

Nominating Committee Report Prepared for The Campus of the Jewish Home of Greater Harrisburg

The Nominating Committee of The Campus of the Jewish Home of Greater Harrisburg has submitted a proposed slate of at-large members for consideration and approval at their annual meeting to be held Sunday, September 15 at 10:30 am in The Jewish Home's Spector/Schwab Auditorium.

The Nominating Committee chaired by William Adler, Esq., Immediate Past-President of the Board, and including Elliot Strokoff, Esq.; Judy Geduldig; Walter Cohen, Esq.; Carolyn Anner-Sakol, Esq.; and Allen Geckle, submit the following slate of nominees:

Two-year Term (serving through September 2015):

Walter Cohen, Esq.

Michael Silver

Steven Roth

Denis Milke

Three-year Term (serving through September 2016):

Joy Douglas

No additional nominees were received.

JEWISH FAMILY SERVICE ANNUAL MEETING

Tuesday, September 17, 2013

Jewish Family Service invites the community to our Annual Meeting on Tuesday, September 17, 2013 at 7:00 p.m. in the Wolfson Auditorium of the Jewish Community Center. We will have just completed our 49th year of serving the community. Please join us as we look back on the year's accomplishments and challenges and look forward to beginning our 50th year. We are pleased to announce that Neil Weber, a JFS past president, will install the new board members and Robert Durham, JFS treasurer, will be our Master of Ceremonies for the evening. Two of our volunteers will be honored for their dedication to our homebound seniors. Mervin Isaacman will receive the Edward Teddy Kosher Meals on Wheels Award for his commitment to the program, delivering meals every Wednesday for over ten years. Merv has been a friend to many of his weekly "customers." Steven Rosenberg will receive the Moses "Buzz" Rosenberg Two's Company Award for his dedication to his JFS clients in that program. Steve continued visiting and helping his "ladies" even after they could no longer remain home and had to enter nursing home facilities. Both men deserve special recognition for their dedication and kindness.

The Annual Meeting is the opportunity for JFS to publically thank our donors, volunteers, leadership and staff, past and present, who have made it possible for JFS to do the work it does to help individuals and families in the greater Harrisburg area meet life's challenges. It is the opportunity for those present to learn about the new initiatives JFS introduced this year. It is the opportunity for everyone to enjoy some special desserts while schmoozing with friends. We hope to see you there!

L' Shana Tova! Happy New Year!

*The Officers, Board of Trustees, and Staff
of the
Jewish Federation of Greater Harrisburg
Wish Everyone a Happy and Healthy New Year*

Dave Bright

All Around Handyman:

Painting (Int./Ext.) • Power Washing
Home Organization • Cleaning • Household Repairs
Window Washing • Deck Staining • Picture Hanging
Car Detailing • Lawn Maintenance

REFERENCES FURNISHED UPON REQUEST
NO JOB TOO SMALL

717.525.0858

aew1981@hotmail.com

COLLEGE BOUND?

- Take the *stress* out of the College application
- Develop a plan to apply to targeted schools
- Help in writing creative essays

FREE consultation in your home!

Martin Brill, MRB International LLC

Marty851@verizon.net 717-443-5927



Please **SAVE THE DATE** as we invite everyone
to join us for our **Fall Event!**

November 10, 2013

Sunday Brunch

featuring

Noorjahan Akbar

**Grand-prize Winner of Glamour Magazine's
2013 Top U.S. College Women**

Mark your calendars now!

Details to follow.

A SENIOR FOOTNOTE



By Esther Boldes

On July 30th, the JCC Senior Adult Club was treated to a wonderful musical performance by Gabe Freedman. We've watched Gabe grow up, sort of, and witnessed his development as an impressive young man and pianist. We all would like to thank him and his family for sharing his amazing talent with us. We wish him all the best in his college years and beyond. Hopefully, he will come to see us again and again.

On August 6th, attorney Bruce Warshawsky spoke to us about "Legal Briefs." He elaborated on four subjects, strictly from the perspective of the law. He highlighted the Detroit bankruptcy and its ramifications far beyond the delinquency of the city not being able to pay its bills. Secondly, we talked about the Zimmerman case, which had just concluded in court. Without going into the guilty or innocent conclusions of the case, it was discussed in application of the local laws of Florida and the effect local state laws can challenge the jury's charge and decisions.

Bruce also educated us on the issue of same-sex marriage as it relates to individual states' laws.

We heard, for instance, that one state can ratify same-sex marriage, and if you go across the border to the adjacent state, you might not be eligible for a partner's Social Security benefits or inheritance.

The fourth subject dealt with immigration. We had a reasonable discussion about these subjects, and Bruce was quite patient and very generous with his knowledge and his time. Thank you, Bruce, so much for approaching these subjects in the realm of the law. It was a very interesting and informative program.

Shalom!

Community Review

Vol. 87 No. 18
September 6, 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.

Editorial Board Chairman
Bruce Bagley

Editorial Board Members
Margie Adelman
Bruce Bagley
Esther Boldes
Rabbi Carl Choper
Aaron Dym
Rita Gordon
Jeanette Krebs

STAFF Editor

Patti Bromley
p.bromley@jewishfedhbg.org

Sales Director
Marty Lamonoff
717 232-6279
717-877-5973
lammie@aol.com

Design and Layout
Benchmark Group Media

Graphic Designer
Shawn Skvarna

Postmaster:
Send address changes
to Community Review,
3301 N. Front Street,
Harrisburg, Pa., 17110.

**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 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.



The Community Investor

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

At Risk Jewish Communities

For the past seventy five years or longer, the American Jewish community has led the way in assisting “at risk” Jewish communities around the globe.

Were it not for the generosity of the American Jewish community, the yeshuv which became Israel would have never been able to succeed. After the War of Independence, the United Jewish Appeal, America’s fund raising vehicle for the at risk community of Israel, became the most successful charity the world had ever seen.

The Jewish Joint Distribution Committee was formed to care for at risk communities, mainly outside of the Jewish State. The United Jewish Appeal campaign funded both the Jewish Agency, working inside Israel and the Jewish Joint Distribution Committee.

But times have changed and American Jewish communities, ours included, realized increasing local needs. The revelations of intermarriage and assimilation turned the focus of fund allocations inward as we realized that we, the American Jewish community, were “at risk” as well. The dollars needed by at risk communities in Israel and, especially in the former Soviet Union, were reduced. Unfortunately, this trend continues today.

One of the greatest at risk Jewish communities in the world today is the Ethiopian community, resettled by us, in Israel. The adult members of the community hold onto the values and customs of their Ethiopian way of life, while the children struggle to become a part of Israeli society. But without the help of social service organizations in Israel, working with Ethiopian youth, the prognosis for these children is not good. Like inner-city youth in America, poverty and crime run rampant. The children are truly at risk!

One of the better programs working with Ethiopian children in Israel is Almaya. Based in the Negev, Almaya is a bedrock initiative, working hands on with the Ethiopian immigrant community providing early childhood counseling, educational and communicative skill training, Hebrew language acquisition and teaching child rearing skills in the Israeli societal manner.

Almaya has been recognized for its work with The President’s Award, Ben Gurion University’s Award for Innovative Training of Students, The Clore Foundation’s 50th Anniversary Award and the New York Federation Award for Family Care.

Interest in supporting the work of Almaya through the Jewish Community Foundation of Central Pennsylvania is easy. Contact the Foundation at 717-236-9555 Ext. 3202 or email howard@pajewishfoundation.org.

*Gift memberships can memorialize or honor
a special woman in your life.*



Jewish Community Foundation of Central Pennsylvania

Create a Jewish Legacy



The Torah teaches us that we create meaning by connecting ourselves to something greater — to God, to the Jewish tradition, to the community. Moreover, we create meaning by doing something with our lives that will not end with our death.

“The great use of life,” wrote the philosopher William James, “is to spend it on something that will outlast it.”

What will you do this year that will outlast you?
What will you build, whom will you teach, where will you plant?
Yom Kippur and Sukkot together remind us that we possess only the moment. See the stars, hold someone’s hand, share something deep, and create something lasting.

— RABBI DAVID WOLPE



The Jewish Community Foundation of Central Pennsylvania
Your Dreams. Your Passion. Your Legacy.

For more information how you can create your legacy:

The Jewish Community Foundation
3301 North Front Street
Harrisburg, PA 17110
(717) 236-9555 Ext. 3202



The Maimonides Society was developed nationally to foster a sense of common purpose and commitment among healthcare professionals to work towards the betterment of Jews wherever they may be. The goals of the Society here in Harrisburg are: To promote fellowship among Jewish health care professionals in the greater Harrisburg area; To strengthen commitment to Jewish values through educational and cultural programs; To respond to Jewish needs in the greater Harrisburg area, Israel and throughout the world; To mobilize health care professionals to serve as resources to the entire community.

The prescription for success for our Maimonides Society is a fellowship whose programs integrate medical and Jewish concerns and demonstrate the unique contributions that health care professionals can make to improve the community

For more information on the Maimonides Society and upcoming events, please contact Stuart Gasner at (717) 236-9555 ext. 3299 or s.gasner@jewishfedhbg.org



Members

Todd F. Barron	Michael Katzman	Alan L. Schein
Avi Beck	Gary M. Klein	Gary Schwartz
Edward S. Beck	Ross Kline	Arnold T. Shienvold
Irene Berman-Levin	Arthur Kravitz	Steven P. Siegelbaum
Richard Blutstein	Dean J. Leis	Lawrence I. Sinoway
Maury M. Brenner	Ruth Leventhal	Brandon M. Smith
David Bronstein	Stanley B. Lewin	Adam J. Spanier
Erik A. Chotiner	Maurice J. Lewis	David J. Spector
Debra B. Cohen	Steven J. Markowitz	Clifford N. Steinig
Marcia F. Cohen	Seth C. Narins	Margery L. Wasko
Holly Engelman	Dale G. Orman	Steven J. Wassner
Steven B. Fisher	Steven K. Orman	Harry Weisleder
Mark R. Glick	Leslie A. Packer	Norman M. Woldorf
Robert A. Gordon	Herbert M. Parnes	Charles Yanofsky
Sandra R. Greenberg	Jay G. Prensky	Robert M. Zuckerman
Margaret L. Grotzinger	Harold S. Rabin	Anonymous
Joyce L. Kantor	Alan D. Roumm	
Robert J. Kantor	Ira Sackman	



*May you be inscribed
and sealed
for a good, sweet and
successful
New Year*



Members

Theodore A. Adler	Julie B. Halbert	Ronald E. Plesco
Bruce D. Bagley	Arthur K. Hoffman	David H. Rosenberg
Niles S. Benn	Solomon Z. Krevsky	Jennifer S. Rubin
Arthur L. Berger	Debra M. Kriete	Myra Sacks
Sondra T. Berman	Peter F. Kriete	Stuart S. Sacks
Aviv S. Bliwas	Howard B. Krug	Michael A. Sand
Joel R. Burcat	Jill E. Kusic	Michelle Sharp
Daniel Clearfield	Ronald G. Lench	LeRoy Smigel
Walter W. Cohen	Gary M. Lightman	Michael L. Solomon
Scott H. DeBroff	Herschel Lock	Marjorie J. Spivak
Michael A. Doctrow	Burton D. Morris	Elliott A. Strokoff
Edward Finkelstein	Eric M. Morrison	Jason M. Weinstock
Marian E. Frankston	Gerald K. Morrison	Joel Weisberg
Julia Frankston-Morris	Stephen C. Nudel	Keith E. Welks
Harvey Freedenberg	Herbert R. Nurick	

The Cardozo Society is an affinity group of the Jewish Federation of Greater Harrisburg comprised of attorneys and judges in the Greater Harrisburg Area. The Society serves as a unique vehicle to promote continuing legal education and to facilitate involvement in professional activities, which benefit the local and global Jewish communities.

We are proud that our colleagues from Harrisburg contribute significantly to the Jewish Federation of Greater Harrisburg's Annual Campaign.

For more information on the Cardozo Society and upcoming events, please contact Stuart Gasner at (717) 236-9555 ext. 3299 or s.gasner@jewishfedhbg.org



Wake up to a sound that can change lives.

This New Year, bring hope to people in despair. Nurture and sustain our Jewish community. Your gift to Federation makes it possible, all year long. Donate at www.jewishharrisburg.org.



THE **STRENGTH** OF A PEOPLE.
THE **POWER** OF COMMUNITY.

www.jewishharrisburg.org
3301 N Front Street
Harrisburg, PA 17110
(717) 236-9555

The Jewish Federation of Greater Harrisburg Cardozo Society Presents

A screening of the civil rights themed film
The Last White Knight and related legal discussion



CLE Presenter
Rhonda Brownstein

Former Legal Director
*Southern Poverty
Law Center
Montgomery, AL.*

Executive Director
*Education Law Center
Pennsylvania*

In 2007, civil rights activist, Paul Saltzman, returned to Mississippi, decades after a violent run-in with a young Klansman, to talk to the man who injured him.

Prior to the film, Ms. Brownstein will offer a presentation on the legal liability of hate groups for acts committed by individual members and the participation and role of Jews in the Civil Rights movement.

November 21st 7:00 PM

Jewish Community Center 3301 N. Front Street, Harrisburg

CLE program precedes film beginning at 5:30 PM
(1 Ethics & 2 Substantive CLE credits pending).

Dinner, Film, & CLE Credit Application Fees

- Cardozo Society Member* \$60 (2014 JFGH Annual Campaign Pledge Required)
- Regular Rate \$90
- Law School Student \$30 (Dinner & Film)
- Film Only \$10 (Does not include CLE credits)

For information, contact Stuart Gasner s.gasner@jewishfedhbg.org or 236-9555 X 3299

To register go to www.jewishharrisburg.org



**THE STRENGTH OF A PEOPLE
THE POWER OF COMMUNITY**



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 with Pennsylvania, 1-800-732-0999. Registration does not imply endorsement



Members

- | | |
|--|-----------------------------|
| Lisa & Steven Aaron | Luisa & Seth Narins |
| Anat & Avi Beck | Barbara & Ronald Plesco |
| Aviv Bliwas | Jaclyn & Scott Rubin |
| Robyn & Erik Chotiner | Patricia & Daniel Schwab |
| Holly Engelman & Moshe Bell | Michelle Sharp & Alan Levy |
| Julia Frankston-Morris & Stuart Gasner | Abby & Brandon Smith |
| Jami & Robert Friedman | Stacey & Adam Spanier |
| Julie & James Halbert | Bruce Weber |
| Alyssa & Gary Klein | Deborah & Alan Weinstein |
| Dara & Lawrence Kluger | Madelaine & Jason Weinstock |
| Rebecca & Eric Morrison | Anonymous |

The **Ben-Gurion Society** is a donor recognition program for ages 25-45 who make a minimum individual/household gift of at least \$1,000 to the Federation's annual campaign. But the Ben-Gurion Society is so much more than that; it is an Organization of Young Jewish Leaders committed to strengthening the future of the Jewish people locally, in Israel and around the world.



3301 N Front Street
Harrisburg, PA 17110
(717) 236-9555
www.jewishharrisburg.org

For more information on the Ben-Gurion Society and upcoming events, please contact Stuart Gasner at (717) 236-9555 s.gasner@jewishfedhbg.org

HBG JCC

Field Day & Open House

Sunday, September 15
11am-1pm

*Membership Specials Available at Open House**

Join the Harrisburg JCC for food, games and fun and to meet our new CEO Margie Adelman. Take a tour of the building, go for a swim in our indoor pool and check out a fitness class all while discovering all the programs and opportunities that the JCC can provide to you and your family.



The JCC Offers

Something for Everyone:

- Early Childhood Program for children 6 weeks to Pre-K
- Summer Day Camp & Travel Camp
- Fitness Center & Group Exercise Classes
- SilverSneakers Program
- Indoor Pool & Swim Lessons
- Sports Programs
- Senior Adult Program

*Some restriction may apply. Membership specials are for new members

Harrisburg JCC 3301 N. Front Street Harrisburg PA 17110
www.jewishharrisburg.org 717-236-9555

JCC Programs are funded by the Annual Campaign of the Jewish Federation of Greater Harrisburg.



AARP SAFE DRIVING REFRESHER COURSE

For those of you who have taken the AARP Safe Driving Class three years ago, this will be the last ONE DAY – 4 HOUR REFRESHER COURSE given in 2013. The class will be given on Thursday, October 24, 2013 FROM 12:30-4:30 PM. Since this class is concentrated, in order for the instructor to have your certification cards prepared ahead of time, when you register, you will need to have the following information ready:

Name • Address • Phone number

Date of Birth

8-digit Driver's License Number and expiration date

To get discount your AARP membership number

YOU MUST BE ABLE TO SHOW A COPY OF YOUR LAST AARP SAFE DRIVING COURSE CERTIFICATE

Class size is limited to 32 people and the cost is \$14 (check made payable to AARP) or if you are an AARP member you get a \$2 discount. To register, call Cheryl at 236-9555 Ext. 3115

VOLUNTEERS NEEDED!



Are you a High School Junior or Senior in need of service hours?

We need your help sharing our events through social media

For more information please contact Lauren Jacobs at l.jacobs@jewishfedhbg.org

Register for Hebrew High now at www.jewishharrisburg.org

About Hebrew High---

Who: Jewish teens in grades 8-12 and the educators working with them.

What: a nurturing and safe space for our teens to grow socially, mentally, spiritually and physically with Jewish values, culture and history providing the foundation for that growth.

When/Where: Sunday evenings from 5-7 pm beginning September 22 at the JCC.

Why? Today's teens need a space to...
--talk and debate about big Jewish ideas and values
--build friendships with other Jewish teens
--connect to their inner Jewish identity
--care for themselves and the world around them

Hebrew High registration is available online now! Please go www.jewishharrisburg.org and follow the links to Jewish education. For more information, please contact Lillian Rappaport or Hallie Rosen at 236-9555, ext 3402.

HBG JCC SilverSneakers Breakfast & Bingo

Friday, October 4

9:30am-11:30am

**The HBG JCC invites all
SilverSneakers members and
SilverSneakers class participants
for a free breakfast and a chance
to socialize with fellow
members.**

**Sign Up By October 1 at the
Seniors' Table in Mary Sachs**



Harrisburg JCC

3301 N. Front Street, Harrisburg, PA 17110

Small Group Lessons for
Children 18 Months-9
years of age begin
September 9th. Session
runs 6 weeks.

Class Options:

Monday-6pm Parent/Tot (18 mon-3years)

6:40pm 3-5 years old

7:15pm 6-9 years old

*Weekend Class times being developed. For
more information please contact Terri at
t.travers@jewishfedhbg.org or 236-9555ext
3110*

*Cost: \$42 JCC Member Discount
\$55 Regular Rate*

Swim Lessons

FOR MORE INFORMATION CONTACT TERRI AT

T.TRAVERS@JEWISHFEDHBG.ORG OR 717-236-9555 EXT. 3110

Center Pieces

What's Happening in and Around the JCC

Glamour, Glitz & a Spectacular Evening of Entertainment!

dancing stars

with our community

Saturday, November 23, 2013

Event begins: 6:45 PM ❖ Competition begins: 7:30 pm

Jewish Community Center | 3301 N Front Street, Harrisburg

Tickets: \$25/adults • \$15/students

Light hors d'oeuvres, beer, wine, desserts & 1 vote included with admission

Sponsorships for this event is available.

For further information contact Andrea at
(717) 236-9555, ext. 3108 or a.weikert@jewishfedhbg.org

This is a fundraiser for the JCC, proceeds benefit operations for the many programs and departments including preschool, camp, senior programming, Maccabi, sports and fitness, allowing the JCC to continue to fulfill its mission in the community.



Harrisburg JCC Field Day & Open House

Sunday, September 15 • 11:00 am-1:00 pm

JCC, 3301 N Front Street, Harrisburg

Membership Specials Available at Open House*

Join the Harrisburg JCC for food, games and fun and to meet our new CEO Margie Adelman. Take a tour of the building, go for a swim in our indoor pool and check out a fitness class all while discovering all the programs and opportunities that the JCC can provide to you and your family.

The JCC Offers Something for Everyone:

- Early Childhood Program for children 6 weeks to Pre-K
- Summer Day Camp & Travel Camp
- Fitness Center & Group Exercise Classes
- SilverSneakers Program
- Indoor Pool & Swim Lessons
- Sports Programs
- Senior Adult Program

[*Some restriction may apply. Membership specials are for new members]

HBG JCC | 3301 N. Front St. | Harrisburg PA 17110
www.jewishharrisburg.org 717-236-9555

JCC Programs are funded by the Annual Campaign of the Jewish Federation of Greater Harrisburg.

Save the Date: MONTE CARLO

Saturday, February 1, 2014

7:00-11:00 PM

For information please contact:
a.weikert@jewishfedhbg.org



For JCC Members Utilizing The Fitness Center & Fitness Classes Babysitting at the JCC

Monday-Thursday: 5:15-7:30pm

Cost: \$10 per month for first child and \$5 for additional child From same family. Drop in fee is \$5 per child.

Reservations must be made at least 24 hours in advance.

For information or to sign up please email: t.travers@jewishfedhbg.org

CHILI COOK-OFF

Sunday, February 2, 2014

12:00-2:30 PM



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

5K Walk/Run

Sunday, Sept. 29th at 8:30am

Registration opens at 7:45am

Benefiting the Sports & Fitness Department and Josh Klein Bikkur Cholim Society

For more information contact:
t.travers@jewishfedhbg.org

JCC Drama Department Presents



Thurs., December 12, 2013
7:30 to 9:30 pm

Sat., December 14, 2013
7:30 to 9:30 pm

Sun., December 15, 2013
2:00 to 4:00 pm

Land & Specialty Classes

Abs/Core Training

Instructor: Michele/Varies

Sunday: 10:30 – 11:00 am
(Starts October 6)

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

Cost: Non-member \$7 per class

Boot Camp

Instructor: Jeremy Kreiser

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: Non-member \$7 per class

Gentle Yoga (Floor and Standing)

Instructor: Cheryl Yablon

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: Non-member \$7 per class

Vinyasa Yoga

Instructor: Dave Ralicki or Tanya Lesko

Wednesday: 5:30-6:30 pm

Cost: Non-member \$7 per class

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

Instructor: Kelly Straub

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

Cost: Non-member \$7 per class

Les Mills BodyPump

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

Saturday: 9:00 to 10:00 am

(Starts September 21)

Instructor: Varies

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: Non-member \$7 per class

Pilates

Instructor: Stacie Rettberg

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: Non-member \$7 per class

Body Sculpting

Instructor: Michele Ruth

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: Non-member \$7 per class

SilverSneakers® Classes

Instructor: Cheryl Yablon

Cost: Non-member \$7 per class



Classic

Instructor: Cheryl Yablon

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

Wed.: 9:45-10:45 am

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.

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. 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.

Yoga

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

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

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.

Spinning (Indoor Cycling)

See Times and Instructors Below

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: Non-member \$7 per class

Early Morning Spin

Monday: 6:15-7:00 am

Instructor: Gina McDonald

Wednesday: 6:15-7:00 am

Instructor: Gina McDonald

Friday: 6:15-7:00 am

Instructor: Gina McDonald

Lunch-Time Spin

Monday: Noon-12:45 pm

Instructor: Michele or Abbey

Thursday: Noon-12:45 pm

Instructor: Arthur Kravitz

Evening Spin

Monday: 5:45-6:45 pm

Instructor: Arthur Kravitz

Wednesday: 4:30-5:30 pm

Instructor: Arthur Kravitz

Wednesday: 5:45-6:45 pm

Instructor: Arthur Kravitz

Friday: 4:00-5:00 pm

Instructor: Arthur Kravitz

Sunday Spin

Early Sunday Spin: 8:45-10:15 am
(starting October 6th)

Instructor: Arthur Kravitz



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 Refresher Course

October 24, 2013 from 12:30 to 4:30 PM

One Day – 4 hour refresher course. Must have attended AARP Safe Driving Class three years ago.

AARP courses - for more information contact Cheryl Yablon (717) 236-9555, x 3115

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

For more info
or to schedule a tour of the facility contact
Linda Skulsky at
(717) 236-9555 x3050 or
l.skulsky@jewishfedhbg.org

Sports, Fitness, & Recreation Children & Teens

Hip Hop

For Ages 6 and older

Tuesday: 4:30-5:15pm, Oct. 1 to Nov.5

Cost: \$40 JCC Member / \$75 Regular Rate

Instructor: Laureen Ramos

Minimum: 8 children to run program

Hip-Hop is an upbeat and energetic dance form. 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. Please call JCC to register at 236-9555, ext. 0. Questions?? Please email Andrea at a.weikert@jewishfedhbg.org

After School Club

Kindergarten to 5th grade

Exciting classes, available 5 days a week, transportation from the Susquehanna Township Schools.

Cost: Payment must be made the beginning of each month. Fees for JCC Member: \$175 per month for five days a week.

Questions? Contact Andrea at 236-9555, x 3108, a.weikert@jewishfedhbg.org or Terry at x 3121, t.fisher@jewishfedhbg.org

Turkey Day Hoops

November 28 | Ages: 5 years and up

Cost: \$5 JCC Member / \$10 Regular Rate

Come out and run around on Thanksgiving morning! We will have a foul shooting contest, hot shot contest, knock-out competition, around the world and time to just shoot around. This is a great way to burn off a little energy and a few calories.

Video Game Overnight

Overnight at the JCC for 9th to 12th graders. More information coming soon...

To register for these programs contact the Front Desk at 236-9555, x 0.



Mini Swim Team*

Start to learn the basic strokes and find out if you are ready for swim team in this four class introductory experience. Participants must be able to swim the length of the pool.

October 1, 3, 8, & 10 – 6:00 to 7:00 pm

Cost: \$30 JCC Member
\$60 Regular Rate

Swim Team*

The Harrisburg JCC Swim Team will compete in up to five swim meets with a championship meet at the end of the season. Meets are held on Sundays and practices are Sunday, Tuesday and Thursday. All participants must be able to swim the length of the pool! Practice times will be by level and ability and decided by the coach.

Swim Team starts October 13th

Cost: \$175 JCC Member
\$225 Regular Rate

**All new swimmers are asked to attend a swimming evaluation on Sunday, October 6th, from 1:00 to 2:00 pm.*

Boys Sports Night

Saturday, December 7, 2013

7:00-9:00 pm

More information coming soon...

To register contact t.travers@jewishfedhbg.org

Girls Sports Night

Saturday, Jan. 4th, 2014

7:00-9:00 pm

More information coming soon...

To register contact t.travers@jewishfedhbg.org

Drop In Room

Monday & Friday: 9:00 am to 2:00 pm

Free for Members

Monday and Friday come and hang out with your child in the aftercare room! Enjoy a time for you and your child to play in an age appropriate environment. The room will be setup for infants through preschool age children to come and play.



Water Classes

Aqua Zumba

Instructor: Bev Sable

Tuesday: 9:30-10:30 AM

Wednesday: 6:00-7:00 PM

Friday: 9:30-10:30 AM

Cost: Non-member \$7 per class

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

Deep Water

Instructor: Diana Budd

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

Cost: Non-member \$7 per class

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®

Instructor: Diana Budd

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

Cost: Non-member \$7 per class

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

Instructor: Diana Budd

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.



Basketball

for more information contact:

Terri Travers at t.travers@jewishfedhbg.org

3rd – 5th Grade Girls Basketball

The JCC is looking at forming a girls 3rd-5th grade basketball team for the upcoming season. Focus will be on learning the fundamentals of the game in a team setting. The team will play 8-10 games over the course of the season. Practice to start the end of October.

4th-6th Grade Boys Basketball

The JCC is looking at forming a boys 4th-6th grade basketball team for the upcoming season. Focus will be on learning the fundamentals of the game in a team setting. The team will play 8-10 games over the course of the season. Practice to start the end of October.

Middle School Girls Basketball Team

Ages: 6th thru 8th Grade

Starts: October 13th – 12 to 1:30pm

Days: Sunday, Tuesday & Thursday

Cost: \$100 JCC Member / \$170 Regular Rate

Schedules will be handed out. Tryouts will be held if necessary.

Mom's Basketball

Contact Terri at t.travers@jewishfedhbg.org for more information.

Middle School Boys Basketball Team

Ages: 6th thru 8th Grade

Starts: October 13th – 1:30 to 3:00pm

Days: Sunday, Tuesday & Thursday

Cost: \$100 JCC Member / \$170 Regular Rate

Schedules will be handed out. Tryouts will be held if necessary

High School Girls Basketball Team

Ages: 9th thru 12th Grade

Starts: October 20th

Cost: \$100 JCC Member / \$170 Regular Rate

Schedules will be handed out with exact game and practice dates and times.

High School Boys Basketball Team

Ages: 9th thru 12th Grade

Starts: October 21st

Cost: \$100 JCC Member / \$170 Regular Rate

Schedules will be handed out with exact game and practice dates and times. Tryouts to be held if necessary.

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+)

An experienced and loving staff caters to your infant's daily emotional 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 along with being two. Children are encouraged to participate in activities that 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)

These groups are exposed to activities that promote reading and math readiness, scientific discoveries, music appreciation, and just plain fun. They also participate in field trips that coordinate with classroom activities. Pre-K is required to attend a minimum of five mornings.

Licensed by the Department of Public Welfare

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: \$70/M, \$110/NM

Future Super Stars Intro to Sports

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

Cost: \$35/M, \$55/NM

Martial Arts Heroes Class

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

Cost: \$40/M, \$80/NM

TUESDAYS

Artistic Afternoons

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

Cost: \$70/M, \$110/NJ

Ganeinu at The Silver Academy

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

Ages: Must be 4 years old by September 1st.

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: \$35/M, \$55/NM

WEDNESDAYS

Swim Instruction

12:30-2:30 pm

½ hour lessons based on child's age

Ages: 3 to 5 | 20 Kids Maximum

Cost: \$48/M, \$63/NM

Computer Tots at the Silver Academy

12:30-2:30 pm | Ages: 3 to 5

Cost: \$20/M, \$40/NM

THURSDAYS

Suzanne's Jumpin' Jitney

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

Cost: \$40/M, \$80/NM Monthly

FRIDAYS

KinderDance

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

Cost: \$40/M, \$90/NM Monthly

Shalom Sesame

12:30-1:00 pm | Ages 3 to 5

Cost: \$40/M, \$60/NM



Absolute Wellness Group provides comprehensive, customized wellness solutions to individuals, health practitioners, businesses, and wellness facilities in Central Pennsylvania, and offers a variety of services via the web nationwide

TRX Suspension Training

is a revolutionary method of leveraged bodyweight exercise. You can safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. People of all fitness levels are improving their performance and their bodies with TRX

Personal Training

Absolute Wellness Group is proud to provide experienced, certified, and passionate fitness experts to guide you through all of your fitness goals. From the beginner to the experienced athlete, our trainers are prepared to custom design programs to get you started or train for that next event. Individual, Small Group and Program Design available.

For more information contact Katie Mace at (717) 350-4247 or katie@absolutewellnessgroup.com www.absolutewellnessgroup.com

Absolute Massage Therapy

Your Healing in is Our Hands

50% your first massage!

Contact: lisa@absolutewellnessgroup.com

Phone: 717-315-9806 - Office: 717-743-1013

Limited to first time clients.

Upcoming Events

Adult Flag Football

Sunday mornings starting in September at the JCC

Ages: 18 and above

For more details contact Terri at t.travers@jewishfedhbg.org

Free JCC Members / \$5per week Non-member

HBG JCC – Field Day & Open House

Sunday, September 15th

11:00am – 1:00pm

Food, fun, games, exercise classes – Something for everyone!

5K Walk/Run

Sunday, September 29 at 8:30 am

Registration opens 7:45 AM

Benefiting the Sports and Fitness Department and Josh Klein Bikkur Cholim Society



Dodgeball Tournament

Saturday Night – October 26th

Age divisions for 5th grade thru adults

Teams may consist of 6 to 8 players

Cost: \$8 JCC Member / \$12 Regular Rate

Grab your team, create a team name and have some fun as team costumes are encouraged.

For registration form or more information contact Terri at t.travers@jewishfedhbg.org

Family Gaga Tournament

Saturday, Nov. 16, from 7 to 9pm

Join your friends and family to play gaga and enjoy open gym time.

Cost for member: \$5/person or \$10/family

Cost for non-member: \$10/person or \$20/family

When **COMEDY** Went To School

Harrisburg Jewish Film Festival

SPECIAL SCREENING!
Sunday, November 3rd
JCC, 6:30 PM

Watch for details in the Community Review, Kol Harrisburg, and on our website: www.hbgjff.com

Follow us on Facebook & Twitter



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

You're Invited



to a Precious Metals Buying Event/Appraisal Clinic

- Find that
“Extra Money”
to spend when you turn
your old,
unwanted items:
- ◆ Gold, Silver or Platinum Jewelry
 - ◆ Silver or Gold coins
 - ◆ Sterling Flatware
 - ◆ Dental Gold

..... into money!!

I.G.C.

YOUR PRECIOUS
METALS BUYING COMPANY

(610) 876-6611

Or email:
administrator@igcmetals.com

Host:

*Jewish Community Center
Senior Adult Program*

Date:

Thursday, October 3, 2013

Time:

9:00 A.M. – 4:00 P.M.

Location:

*3301 North Front Street
Harrisburg, PA 17110*

Please tell your
family and friends.
Everyone should
enjoy the same
opportunity!

3301 N. FRONT STREET, HARRISBURG

Private lessons available
for children and/or
adults.

Semi-Private lessons are
for 2 individuals.

*Flexibility in scheduling based on
instructor availability and pool schedule.*

PRIVATE LESSONS:

REGULAR RATE: \$30 FOR ONE LESSON OR 4 LESSONS FOR \$112

MEMBER DISCOUNT: \$22 FOR ONE LESSON OR 4 LESSONS FOR
\$80

SEMI PRIVATE LESSON

REGULAR RATE: \$40 FOR ONE LESSON OR 4 LESSONS FOR \$150

MEMBER DISCOUNT: \$30 FOR ONE LESSON OR 4 LESSONS FOR
\$110

Private/Semi Private

Swim Lessons

For more information or to register contact

t.travers@jewishfedhbg.org or 236-9555

Flower Arrangement Samples



SPLENDOR



CHARMING
CUBE



BLISSFUL



ORCHID BEAUTY



Jewish Family Service of
Greater Harrisburg, Inc.
3333 North Front Street
Harrisburg, PA 17110



HIGH HOLIDAY BOUQUETS

Jewish Family Service wishes you and your family a happy, healthy and prosperous New Year. As the New Year is the time for fresh starts and new beginnings, JFS is pleased to announce our collaboration with Royers Flowers. We are grateful to Royers Flowers for their desire to support the work of our agency by offering a 10% donation to JFS of the price of every order placed thru our website.

Please consider an arrangement from Royers Flowers for your own holiday table or gift a delightful bouquet to a friend or family member. Simply click on the Flower Campaign link on our website, www.jfsofhbg.org. The link will direct you to the Royers Flowers website where you can select one of the featured arrangements on this flier or any of the arrangements on the Royers website. If you prefer to order by phone, call (717) 545-3220 and mention the JFS Flower Campaign for the 10% donation as well.

*Please note that no additional discounts are available when participating in this campaign.

Flower Campaign

**Pizza for a Platoon –
Courtesy of KI**



By Rabbi Akiva Males

Over the course of the summer, one of my Israeli nieces had a wonderful time working at a Jewish sleep-away camp in Michigan. Layala and I were unable to make it out to her camp for visiting day, so we sent her a care package instead. Of course, we figured she would enjoy the package, but it was only when she called Layala, that we realized how much that package had meant to her. I must have forgotten what it felt like to be far away from one's home, family, and close friends for an extended period of time.

This got me thinking. If a care package could mean so much to someone in her/his late teens working in a friendly Jewish sleep-away camp, what might a care package mean to an Israel Defense Force (IDF) soldier out in the field during the High Holiday season? Can you imagine how lonely it must feel to be away from everything familiar during such a special time of the year?

I knew that, Keshet Israel Congregation, like me, would want to play a role in lifting the spirits of those brave soldiers who would be far removed from a normal setting for the Jewish holidays.

Towards that end, I contacted an award-winning Israeli non-profit organization called PizzaIDF.org which has been supplying Israel's brave soldiers with donated items (especially fresh pizza) since 2002. In their own words:

Sending pizza to our soldiers provides them a much needed moral boost by demonstrating support from around the world -- and at the same time providing people outside of Israel with a way to express their solidarity with Israel and her soldiers.

Our project also aids many small business owners here in Israel. This includes directly the pizzerias, delivery people and the sales staff, and indirectly the tomato growers and the milk producers among many others. As we are taught that the highest form of charity is to help people to work with dignity, we feel, in our small way, we are contributing positively to the overall situation.

Through the KI Rabbi's Discretionary Fund, a full platoon of active-duty IDF soldiers soon received enough pizza pies and bottles of soda to help them better enjoy their holidays away from home and family. This gift also served as a warm embrace from our congregational family. Hopefully, the knowledge that a caring synagogue in far away Central Pennsylvania was thinking of them and praying for their welfare, lifted the spirits of those brave IDF soldiers during this festive season.

May G-d look over Israel's brave soldiers, as they look over His people and His land.

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

COMMUNITY REVIEW AD DEADLINES

SEPTEMBER 6, 2013 ISSUE

DEADLINE, AUGUST 26, 2013

SEPTEMBER 20, 2013 ISSUE

DEADLINE, SEPTEMBER 6, 2013

**CALL MARTY LAMONOFF TO RESERVE YOUR
AD SPACE OR TO OBTAIN A CONTRACT**

717-232-6279 • CELL: 717-877-5973 • FAX: 717-232-2177

E-MAIL: lammie@aol.com

GIANT

Quality. Selection. Savings. Every Day.

GiantFoodStores.com

**We carry a full line of all your
favorite kosher products!**



**Empire
Ready to Roast
Seasoned Chicken**

3 lb. pkg.



\$10⁹⁹
/ea.

**Salmon
Fillet**

Fresh, Farm Raised



\$7⁹⁹
/lb.

**Empire Chicken
Leg Quarters**



\$1⁹⁹
/lb.

**Donut
Holes**

Assorted Varieties, Kosher Dairy



\$2⁹⁹
/ea.

2300 Linglestown Rd., Harrisburg • 5074 Jonestown Rd., Harrisburg
32nd St. & Trindle Rd., Camp Hill

Open 24 Hours/7 days a week for your convenience! Prices effective 9/6-9/19/13

Not all items available in all locations

**“Oh, What a Night!” Gala at Beth El Temple
Sunday, October 27, 6:45 p.m.
Celebrating our Honorees:
Rabbi Eric Cytryn and
Education Director Bob Axelrod**



The community is invited to a very exciting evening at Beth El Temple on October 27 when we pay tribute to Rabbi Eric Cytryn who has completed a decade of leadership and to Education Director Bob Axelrod who is beginning his 18th “chai” year of service. It’s time to celebrate!

Rabbi Eric Cytryn has been a pulpit rabbi for over 30 years, serving congregations in New Orleans and St. Louis before coming to Beth El Temple in 2003. He earned his rabbinic ordination from the Jewish Theological Seminary in 1981, as well as an honorary Doctor of Divinity in 2007. Rabbi Cytryn focuses his professional efforts on spirituality and education. He is passionate about promoting egalitarian Conservative Judaism and teaching an appreciation of the evolving interpretations of Jewish Tradition in the modern era. At Beth El, he has introduced lively innovations to our worship service and Torah study. In the community, he is well respected for his interfaith partnerships with local clergy to enhance social justice. As an adjunct professor at Dickinson College he has taught Jewish Medical Ethics, Literature and Philosophy. We are indeed proud to honor Rabbi Cytryn for his Decade of Leadership at Beth El Temple.

Education Director Bob Axelrod’s career spans four decades of successful teaching and administration in both secular and Jewish education. He holds an M.Ed. in Educational Administration from Temple University and a Bachelor of Hebrew Letters from Gratz College. He has served congregations in Philadelphia, Washington D.C., and Harrisburg in various roles as religious school principal, synagogue administrator, and director of education and youth activities. Bob came to Harrisburg in 1996, serving first as Beth El Temple’s Executive Director and since 2004 as our Education Director. As such he works with both children and adults, directing our Religious School, training our b’nai mitzvah children, advising our young families group, teaching Adult Education classes, and tutoring individuals in Torah and Haftarah skills. Beth El Temple is proud to honor Mr. Robert (Bob) Axelrod for his 18 “chai” years of service to our congregation.

The gala evening will be made all the more special with a musical performance by Maestro Stuart and his brother Joel Malina. With piano and song, the Malina Brothers will weave the magic of Broadway, to the delight of music lovers of all ages.

A pre-event wine and hors d’oeuvres reception at 5:30 p.m. in Rosen Sisterhood Hall will take place for sponsors and patrons prior to the program which begins at 6:45 p.m. in the Sanctuary. The evening’s celebration will conclude with a Dessert Reception for ALL program attendees at 8:15 p.m. Tickets for “Oh, What a Night!” are on sale now. For general admission tickets as well as sponsorship opportunities, call the Beth El Temple Office at 232-0556.

Bobby  **Rahal**TM
Automotive Group

HONDA ACURA
TOYOTA LEXUS SCION



www.bobbyrahal.com • Carlisle Pike, Mechanicsburg

WE BUY GOLD

We'll buy your unwanted, broken
Karat Gold Jewelry

Platinum and Silver also

Come to someone you can trust...

No Appointment Necessary!

540-9040 Mollie B[®]
Distinctively Different Fine Jewelry and Giftware
2017 Linglestown Rd Harrisburg, PA Beaufort Farms Plaza

FREE RX DELIVERY

HARRISBURG PHARMACY
2645 NORTH 3RD ST.
HARRISBURG, PA 17110
(717) 232-0400
www.HarrisburgRx.com



SEE-RIGHT PHARMACY
2647 NORTH 6TH ST.
HARRISBURG, PA 17110
(717) 236-9094
www.SeeRightRx.com

GOOD DAY PHARMACY
2025 TECHNOLOGY PARKWAY, SUITE G04
MECHANICSBURG, PA 17050
(717) 728-4200
www.GoodDayRx.net

ALL TOGETHER HEALTHY

- Caring Professionals Who Listen
- Special Medication Packaging
- Diabetic Supplies
- Compounding Specialists
- Accept Most Prescription Insurance
- Senior Citizen Discount

**YOU CAN SHOP ONLINE OR CALL!
WE'LL DELIVER WHAT YOU NEED!**

We Are One Great Big Family

By Rabbi Akiva Males

Each year before Rosh Hashanah, Ricki Gold leads Keshet Israel Congregation's effort to send care packages to our synagogue's college students. I thought the readership of The Community Review would enjoy the letter that accompanied this year's packages.

Dear Keshet Israel students,

I hope you are well and enjoyed a most-deserved summer break.

So there I was, rinsing my hands in a restroom in the Great Smoky Mountains National Park a few summers ago. The 7 year old (or so) boy with the pierced ear at the next sink wouldn't have registered on my radar screen. But then as his father left the restroom, the boy called out, "Abba Chakeh! Abba Chakeh! (Dad, wait! Dad, wait!)"

Now, Hebrew wasn't quite what I expected to hear down near Gatlinburg, Tennessee. When I left the restroom, I saw that the boy had caught up with his father and the rest of his family near the park's visitor center. I eagerly approached the family and their eyes lit up when I greeted them in Hebrew and struck up a conversation. Layala soon joined us, and it was obvious that we had made this Israeli family's day. I'd be lying if I told you we didn't enjoy meeting them also.

What is it about us Jews? Why do we feel so good when we meet up with other members of the tribe -- especially in places where we never would have expected to do so?

I think it's because deep down inside, each and every one of us know, that our Jewish people is really one great big family. While we may be separated by geography, language, and levels of religious observance, at the end of the day, we're still family. When we find ourselves in a distant locale -- so far from our familiar Jewish comfort zones -- meeting other members of the 'family' feels so nice and comforting.

As a student on campus, you may sometimes be out of your familiar Jewish comfort zone. While you may be away from your home, community, and your family, you're surely not alone. Try and keep your eyes and ears open and you'll pick up the cues as to which of your fellow students is part of your extended Jewish family. Please do all that you can to reach out to each other. Getting reacquainted with your long lost family members will be a great experience for everyone involved.

Layala and I wish you a great new semester, and a happy and healthy New Year!

Sincerely,
Rabbi Akiva Males

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

Kidney Donor Needed

Dear Family and Friends,

I am personally reaching out to you on behalf of a fifteen-year-old girl from Israel (who is here now). This young girl suffers from kidney failure, and every day is a constant struggle. She is in desperate need of a kidney transplant.

You can save her life!

It is not often that one has an opportunity to save someone's life.

Today, you have that very special opportunity to do so.

If you are healthy, between the ages of 18 and 50, and have Blood type O or A, we desperately need your help. Her entire immediate and extended family wanted very much to be donors but unfortunately, were not compatible. Sadly, she has a very high number of antibodies. Potential donors can be tested via a simple blood test to see if they are compatible.

THE CLOCK IS TICKING VERY LOUDLY.

Save a life and you have saved a world!

How many people can say they have done just that?

Be the one to proudly say "I have".

Please respond today by E-mail and a family member will be in touch with you. h548417970@gmail.com.

~ Marilyn Klein ~

FRIDAY, SEPTEMBER 6
ROSH HASHANAH – Day 2
OFFICES CLOSED

TUESDAY, SEPTEMBER 10
Senior Lunch Program, 10 a.m., JCC
Program: Free bloodpressure screening,
12:30 p.m.

THURSDAY, SEPTEMBER 12
Senior Lunch Program, 10 a.m., JCC
Program: Al Goodman
Sing-a-long, 12:30 p.m.

SUNDAY, SEPTEMBER 15
JCC Open House, 11 a.m. 1 p.m.

TUESDAY, SEPTEMBER 17
Senior Lunch Program, 10 a.m., JCC
Program: "The Jewish Perspective" with Bob Axelrod,
12:30 p.m.

WEDNESDAY, SEPTEMBER 18
EREV SUKKOT

THURSDAY, SEPTEMBER 19
SUKKOT
OFFICES CLOSED
BUILDING OPEN

FRIDAY, SEPTEMBER 20
SUKKOT
OFFICES CLOSED
BUILDING OPEN

PUBLIC SERVICE ANNOUNCEMENT

ATTENTION: NOMINATING OPPORTUNITIES FOR JEWISH FEDERATION OF GREATER HARRISBURG OFFICERS AND TRUSTEES

The following excerpt from the bylaws of the Jewish Federation of Greater Harrisburg outlines the process for membership submission of alternate names for nomination for both officers and trustees of the Jewish Federation of Greater Harrisburg. The annual meeting of the Jewish Federation of Greater Harrisburg has been scheduled for Wednesday, November 6, 2013. The deadline for the submission of alternate names for nomination is Thursday, October 3, 2013.

This year the Nominating Committee will be presenting nominations for the following positions:

Officers including President, President-elect, Secretary, Treasurer and four Vice-Presidents to serve two-year terms
Two At-large Trustees to serve one-year terms ending 2014
Four At-large Trustees to serve three-year terms ending 2016

David Herman
Nominating Committee Chairperson

ARTICLE IX – ELECTIONS AND APPOINTMENTS

A. Nominations:

At least sixty (60) days prior to the Annual Meeting the President shall appoint a Nominating Committee chaired by the Immediate Past President and consisting of three (3) additional members of the Board of Trustees. No member of the Nominating Committee shall be eligible for election.

Thirty-five (35) days prior to the Annual Meeting, the Nominating Committee shall submit to the Chief Executive Officer, in writing, one (1) nominee for election to each elected office, and four (4) nominees for trustees to the Board of Trustees. This list shall be included in the notice of the Annual Meeting.

The membership may submit alternate names in nomination. Such nominees must be submitted to the Chief Executive Officer in writing thirty-five (35) days prior to the Annual Meeting. This may be done by a signed petition of fifteen (15) individual members in good standing. These additional nominations shall be published together with the slate of the Nominating Committee at least fifteen (15) days prior to the Annual Meeting in the official community publication. If there is no community publication being printed, notice by mail shall be sent to the community-at-large at least fifteen (15) days prior to said meeting.

No person shall be nominated without that person's prior consent.

The Nominating Committee, in recommending individuals to serve on the Board of Trustees, either as Officers or At-Large Trustees, shall consider the following criteria:

- Gift to the United Jewish Community Appeal and current payment status
- Membership in good standing to the Federation's "Jewish Community Center"
- Prior experience on committees of the Federation and the former United Jewish Community of Greater Harrisburg and the former Jewish Community Center of Harrisburg, Pennsylvania.

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

Sunday, September 8: Religious School Opening Day of Classes 9:00 a.m. Family Education Program for students and parents: "To Be a Mensch."

Sunday, September 8: Kever Avot Memorial Service at Beth El Temple Cemetery 1:00 p.m.

Tuesday, September 10: Executive Committee Meeting 5:45 p.m.

HIGH HOLY DAY SCHEDULE 2013

Thursday & Friday, September 5 & 6: Rosh Hashanah Day
 Sanctuary Service 8:00 a.m.
 Kavanot Service 11:15 a.m. (Thursday only)
 Family Service 9:45 a.m. (Friday only)
 High school program 11:15 a.m. (Thursday only)
 Junior Congregation 9:45 a.m. (Thursday only)
 Mini Congregation (ages 2-4) 9:45 a.m. (Thursday only)

Thursday, September 5: Community Tashlich, 6:50 p.m. on Riverfront

Friday, September 13: Yom Kippur Eve Minchah 6:30 p.m. Kol Nidre/Maariv 7:00 p.m.

Saturday, September 14: Yom Kippur Services in Sanctuary 9:00 a.m. Junior Congregation 9:45 a.m. High School Program 11:15 a.m. Kavanot Service 11:15 a.m. Minchah 3:00 p.m. Neila 6:00 p.m. Children's Procession 7:30 p.m. Maariv/Havdalah/Shofar Choir 7:45 p.m.

Wednesday, September 18: Erev Sukkot Religious School program "Pizza in the Hut" 5:30 p.m.

Thursday & Friday, September 19 & 20: Sukkot Services 9 a.m.

Sunday, September 22: Consecration for new Religious School Students 11 a.m.

Sunday, September 22: Congregational Pot Luck Dinner in Sukkah

Thursday, September 26: Shemini Atzeret 9 a.m. Erev Simchat Torah: light supper before holiday evening service.

Friday, September 27: Simchat Torah 9 a.m. Torah honorees: Dr. Alan & Caren Schein. Induction of "Yad Squad" Torah readers and "Hay Squad" Haftarah readers.

Saturday, September 28: Bar Mitzvah of Jacob Aaron 9:15 a.m. Parashat Bereshit.

Sunday, October 27: SAVE THE DATE! "Oh, What a Night!" – a gala celebration to honor Rabbi Eric Cytryn and Educational Director Bob Axelrod, featuring a musical tribute by Maestro Stuart Malina and his brother Joel Malina. Program begins 6:45 p.m. Preceded by wine and hors d'oeuvres reception for patrons and sponsors at 5:30 p.m. Program followed by a Dessert Reception for ALL at 8:15 p.m. Tickets on sale now! Call Beth El Temple Office 232-0556.

PUBLIC SERVICE ANNOUNCEMENT

CHISUK EMUNA CONGREGATION

232-4851 | www.chisukemuna.org | 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.

Please join us for Selichot, Rosh Hashanah, Yom Kippur, Sukkot, Shemini Atzeret and Simchat Torah as we begin the Jewish year and celebrate our holidays as a Chisuk Emuna family, for the first time in our new home.

Thursday, September 5: Rosh Hashanah Day I Shacharit/Morning Service, 8:30 a.m., Community Tashlich Service at Susquehanna River across from Beth El Temple, 6:50 p.m. Followed by Mincha and Maariv at Beth El, beginning at 7:20 p.m.

Friday, September 6: Rosh Hashanah Day II, Shacharit, 8:30 a.m., Mincha 7:00 p.m.

Shabbat Shuvah/Sabbath of Repentance

Friday, September 6: Kabbalat Shabbat and Maariv, following Mincha at 7:00 p.m.

Saturday, September 7: Shacharit, 9:15 a.m., Mincha and Maariv 7:15 p.m.

Sunday, September 8: Fast of Gedaliah Shacharit, 8:30 a.m., Mincha/Maariv, 7:15 p.m.

Friday, September 13: Erev Yom Kippur Mincha, 2:00 p.m., Kol Nidre, 6:45 p.m.

Saturday, September 14: Yom Kippur, Shacharit 9:00 a.m., Mincha 5:30 p.m., Ne'ilah 7:00 p.m. Fast concludes, 8:00 p.m. with break fast, sponsored by Bruce and Barbara Bazelon, Marty and Faye Doctrow

Wednesday, September 18: Erev Sukkot, Mincha/Maariv 6:45 p.m.

Thursday, September 19: Sukkot Day I, Shacharit 9:15 am, Mincha/Maariv 6:45 p.m.

Friday, September 20: Sukkot Day II, Shacharit 9:15 am, Mincha 6:45 pm

Chol Hamoed/Intermediate Days of Sukkot

Shabbat Chol Hamoed Sukkot

Friday, September 20: Kabbalat Shabbat and Maariv to follow Mincha that begins at 6:45 p.m.

Saturday, September 21: Shacharit, 9:15 a.m., Mincha/Maariv 6:50 p.m.

Sunday, September 22: Shacharit 8:30 a.m., Maariv 7:15 p.m.

Monday, September 23: Shacharit 6:45 a.m., Maariv 7:15 p.m.

Tuesday, September 24: Shacharit 6:45 a.m., Maariv 7:15 p.m.

Wednesday, September 25: Hoshanah Rabbah Shacharit, 6:30 a.m.

Wednesday, September 25: Erev Shemini Atzeret, Mincha/Maariv, 6:35 p.m.

Thursday, September 26: Shemini Atzeret, Shacharit (includes Yizkor, Prayers of Remembrance), 9:15 a.m., Mincha, 6:35 p.m.

Thursday, September 26: Erev Simchat Torah Celebration, Simchat Torah Preparation and Maariv, 7:00 p.m.

Friday, September 27: Simchat Torah, Shacharit, 9:15 am, Mincha, Kabbalat Shabbat and Maariv, 6:40 p.m.

For more information about Chisuk Emuna programs and services, please call our office at 232-4851.

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.

PUBLIC SERVICE ANNOUNCEMENT

CONGREGATION BETH TIKVAH

Carlisle | 245-2811 | www.bethtikvah.org

HIGH HOLY DAYS 5774

Tickets for services are not required.

Thursday, September 5: Rosh Hashanah Morning Service, 9:30 a.m. Great Hall, Stern Center, Dickinson College
 Evening Service 7 p.m. in the Sanctuary of the Milton B. Asbell Center for Jewish Life, Dickinson College

Friday, September 6: Second Day Rosh Hashanah Service, 9:30 a.m. Sanctuary, Milton B. Asbell

Center for Jewish Life
Tashlich Service (after morning service)

Friday, September 13: Kol Nidre, 7 p.m. - Great Hall, Stern Center, Dickinson College

Saturday, September 14: Yom Kippur Morning Service, 9:30 a.m. - Great Hall, Stern Center, Dickinson College

Yizkor Service – about 11:00 a.m.
Evening Service - 5:30 p.m.

BREAKTHE FAST, 7:15 p.m. Side Rooms at the HUB, Dickinson College. Cost for the break the fast meal is TBA. Deadline for reservations is September 6. Contact Ethel Carryer, 245-2811, to make reservations.

PUBLIC SERVICE ANNOUNCEMENT

HISTORIC B'NAI JACOB

Middletown | 319-3014 | www.bnai-jacob.org

Historic B'nai Jacob Synagogue, Water and Nissley Streets in Middletown, offers a schedule of High Holy Days Services, as follows:

Thursday, September 5: Rosh Hashanah Morning Service, 9:15 a.m.

Thursday, September 5: Rosh Hashanah Evening Service, 6:30 p.m.

Friday, September 6: Rosh Hashanah Morning Service, 9:15 a.m.

Friday, September 13: Yom Kippur - Kol Nidre Service, 6:45 p.m.

Saturday, September 14: Yom Kippur Morning Service, 9:15 a.m.

Memorial Yizkor Service, 11:15 a.m.

Ne-Elah Service, 6:00 p.m.

Break-the-Fast, 8:15 p.m.

Visit our website or call our Voice Mail 717-319-3014

We are a Community Shul - all are welcome.

PUBLIC SERVICE ANNOUNCEMENT

KESHER ISRAEL CONGREGATION

238-0763 | www.kesheraisrael.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.

HIGH HOLY DAYS SERVICES

Rosh Hashanah

Thursday, September 5: (Rosh Hashanah, Day 1)
Babysitting – To Be Announced

Shacharis – 8:00 a.m.
Torah Reading – 10:00 a.m.
Sermon – 10:30 a.m.
Shofar – 11:00 a.m.
Mussaf – 11:15 a.m.
Mincha – 6:20 a.m.
Communal Tashlich – 6:50 a.m.
Maariv – 7:40 a.m.
Candle Lighting (from an existing flame) – After 8:14 p.m.

Friday, September 6: (Rosh Hashanah, Day 2)
Until Mincha, all times are the same as the previous day
Mincha – 7:05 p.m.
Shabbos Candle Lighting (from an existing flame) – By 7:10 p.m.

Shabbos Shuvah

Shabbos, September 7: Shacharis – 9:00 a.m.
Rabbi Males' Shabbos Shuvah class – 5:40 – 6:25 a.m.
Mincha – 7:00 a.m.
Maariv / Shabbos Ends – 8:11 a.m.

Fast of Gedaliah

Sunday, September 8: Fast Begins – 5:18 a.m.
Selichos and Shacharis – 8:00 a.m.
Mincha – 6:45 p.m.
Fast Ends – 8:09 p.m.
Morning Selichos:
Monday, September 9–Thursday, September 12:
6:15 a.m. followed by Shacharis

Yom Kippur

Friday, September 13: (Erev Yom Kippur)
Selichos and Shacharis – 6:25 a.m.
Mincha – 2:00 p.m.
Candle Lighting – By 6:59 p.m.
Baby Sitting – To Be Announced
Kol Nidre – 7:05 p.m.

Shabbos, September 14:

 (Yom Kippur)

Baby Sitting – To Be Announced
Shacharis – 8:00 a.m.
Torah Reading – 10:30 a.m.
Sermon (followed by Yizkor) – 11:15 a.m.
Mussaf – 12:00 p.m.
Mincha – 5:35 p.m.
Neilah – 6:50 p.m.
Maariv, Shofar, and End of Fast – 7:59 p.m.
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

Join us for our contemporary Kabbalat Shabbat at 7:15 p.m. or our more traditional Shacharit Shabbat at 9 a.m. Temple Beth Shalom is proud to offer a range of programming for all ages.
HIGH HOLY DAYS SERVICES

Thursday, September 5: First Day of Rosh Hashanah, 9:00 a.m.

Jr. Congregation at 10:00 a.m.

**Luncheon following services. \$18 per person

Friday, September 6: Second Day of Rosh Hashanah, 9:00 a.m.

Yom Kippur:

Friday, September 13: Kol Nidre and Ma'ariv, 6:30 p.m. – PROMPTLY. Doors will remain closed until after Kol Nidre.

Saturday, September 14: Shacharit (morning), 9:00 a.m. Jr. Congregation at 10:00 a.m.

Saturday September 14: Mincha/Yizkor/ Neilah, 5:30 p.m., followed by a Break-the-Fast meal
To find out more about our programs and events, visit www.tbshalom.org or contact us at tbs.temple@verizon.net.

PUBLIC SERVICE ANNOUNCEMENT

TEMPLE OHEV SHOLOM

233-6459 | www.ohevsholom.org

HIGH HOLY DAYS SERVICES

Thursday, September 5: Rosh Hashanah Morning Service, 10:00 a.m., Sanctuary
Morning Family Service, 10:00 a.m., Lehrman Chapel
Children's Service, 2:00 p.m.
Tashlich Service at the River, 2:45 p.m.

Friday, September 6: Shabbat Service, 6:00 p.m., Lehrman Chapel

Saturday, September 7: Tot Shabbat, 10:30 a.m., Lehrman Chapel

Sunday, September 8: Memorial Service, 2:00 p.m., Bookstaber Memorial Chapel at Mt. Moriah Cemetery

Friday, September 13: Kol Nidre, 8:00 p.m., Sanctuary

Saturday, September 14: Yom Kippur Morning Service, 10:00 a.m., Sanctuary
Morning Family Service, 10:00 a.m., Lehrman Chapel
Meditation Service, 2:00 p.m., Lehrman Chapel
Children's Service, 2:00 p.m., Sanctuary
Afternoon Service, 3:00 p.m.
Yizkor, 4:30 p.m.
Ne'ilah, 5:15 p.m.

Friday, September 20: Sukkot Shabbat Service, 7:30 p.m., Sanctuary

Saturday, September: B'nai Mitzvah, 10:30 a.m., Sanctuary

Friday, September 27: Consecration/Simchat Torah Shabbat Service, 7:30 p.m., Sanctuary

Saturday, September: B'nai Mitzvah, 10:30 a.m., Sanctuary

life cycle

MARJORIE (COHEN) GOLDSTEIN

Marjorie (Cohen) Goldstein, 71, of Harrisburg, PA passed away peacefully on Thursday, August 22, 2013 at Gilchrist Hospice Care in Towson, MD. She was William Goldstein's beloved wife of 49 years. Marge was born in Easton, MD on November 28, 1941, a daughter to the late Harry and Yetta (Kruger) Cohen. Though she found great humor in that Easton was recently called the Hamptons of DC in the Washington Post, in Marge's day it was clearly different; an unpretentious area of farmers and watermen. She fit right in at the time as an avid horsewoman.

Marjorie worked as a sales associate in a boutique in Harrisburg, where she developed many wonderful friendships with people who started out as browsers and customers, and was active in the Chisuk Emuna Congregation Sisterhood and Chevra Kadisha. She loved reading, cooking, and baseball, but clearly her most cherished time was spent with her family whom she loved dearly. She particularly enjoyed her family's annual vacation in Rehoboth Beach, DE, where her own parents met and fell in love many years ago.

In addition to her loving husband, William, she is survived by her son, David Goldstein and his girlfriend Rene' Roupinian of New York City, her daughter, Jennifer (Goldstein) Mittelman and her husband Mark of Baltimore, her grandson and fellow baseball lover, Zachary Mittelman, and a brother, Howard Cohen. Her sister, Ruth Sadoff, predeceased her.

Funeral Services were held on

Sunday, August 25th at the Chisuk Emuna Cemetery Chapel with Rabbi Ron Muroff, a family friend, officiating. In lieu of flowers, the family hopes you'll practice one of the little acts of genuine kindness that Marjorie was so known for, or perhaps make a donation in her name to the Multiple Myeloma Research Foundation.

HELEN CYTRYN

Helen Cytryn, 91, of Harrisburg, passed away on Sunday, August 25, 2013 at the Jewish Home of Greater Harrisburg. She was born on November 29, 1921 in The Bronx, NY to the late Frank and Ella (Jacobvitz) Goldweber. She was the widow of the late Dr. Samuel Cytryn, whom she married on July 10, 1946. She was a retired Register Nurse, working in her husband's practice and a WWII Army veteran. She was a member of Beth El Temple and Sisterhood. She was active in the Harrisburg JCC Senior's Group as a discussion leader and participant.

Helen studied for 18 years at the Jewish Theological Seminary in their Women's League Adult Education Program; she was a Congregational President and Sisterhood President at Israel Community Center of Levittown, Long Island, NY; she was the first women President of any Conservative Synagogue on Long Island. Helen served as an NGO with the United Nation for Women League and she was a National Vice President of the Women's League for Conservative Judaism. A Study Day was established in her honor by her family for the benefit of Sisterhood members of Long Island Synagogues.

Helen also served on the National Youth Commission of the United Synagogue of Conservative Judaism and the National Ramah Commission.

In addition to her husband, Helen was preceded in death by three brothers and three sisters. Surviving are her two sons, Dr. Arthur Cytryn and his wife, Rene of North Caldwell, NJ; Rabbi Eric Cytryn and his wife, Amy of Harrisburg, PA; one brother, Max Goldweber of Westbury, NY; two grandchildren, Jacob (Tamar) of Chicago; Sarah (Gabi) Mitchell of Jerusalem; one great grandson, Samuel Cytryn; many nieces, nephews, great-nieces, great-nephews, great-great-nieces and one great-great-nephew.

Funeral services were held on Tuesday, August 27th at Beth El Temple with a burial service on Wednesday, August 28th at the Congregation Agudath Israel of West Essex, Inc., Caldwell, NJ. Interment followed at Beth El Cedar Park Cemetery, Paramus, NJ.

Memorial donations can be made to the Dr. Samuel and Helen Cytryn Camp Scholarship Fund, c/o Beth El Temple Endowment Fund, 2637 North Front Street, Harrisburg, 17110.

To share online condolences, please visit www.HetrickBitner.com or visit us on Facebook.

CANDLELIGHTING

September 6.....
..... 7:11 p.m.

September 13.....
..... 7:00 p.m.

September 20.....
..... 6:48 p.m.

L'Shana Tova

Mr. & Mrs.
Richard
Bronstein

New Year
Greetings
from
Cunningham
&
Chernicoff, P.C.

Romberger Memorials

STEVE BOMGARDNER
Office: 717-232-1147
visa and m/c accepted
www.rombergermemorials.com

L'SHANA TOVA

Ann Sherman
Feierman
and Family

We are honored to be
selected as the funeral home
for the Jewish Community.

We have served the greater Harrisburg community for over 70 years and are committed to helping families before, during and after their time of need.

If you have any questions or concerns during this time of transition, please call either Nathan Bitner or Graham Hetrick at 545-3774 and we will be happy to assist any of your needs.

**Hetrick-Bitner
Funeral Home, Inc**

3125 Walnut Street
Harrisburg, PA 17109
(717) 545-3774
Nathan Bitner, Supr

BRACHENDORF MEMORIALS, INC.

REPRESENTATIVE: JOHN MCGINNESS

2131 HERR STREET • HARRISBURG, PA 17103
PHONE (717) 234-7909 • FAX (717) 234-7900

E-MAIL: BRACHENDORF@COMCAST.NET
ALL MAJOR CREDIT CARDS ACCEPTED

MAKING HEALTHY CHOICES
LIVING HEALTHY LIVES

FLU SHOT CLINIC



TO RECEIVE A FLU SHOT YOU MUST:

- Meet a minimum age requirement. *If under 18 years of age, please see management.
- Not have an allergy to chicken eggs or egg products.
- Not have an allergy to Thimerosal (a preservative found in some cleaning products).
- Not be exhibiting symptoms other than mild coughing, runny nose, and/or diarrhea.
- Not have a history of Guillain-Barré Syndrome or an active neurological disorder.
- Not had a serious reaction after receiving a prior influenza and/or pneumonia vaccination.
- Meet any CDC eligibility requirements required at the date of service.

Date: FRIDAY, OCT. 4, 2013

Time: 10:00AM TO 1:00PM: CALL CHERYL 236-9555X3115 FOR APPOINTMENT

- If you have FreedomBlue PPO or SecurityBlue, show your Highmark card to the nurse in order to get your vaccine.
- If you have any Medicare Supplement including (but not limited to) HOP, MedigapBlue, or AARP, show your Medicare Part B card to the nurse in order to get your vaccine.
- Other health plans may be included. For all others, the cost is \$30 for flu and \$75 for pneumonia. Cash or check accepted.

Please remember to bring your insurance card and/or Medicare card.

WWW.FINDAFLUSHOT.COM