War years to World War II, and from New York to the Arizona Territory to old Hollywood.

In Lady at the O.K. Corral, you will learn how this aspiring actress and dancer—a flamboyant, curvaceous Jewish girl with a persistent New York accent—landed in Tombstone, Arizona and sustained a lifelong partnership with Wyatt Earp, a man of uncommon charisma and complex heroism.

All are welcome to participate. Please join us!
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PER PERSON, DOUBLE OCCUPANCY
(Mon - Thu)
October
28 - 31, 2013

Departure: Harrisburg Jewish Community Center, 3301 N Front St, Harrisburg, PA @ 8 am

Day 1: Depart your group’s location in a spacious, video and restroom equipped motorcoach as you head for your destination: beautiful Asheville, North Carolina, nestled among the Blue Ridge Mountains! Later that day, enjoy a relaxing Dinner and check into your Asheville area hotel.

Day 2: Begin the day by enjoying a Continental Breakfast, before departing for a visit to the spectacular BILTMORE ESTATE, America’s largest privately owned home. Your visit will include experiencing the Biltmore House and Gardens. You will also visit the new Antler Village and Winery. This is Biltmore’s new village that connects the estate’s present and past, providing a relaxing place for dining, shopping, historical exhibits, and new ways to experience Biltmore’s hospitality. This is a “must see” destination in America. Later, you’ll enjoy Dinner with entertainment before returning to your hotel for the night.

Day 3: Enjoy a Continental Breakfast before departing for a GUIDED TOUR OF ASHEVILLE. Downtown Asheville features more Art Deco architecture than any other southern city outside of Miami Beach. You will also see the magnificent ST. LAWRENCE BASILICA. This afternoon, you will go with your guide for a drive on the scenic Blue Ridge Parkway, America’s most visited National Park unit and known as “America’s favorite drive”. You will visit the new Blue Ridge Parkway Visitor Center and see “The Blue Ridge Parkway – America’s Favorite Journey”, a 24-minute film shown in High Definition surround sound and using breathtaking aerial photography. Later, you will visit the famous FOLK ART CENTER. This evening, you will enjoy Dinner before returning to your hotel to relax and recall the highlights of the day.

Day 4: Today after enjoying a Continental Breakfast, you depart for home. A perfect time to chat with your friends about all the fun things you’ve done, the spectacular sights you’ve seen and now that your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
With the Travel Confident Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

$75 Due Upon Signing. *Price per person, based on double occupancy. Add $90 for single occupancy. Final Payment Due: 8/21/2013

FOR INFORMATION & RESERVATIONS CONTACT:
Cheryl Yablon @ (717) 236-9555

Form ID: 5500-4A0806

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**BETH EL TEMPLE**

232-0556

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 candle-lighting time

Friday Night Kabbalat Shabbat

**Service Schedule:**

Joint services with Temple Ohev Sholom

Through July 26 at Temple Ohev Sholom

August 2 through August 30 at Beth El Temple

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**Wednesday, August 7:**

Book Club meeting in Schein Annex 7:00 p.m. Lainie Strokoff reviews Lady at the O.K. Corral by Ann Kirschner

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**Wednesday, August 14:** Board of Directors Meeting 7:00 p.m.

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**Saturday, August 24:**

Bat Mitzvah of Michala Butler 9:15 a.m.

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**Saturday, August 31:**

Selichot 7:30 to 10:30

Mincha, Program & Discussion, Dessert Reception, Selichot Service

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**Sunday, October 27:**

**SAVE THE DATE!**

Celebration to honor Rabbi Eric Cytryn and Educational Director Bob Axelrod, featuring a musical tribute by Maestro Stuart Malina and his brother, Joel Malina. More details to follow soon!

---

**CONGREGATION BETH TIKVAH**

Carlisle

245-2811

www.bethtikvah.org

**PUBLIC SERVICE ANNOUNCEMENT**

**HISTORIC B’NAI JACOB**

Middletown

319-3014

www.bna-jacob.org

**PUBLIC SERVICE ANNOUNCEMENT**

**CHISUK EMUNA CONGREGATION**

232-4851

www.chisukemuna.org

info@chisukemuna.org

**PUBLIC SERVICE ANNOUNCEMENT**

**KESHER ISRAEL CONGREGATION**

238-0763

www.kesherisrael.org

**PUBLIC SERVICE ANNOUNCEMENT**

**TEMPLE BETH SHALOM**

697-2662

www.tbshalom.org

**PUBLIC SERVICE ANNOUNCEMENT**

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**BAT MITZVAH RACHEL GREENBLATT**

Rachel Greenblatt will be called to the Torah as a Bat Mitzvah on Saturday, August 10, 2013, at Temple Beth Shalom, in Mechanicsburg. Rachel is an honor student at Good Hope Middle School, and will be entering the 8th grade in the fall. She lives with her family in Hampden Township. She enjoys music, reading, movies, and hanging out with her friends.

For her Bat Mitzvah project, Rachel has been volunteering this past year with The Caring Place, and is currently serving on the Children’s Grief Awareness Day Committee, planning for events on Children’s Grief Awareness Day, November 21, 2013. Rachel first learned about The Caring Place back in 5th grade when she had the opportunity, with her elementary school, to tour their facility and learn about how The Caring Place helps kids that are grieving.

Rachel’s family is very proud of her hard work and dedication that she has shown in her preparation for this joyous occasion.

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**CONGREGATION BETH ISRAEL**

Lebanon | 273-2669

Visit the Congregation Beth Israel Web Site at 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.

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**TEMPLE OHEV SHALOM**

233-6459

www.ohevshalom.org

Friday, July 26:

Shabbat Service, 5:45 pm, Lehrman Chapel

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**Friday, August 2:**

Shabbat Service, 5:45 pm, Beth El

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**Friday, August 9:**

Shabbat Service, 5:45 pm, Beth El

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**Friday, August 16:**

Shabbat Service, 5:45 pm, Beth El

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**Friday, August 23:**

Shabbat Service, 5:45 pm, Beth El

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**Friday, August 30:**

Shabbat Service, 5:45 pm, Beth El
DAVID BUDOFF
David Budoff passed away on Thursday, July 11, 2013. Funeral services were held on Friday, July 12th at the Chisuk Emuna Cemetery, Harrisburg PA. Chisuk Emuna Congregation offers condolences to David's family, including our members, Elaine Budoff and Sara Barron. May the memory of David Budoff always be for a blessing. May David's widow and daughters and their entire family be comforted by their good memories.

MRS. EDITH NEWMAN
Mrs. Edith Newman, dear sister of Lillian Rosenchein, passed away recently in Rockville, MD. Funeral services took place Friday, July 12th in Rockville, MD.

LILLY SCHWARTZ
Lilly Schwartz, beloved wife of Alvin Schwartz, and cherished mother of Renee Heyden, passed away in Delray Beach, Florida. The funeral took place, July 11th at Beth Israel Memorial Chapel, Delray Beach, FL.

DOROTHY YESSER
Dorothy Yesser passed away on Thursday, July 11, 2013. Dorothy was 89. She was a longtime member of Beth El Temple. Surviving are Dorothy’s sons Alan Yesser of Harrisburg; David (Angelika) Yesser of Clearwater, FL; Jonathan Yesser of Delton, FL; daughter Robin (Ron) Morgan of Cresson, TX; grandchildren Jason, Jared, Zachary, Nicole and Erin; and brother Stuart Small of Las Vegas, NV. Funeral services were held on Monday, July 15th in the Beth El Temple Cemetery Chapel with Rabbi Peter Kessler officiating. Burial was in the Beth El Temple Cemetery. Donations in Dorothy Yesser’s memory can be made to Beth El Temple or to the Beth El Temple Sisterhood.

MICHAEL SHERMAN ALLEN
Michael Sherman Allen, 21 of Harrisburg, PA passed away unexpectedly, Wednesday, July 10, 2013 while on vacation in Los Angeles, CA. He was born on September 11, 1991, the son of Dr. Paul and Julie Allen. Michael graduated from Central Dauphin High School, and was currently attending Penn State University seeking a degree in broadcast journalism, with a minor in communications. Michael enjoyed sports, traveling, and spending time with his family and friends. He was preceded in death by his grandparents William and Bonita Sherman, and Sydney and Matilda Allen. Michael is survived by his parents Paul and Julie Allen of Harrisburg; his three sisters, Laurie Harding and husband Mike of Glen Mills, Michelle Moua and husband Chong of Berwyn, and Jadan Hampton of Harrisburg; his niece Zoey; nephews Shane, Zachary, and Adam; several aunts, uncles, and cousins. Funeral services were held on Sunday, July 14th at Bookstaber Mount Moriah Chapel, with Rabbi Peter Kessler officiating. Burial was in Mount Moriah Cemetery. Arrangements were entrusted to Hetrick-Bitner Funeral Home Harrisburg.

RUTH MORRISON
Ruth Morrison, of Longboat Key, Florida, passed away on Sunday, July 14, 2013. Surviving are her husband, Dr. Robert J. Morrison; son Jim (Pam) Morrison of Sarasota, Florida; daughter Patty Morrison (Barron) Schimberg of Sarasota, Florida; and five grandchildren Lena, Zachary, Sam, Sy and Hugh. Funeral services were held on Tuesday, July 16th in Sarasota, Florida. Donations in Ruth Morrison’s memory can be made to The American Diabetes Association, www.diabetes.org.
TUESDAY, JULY 30
Senior Lunch Program, 10 a.m., JCC
Program: Musical Concert by Gabe Freedman, 12:30 p.m.

THURSDAY, AUGUST 1
Senior Lunch Program, 10 a.m., JCC
Program: “The Millionaire” game, 12:30 p.m.

TUESDAY, AUGUST 6
Senior Lunch Program, 10 a.m., JCC
Program: “Legal Briefs” with attorney Bruce Warshawsky, 12:30 p.m.

THURSDAY, AUGUST 8
Senior Lunch Program, 10 a.m., JCC
Program: Bingo, 12:30 p.m.