



# TOLEDO Jewish News

JewishToledo.org

ELUL/TISHRI 5785-5786 | September 2025

# L'Shana Tova

As we enter this new year, we reflect on the blessings, challenges, and opportunities that lie ahead for our Jewish community. May 5786 be a year of strength, unity, and purpose – one in which we deepen our connections to one another, to Jewish life, and to the world around us.

From all of us at Jewish Federation & Foundation of Greater Toledo, we wish you and your loved ones a sweet, healthy, and peaceful New Year.

## *Shanah Tovah U'Metukah!*

David Berland, *President*  
Jewish Federation of  
Greater Toledo

Matt Kripke, *Chairman*  
Toledo Jewish Community  
Foundation

Stephen Rothschild, *CEO*  
Jewish Federation and  
Foundation of Greater Toledo

5786

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# Shana Tova from Jewish Federation & Foundation of Greater Toledo

STEPHEN ROTHSCHILD, CEO, JEWISH FEDERATION & FOUNDATION OF GREATER TOLEDO

✉ stephen@jewishtoledo.org

As we approach Rosh Hashanah 5786, the Jewish New Year, we are called to take stock—both personally and as a community—of the year that has passed and the path ahead.



Rothschild

This year has brought deeper challenges, both globally and locally. Since last Rosh Hashanah,

we have witnessed a troubling rise in antisemitism around the world and here in our own community. The war in Gaza has brought unbearable pain and loss to Jewish, Israeli, and Palestinian families. We continue to grieve for lives cut short, pray for the safe return of hostages, seek healing for the injured, and yearn for a future where peace is more than a dream.

And yet, despite the hurts, Jewish Toledo remains remarkable—rich in relationships, history, and resources. In a community of 2,500, we are large enough to sustain vibrant Jewish life and small enough to know

each other's names and stories. At Jewish Federation of Greater Toledo (JFGT), we value every voice, every contribution, and every opportunity to come together as one *Am Yisrael*. Over the course of a year, we deliver programs, services, security, support, and structure for thousands of Jews here and around the world.

Strong organizations adapt. They learn from the past, embrace new realities, and seek opportunity in change. Jewish Toledo is part of a worldwide Jewish network—and our strength is multiplied when we connect locally, statewide, nationally, and internationally. Those bonds will sustain us for generations, but they require deliberate investment and partnership.

In that spirit, our new association with the *Cleveland Jewish News* has brought a fresh look and expanded content to the *Toledo Jewish News*. Our local stories now appear alongside those from other Ohio Jewish communities, enriching our shared knowledge and experience and making us part of a broader Jewish conversation.

We are also blessed to live in a community where our Jewish institutions are active and thriving with support from JFGT. Not every Jewish community in America can say that. The fact that ours can is proof that abundance is not about numbers—it's about vitality, collaboration, and the willingness to dream together.

This past year, we also listened. In our conversations about JFGT's needs for appropriate space, one message came through loud and clear: there is broad community support for ensuring that JFGT has a safe, secure, and welcoming space—with accessible facilities, room for senior and other programming, and the ability to bring us together. These discussions reaffirmed that people want to gather, to connect, and to ensure that our institutions are equipped to serve for decades to come. Our commitment remains unwavering: to be a strong, valuable partner for all Jewish institutions in Toledo—enhancing security, presenting quality programming about Israel, confronting antisemitism, and celebrating our history and culture through food, film, art, and books.

The people of Chelm once discovered that the bridge into town had grown rickety. Some argued it should be repaired, others said it should be replaced entirely, and a few insisted the real problem was not

the bridge at all but the river beneath it. Weeks passed and the arguments grew louder. Nothing was done, and the bridge continued to deteriorate. Finally, a wise elder reminded them, "A bridge is only useful if it connects both sides. If we can't agree to meet in the middle, it doesn't matter how strong the bridge is—no one will ever cross it." The townspeople got to work together, repairing the bridge, and it stood strong for many years.

JFGT aspires to be that bridge—connecting Jewish institutions, people, and ideas, so that together we can cross into a safer, stronger future. Rabbi Nachman of Breslov taught, "*Kol ha'olam kulo gesher tzar me'od, v'ha'ikar lo lefached klal*," "The whole world is a very narrow bridge, and the main thing is not to be afraid."

As we enter the month of Elul and prepare for the Days of Awe, I am reminded of the words of Rabbi Lord Jonathan Sacks, z"l:

*"Rosh Hashanah and Yom Kippur are about the future, not the past. We cannot change what happened yesterday, but by changing ourselves today we can change tomorrow. The future is not yet written. That is the power of teshuvah, the gift of renewal, and the promise of the High Holy Days."*

May 5786 be a year of unity, safety, peace, and sweetness—for our community, for Israel, and for the Jewish people everywhere. Shana Tova u'Metuka—from our family to yours.

FOR TICKETS, 419-255-7464 OR TOLEDOOPERA.ORG

## A Focus On: EMOJI

FUNDING FUTURES: EMOJI PROGRAM SUPPORTS YOUNG JEWISH CAMPERS

Jewish Federation and Foundation of Greater Toledo's **Experience a Memorable Overnight Jewish Initiative (EMOJI)** offers children between the ages of 7 and 16 the opportunity to experience a life changing Jewish overnight camping experience. Funding is possible through the long-term community needs fund and the Jewish experience fund; first-time participants can attend camp as low as \$250 and children returning to a Jewish camp can attend at a very reduced cost.

EMOJI seeks to help as many Jewish youths as possible connect to their own Jewish identity and the larger community. The benefits of Jewish camp are beyond measure; nearly \$70,000 was invested in sending 35 campers to camp in summer 2025.

The process is simple. Parents register their child(ren) for camp and apply for any applicable subsidies through the camp and through their temple (if affiliated). Then, each

EMOJI | CONTINUED ON PAGE 4

**"Logan thrives at Camp Wise. He made wonderful new friends and strengthened lifelong friendships; he tried new things and developed a deeper pride for his Jewish culture."**

Abby Schwartz

# JFGT Annual Meeting at the park a home run

It has been an extraordinary year for Jewish Federation and Foundation of Greater Toledo (JFGT), as the organization celebrated its many wins and worked diligently to cope with the significant challenges experienced throughout the world. In late July, the community showed up to support JFGT at its Annual Meeting, and the Toledo Mud Hens, showing that, together, we can continue to light the way in Jewish Toledo and inspire its Jewish future.

Please join us as we kick off both a fiscal and a Jewish New Year. We truly cannot do any of what we do without all of you.



▲ (L to R) Brothers, Marshall and Sheldon Goldstein



▲ Dylan (L) and Harris (second from left) attended with family and friends to receive the Young Volunteer Award.



▲ Stephen Rothschild, CEO, Jewish Federation & Foundation of Greater Toledo



▲ Harrison finds himself and friends in the JFGT Annual Report.



▲ Diego reaches for the sky.



▲ Rosemary Chaban accepts the Harry Levison Young Leadership Award.



▲ Stephen Rothschild (L) and Ben Malczewski (R) present Guardian Angels Home Health Care, Inc.'s Lami Azizi and Sharee Youssef with the Bob Wick Community Service Award.



▲ Hillel419 friends - (L to R) Hannah Glassman, Kayla McQueen, Pedro Gutierrez, Ethan Glassman, and Raul Rodrigues - enjoy the Mud Hens game.



▲ Stacy Willis and Denise Greenblatt



▲ David Berland, JFGT's newly elected President, speaks to the community.

# Empowered women, empowering the community

Twenty ladies enjoyed a sweet and savory brunch recently at Cooper's Hawk. Taking a break from the chaos with a chill Sunday brunch offered the perfect chance to connect with the incredible ladies of Jewish Toledo.



▲ Ladies who brunched.

**Join us at our upcoming gathering:**  
**Ladies who Graze**  
**Wednesday September 10**  
**5:30 - 7:30 p.m.**  
 \* For the safety and security of our community, the location will be shared with registrants prior to the event. See ad below for more information.



▲ (L to R) Megan Rhodes, Laurel Weatherford, Hallie Freed, and Alison McQueen



▲ (L to R) Ginger Darrow and Stephanie Shaulskiy



▲ (L to R) Dena Zack, Cheryl Rothschild, Denise Greenblatt, and Jeannette Bernstein

**Wednesday, September 10, 2025**  
**5:30 PM - 7:30 PM**  
**Location TBA\* (Toledo-area)**

**\$20/person - includes make-your-own vegetarian charcuterie**

Get ready for a night of creativity, connection, and community designed especially for Jewish women under 65! Join us at The Gather at Graze Station, a local Jewish woman-owned charcuterie-making spot, for a hands-on experience where we'll craft our delicious creations.

This isn't just about cheese and crackers (though there will be plenty of those!). It's about bringing Jewish women together to laugh, connect, and explore how food, tradition, and togetherness go hand in hand.

**LADIES who GRAZE**

**Jewish Federation & Foundation OF GREATER TOLEDO**

This event is designed for Jewish women ages 65 and under. Limited spots available. RSVP by Wednesday, September 3 to <http://form.jotform.com/jewishtoledo/jewishwomen> or with Sherry Majewski: 419-724-0351 or [sherry@jewishtoledo.org](mailto:sherry@jewishtoledo.org).

\* FOR THE SAFETY AND SECURITY OF OUR COMMUNITY, THE LOCATION OF ALL EVENTS WILL BE SHARED WITH REGISTRANTS PRIOR TO THE EVENT.

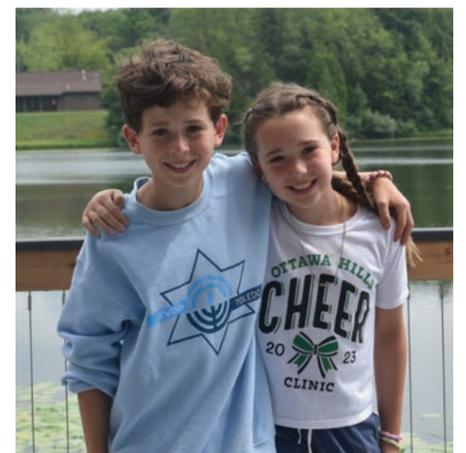
**Save the Date: Sunday, November 16 | Ladies who Give Thanks**

**EMOJI | CONTINUED FROM PAGE 2**

applicant completes a community application for support from Federation and Foundation.

More information about EMOJI can be found at [jewishtoledo.org/emoji](http://jewishtoledo.org/emoji). Summer camp opportunities for 2026 will be posted in the coming months.

**See page 13 for pictures of our EMOJI campers coming home from Camp Wise in early August.**



EMOJI | CONTINUED ON PAGE 27

▲ Noah and Natalie Shall at camp.

Dear Jewish Federation of Greater Toledo,

Thank you so much for your generous scholarship for me to attend Camp Wise this summer. I would not be able to go to camp year after year without this scholarship. I had an amazing summer and I can't wait to come back next year.

Julia Rhodes

▲ A shining testimonial from Julia Rhodes.

**Summer was really great! I'm really glad I got to switch from Risihon Gimel to full session of Chalutzim. It was so fun! I loved rock climbing, lake, and basketball! I loved floating breakfast and lunch during Shabbat. I'm glad we got to go to the pool every day and I loved doing Mission Impossible with my cabin! I made a lot of new friends and got better at tetherball and gaga!"**

Ben McInnis

**JFGT 2025 Holiday Office Closures:**

Date	Day of Week	Holiday	Office Hours
September 1, 2025	Monday	Labor Day	Closed
September 22, 2025	Monday	Erev Rosh Hashanah	Close at 1 p.m.
September 23, 2025	Tuesday	Rosh Hashanah	Closed
September 24, 2025	Wednesday	Rosh Hashanah	Closed
October 1, 2025	Wednesday	Kol Nidre	Close at 1 p.m.
October 2, 2025	Thursday	Yom Kippur	Closed
October 6, 2025	Monday	Erev Sukkot	Close at 1 p.m.
October 7, 2025	Tuesday	Sukkot	Closed
October 8, 2025	Wednesday	Sukkot	Closed
October 13, 2025	Monday	Erev Shemini Atzeret	Close at 1 p.m.
October 14, 2025	Tuesday	Shemini Atzeret	Closed
October 15, 2025	Wednesday	Simchat Torah	Closed
November 27, 2025	Thursday	Thanksgiving	Closed
November 28, 2025	Friday	Day after Thanksgiving	Closed
December 24, 2025	Wednesday	Christmas Eve	Close at 1 p.m.
December 25, 2025	Thursday	Christmas	Closed
December 31, 2025	Wednesday	New Years Eve	Close at 1 p.m.

Time Change

The office closes at 3:30 p.m. Fridays starting November 7, 2025

**JFGT financial assistance and cancellation policies for programs**

**Financial assistance for programs**

**DISCREET FINANCIAL ASSISTANCE AVAILABLE FOR JEWISH TOLEDO ACTIVITIES**

We understand that each person's financial situation is different, and cost can be a barrier for participation in various activities. We don't want program fees to be an obstacle for you or your family to attend our events or participate in our programs. Assistance is available and confidential. For more information, please contact Ben at 419-724-0408 or ben@jewishtoledo.org.

**JEWISH FEDERATION & FOUNDATION OF GREATER TOLEDO'S CANCELLATION POLICY**

The Jewish Federation & Foundation of Greater Toledo (JFGT) cancellation policy is established to ensure a fair and transparent process for participants who need to cancel their registration for JFGT events. Our primary goal is to accommodate all participants while managing the logistical aspects of each event efficiently. This policy will generally apply to JFGT events unless otherwise stated in connection with the registration for the event.

**POLICY:**

Participants who wish to cancel their registration for any events must do so by 48 hours prior to the event. Cancellations made after this date may result in forfeiture of the registration fee.

To cancel your registration for any event, please send an email to sherry@jewishtoledo.org with the subject line "Cancellation: [Your Name]". Include your full name, registration information, and a brief reason for the cancellation in the email.

Make sure to send the cancellation request before the 48-hour deadline. Cancellations made on or before the 48-hour deadline are eligible for a full refund of the registration fee.

Cancellations made after the 48-hour deadline may not be eligible for a refund. However, Jewish Federation & Foundation of Greater Toledo may consider exceptional circumstances on a case-by-case basis.

If you are unable to attend any Federation sponsored event after the cancellation deadline has passed, you may nominate a substitute participant at no additional cost. Please notify Sherry Majewski (sherry@jewishtoledo.org or 419-724-0351) of the substitution at least 24 hours before the event.

Participants who do not attend events without providing prior notice will not be eligible for any refunds or substitutions.

If any event is canceled by the Jewish Federation & Foundation of Greater Toledo due to circumstances beyond our control, such as a natural disaster, pandemic, or other unforeseen events, we will make every effort to reschedule. If rescheduling is not possible, participants will receive a full refund of the registration fee. The Jewish Federation & Foundation of Greater Toledo is not responsible for any additional costs incurred by participants, such as travel or accommodation expenses.

The Jewish Federation & Foundation of Greater Toledo reserves the right to amend this cancellation policy at any time. Participants will be notified of any changes via email or through our official website.

By registering for any events sponsored by the Jewish Federation & Foundation of Greater Toledo, participants acknowledge that they have read and understood this cancellation policy and agree to abide by its terms and conditions.

**Jewish Federation and Foundation of Greater Toledo Tributes and Memorials**

received between June 19- August 12, 2025

We gratefully acknowledge the following Tributes and Memorials to JFGT and TJCF funds. Tributes and Memorials can be made by contacting Barb at 419-724-0357, barb@jewishtoledo.org, or Monique at 419-724-0386, monique@jewishtoledo.org.

**Alix Greenblatt Memorial Fund for Jewish Leadership**

- In Honor of Dana Greenblatt's special birthday*
- In Celebration of Amichai and Debbie Stout on birth of their daughter*
- In Memory of Phyllis Bernstein*
- In Memory of Susan Jane Berson*
- Mr. and Mrs. Mark D. Greenblatt

**Hillel419 cont.**

- In Honor of Bobby & Sharon Kripke's special anniversary*
- In Honor of Brent & Ricki Rubin's special anniversary*
- In Honor of Judge George Glasser special birthday*
- In Memory of Susan Jane Berson*
- Mr. and Mrs. Joel Beren

**JFGT General Contribution**

- In Honor of Dena Nusbaum Zack's special birthday*
- Julie Nusbaum

**JSFSS Family Food Pantry**

- In Honor of Paul Goldner's special birthday*
- Mr. and Mrs. Jeff Bauer

**Hillel419**

- In Honor of Paul Goldner's Special Birthday*
- Ms. Anita Baron
- Dr. and Mrs. Michael A. Gordon
- Mr. Sheldon Harris
- Mr. and Mrs. Robert Retske
- Dr. and Mrs. Howard Rosenberg
- Mr. and Mrs. Stephen Rothschild
- Sue Tipping
- Mr. and Mrs. David Treuhaff
- Mr. and Mrs. Robert Wengrow

**Jewish Senior, Family & Social Services**

- In Memory of Susan Jane Berson*
- Mr. and Mrs. Jeff Hillary Folb
- Ira Gerhardt
- Mr. and Mrs. Sheldon Goldstein
- Mrs. Barb Hager
- Jennifer Jackson
- Maren Kurtz
- Ms. Heather Slough
- Mr. and Mrs. James Perlman
- Ms. Julie Romanoff
- Mr. and Mrs. Stephen Rothschild
- Mr. and Mrs. Charles Weinblatt
- Long Term Community Needs Fund

**Long Term Community Needs Fund**

- In Memory of Phyllis Bernstein*
- Patricia M. McNichols
- Dr. and Mrs. David Perlmutter
- Mr. and Mrs. Stephen Rothschild

**www.jewishtoledo.org**

**TOLEDO Jewish News**

Volume 74 No. 11 • 28 pages  
September 2025



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**(ISSN 0040-9081)**

*Toledo Jewish News* is published 11 times per year, by Jewish Federation of Greater Toledo, 6465 Sylvania Avenue, Sylvania, Ohio 43560. *Toledo Jewish News* invites correspondence on subjects of interest to the Jewish community, but disclaims responsibility for any endorsement of the views or opinions expressed by contributing writers. All submissions become the property of *Toledo Jewish News*. Submissions will be edited for accuracy, brevity and clarity and are subject to verification. *Toledo Jewish News* reserves the right to refuse any submissions. *Toledo Jewish News* does not guarantee the kashrut of any of its advertisers. The appearance of advertising, in the *Toledo Jewish News* print or digital media, does not constitute an endorsement of the advertisers or their products and services by *Toledo Jewish News*, Jewish Federation of Greater Toledo and its affiliated agencies. Product and services information is based solely on material received from suppliers. Opinions published in the *Commentary* section are those of the author(s) and do not necessarily represent the views or opinions of JFGT, its employees, officers, and directors.

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**EDITORIAL DEADLINE:**  
10th of each month  
Editorial copy by email to  
abby@JewishToledo.org or on disc to  
6465 Sylvania Avenue, Sylvania, Ohio 43560

**ADVERTISING DEADLINE:**  
15th of each month  
Advertising inquiries should be addressed to:  
6465 Sylvania Avenue, Sylvania, Ohio 43560  
419-724-0363

**POSTMASTER:**  
Please send address corrections to:  
6465 Sylvania Avenue, Sylvania, Ohio 43560  
Entered as Periodicals at the post office at Toledo, Ohio,  
under act of March 3, 1987.  
Periodicals U.S. Postage Paid  
at Sylvania, Ohio.

**SUBSCRIPTION RATE: \$36 PER YEAR**



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Community Relations Programming Specialist  
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## Sweet as Sugar: Molly Yeh's Sweet Farm!

**R**osh Hashanah begins on the evening of September 22, so the High Holidays are almost upon us. I know everyone is already making plans, inviting loved ones, and creating menus for numerous festive meals.

We all know it's traditional to dip apples into honey with hopes of ushering in a new year full of happiness and blessings. In fact, sweet foods are a mandatory part of the festivities! Honey and apple cakes, as well as challot with raisins, are classics; but truly, any cookie, cake, pie, candy, or other dessert

is more than welcome at the table.

How fabulous is it, then, that Molly Yeh (pronounced "yay") – Food Network star, Juilliard-trained percussionist, 2015 Saveur magazine "Food Blogger of the Year," bakery owner, and proud Jewish-Chinese American – has published her third

cookbook just in time for our upcoming celebrations? And is there a more perfect title for this recipe collection than *Sweet Farm! More Than 100 Cookies, Cakes, Salads(!), and Other Delights from My Kitchen on a Sugar Beet Farm*?

Raised in Glenview, IL, a suburb of Chicago, Molly is now married to her husband Nick Hagen, a fifth-generation farmer from East Grand Forks, MN; they have two little girls. The couple met while both were studying music in New York City, and they live on his family's homestead. It was bashert! He grows sugar beets and wheat, which she then transforms into multitudes of deliciousness: "[We're] kinda farm-to-cake," she writes, noting that "living in a place with so much family history ... where I can see my ingredients grown before my very eyes, is special beyond words."

Molly's new cookbook showcases a marvelous mishmash of her extended family's culinary influences: central United States, Jewish, Chinese, Norwegian, and New York City. The diaspora shines with some recipes that are Jew-ish (Black Sesame Egg Cream) and others that double or triple down on their Jewishness (Marzipan Poppy Seed Babka Muffins).

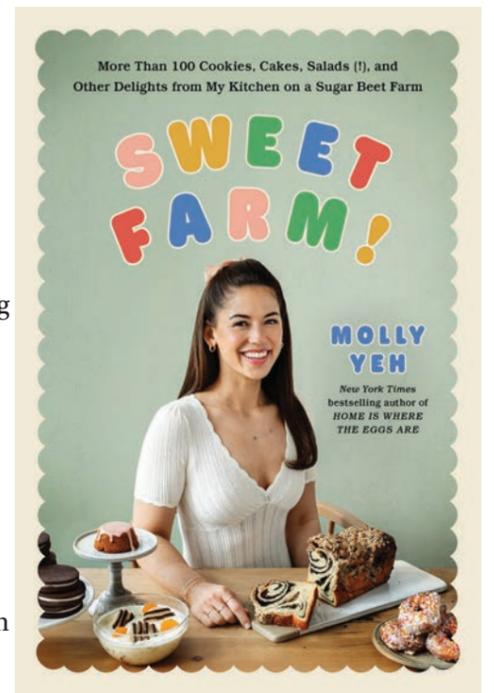
With an expansive love of the Midwest, the perky celebrity baker even gives our own state a friendly shout-out: "The Cleveland Orchestra. A place that will put pierogi on your grilled cheese .... Buckeyes. Those right there are my favorite things about Ohio."

She then takes the opportunity to put her personal spin on our beloved confection, subbing cashew and almond butters for the expected peanut butter while also adding texture with shredded coconut and Rice Krispies. She admits she "may be overstepping [her] non-Ohioan boundaries;" but these are really just riffs from a fellow buckeye enthusiast, rather than a show of disrespect.

This kind of playfulness is evident throughout *Sweet Farm!*, as lots of classic treats are offered but with some creative twists.

Chewy Frosted Tahini Cookies proudly show their Israeli roots, but are topped with an Ashkenazi-style schmear of cream cheese ... cream cheese icing, that is. Pumpkin Jam and Goat Cheese Bourekas remind Molly of "eating cheese-filled pastries on the streets of Tel Aviv, carbo loading for a long night of dancing."

Earl Grey Black and White Cookies are called "a combination of two of the best Jewish foods of all time ... Black-and-white cookies and the used tea bag." Mandel Bread Cereal offers a miniature variation of a treat that's



already meant to be dunked – why not, then, give it a full soak in a bowl of milk?

Hawajj Carrot Cake is beautifully fragrant with a hint of orange blossom water, as well as the Yemenite spice blend of cardamom, cinnamon, cloves, and ginger that inspires its name. Sweet dates and sesame seeds further play up the lovely Middle Eastern vibe.

More Jewish-themed treats include Peanut Butter Halva, Chocolate Tahini Fudge Cake, Cinnamon Sugar Chocolate Rugelach, Blueberry Cream Cheese Bagel Chip Salad, and Halva, Walnut, and Chocolate Loaf.

Combining and celebrating both her Jewish and her Asian heritages, Molly also offers Black Sesame Babka, Toasted Sesame Cake, and Challah Hotteok. Pronounced HO-tock, that last option is a Korean syrup-stuffed bread which she makes using challah dough.

And finally, *Sweet Farm!* features a recipe that may be more quintessentially Molly than any other: Black-and-White Cookie Salad.

This odd concept – those first four words really, really don't go with the last one, do they? – is just one example in *Sweet Farm!* of a ubiquitous Minnesota potluck category. "Sweet salad" is an upper midwestern term for a mash-up of creamy, crunchy, fruity, fluffy stuff that's served as a side dish ... think Watergate Salad (pistachio pudding, pineapple, pecans), Strawberry Pretzel Salad (with a sweetened cream cheese layer between the fruit topping and the salty-crispy base), Ambrosia Salad (mandarin oranges, coconut, marshmallows), or molded Jell-O salads.

This version combines Molly's Jewish heritage, her midwestern roots, her college days in New York City, her farm home in East Grand Forks near the North Dakota border, her cheerful good natured-ness, and her admitted "sugar obsession." It's essentially a mishmash of its namesake cookies and strawberry cheesecake, so what's not to love?

If you can't get past the terminology, just serve it as dessert. Black-and-White Cookie Salad – with its symbolic sweetness and roundness – would be a perfect addition to your Rosh Hashanah menu.

## Galilee Medical Center as a Model of Coexistence

with Dr. Khaled Atalla

Monday, September 15

7 – 8:30 p.m.

Location TBA\*  
(Sylvania-area)



Free Event  
Lecture followed by  
dessert reception



Dr. Khaled Atalla, Director of the Emergency Department at the Galilee Medical Center, is an Arab Christian citizen of Israel who attended medical school at The Technion – Israel Institute of Technology in Haifa, Israel, and completed a residency in Internal Medicine at the Bnai Zion Medical Center in Haifa in 2016. After finishing his training, Dr. Atalla and his family moved to Nes-Ammim, a special village founded in 1964 by European Christians as a sign of solidarity with the Jewish people after the Holocaust.

He has worked as a clinical instructor at the Technion, served as a clinical tutor for rotations of medical students, and performed a residency in the field at Galilee Medical Center from 2016-2019. During this residency, he also worked as an instructor at the Azrieli Faculty of Medicine Bar Ilan University in Safed, Israel.

Following his Emergency Medicine residency, Dr. Atalla completed a year of Emergency Medicine Fellowship training and an additional six months of extra fellowship training focused on Emergency Medicine Leadership at Mount Sinai Hospital in Toronto, Canada. In 2021, he returned to Galilee Medical Center as a senior physician and began serving as director of the hospital's Emergency Department in April 2022.

Dr. Atalla's background makes him uniquely qualified to speak on the topic of coexistence at the Galilee Medical Center, and we welcome the opportunity to learn from him.



RSVP required by Friday, September 12  
to <https://form.jotform.com/jewishtoledo/JCRC-events> or with Mary Bilyeu at  
[mary@jewishtoledo.org](mailto:mary@jewishtoledo.org) or 419-724-0405.

\* For the safety and security of our community, the location of all events will be shared with registrants prior to the event.

# Planning for the Future of Jewish Toledo

An Update on the Jewish Federation and Foundation of Greater Toledo's Evaluation of Property Needs

Over the past several years, we have been looking ahead to how the Jewish Federation of Greater Toledo (JFGT) can continue providing outstanding services, programming, advocacy, and support to our community—while identifying opportunities to better serve.

One of the main challenges to our strategic efforts is our community space. The JFGT staff work from two separate buildings on the Sylvania campus, making collaboration and coordination inefficient. Coordination between the staff is a vital part of our integrated approach to serving the community and reflects the growth of JFGT's operations over the years, a reality that was not contemplated when the Sekach building was built 18 years ago. In addition, our main office is in the YMCA/JCC building—an aged facility presenting a less than appropriate working environment that does not offer a welcoming Jewish space or create community pride. Location of offices within the YMCA/JCC also presents ongoing challenges to our safety and operational autonomy.

We are fortunate to have generous community partners who allow us to use their buildings both on and off campus. Temple Shomer Emunim, Congregation B'nai

Israel, Congregation Etz Chayim, and Chabad regularly host and accommodate our programming. However, these arrangements require additional coordination, as each has its own requirements and differing suitability for JFGT's program needs. The frequent requests also place added demands on these institutions and contribute to wear and tear on their facilities.

About a year ago, we began exploring a property in the Sylvania area, near the campus, as a potential site for a new Jewish community building. We conducted multiple site visits, worked with a design firm to evaluate space and cost possibilities, and eventually shared the concept with the community to gather feedback.

Over several weeks this past spring, we held a series of community meetings—both small, parlor-style gatherings and larger meetings at CBI, Etz, Shomer and Chabad. These conversations generated valuable insights and comments.

## Key Takeaways from Community Feedback

There is strong consensus that our current facilities are significantly inadequate, particularly for our dedicated staff and popular senior

programming.

Many community members acknowledged the deteriorating conditions, lack of autonomy, and security concerns at the current YMCA/JCC campus.

There is strong interest in creating an inclusive, pluralistic cultural space for “doing Jewish” beyond traditional synagogue activities.

Using synagogue or third-party spaces adds complexity to event planning and can be less comfortable for non-members.

Some expressed interest in maintaining a JFGT presence on the current campus, but many recognized the challenges, especially since most of the property is now owned by the YMCA, limiting our control over future use, development, and access.

We are grateful to all who participated in these discussions. Your feedback has prompted us to take a step back, reevaluate our options, and incorporate new ideas into a long-term plan that will serve the entire Toledo Jewish community now and for decades to come.

## Next Steps

We have met with a builder to understand budget ranges for both renovating existing buildings and pursuing new construction. We are

exploring all possibilities, including:

Evaluating other existing properties in the Sylvania area that may be more size-appropriate

Considering additions or new construction on the existing campus

Evaluating the costs and feasibility of new construction on property in Sylvania

We are also reviewing our current assets, analyzing our financial position, and preparing long-term projections to ensure we remain fiscally responsible and continue our tradition of strong stewardship of community resources.

After the High Holiday season, we will form several committees to analyze options and develop recommendations. If you are interested in joining this process, please contact our CEO, Stephen Rothschild ([stephen@jewishtoledo.org](mailto:stephen@jewishtoledo.org)), or our President, David Berland ([dberland64@gmail.com](mailto:dberland64@gmail.com)). Your continued engagement and input are essential to the future success of our community.

We remain committed to keeping the community informed through the *Toledo Jewish News* and *Friday Facts*. Please watch for further updates in the months ahead.

SWEET | CONTINUED FROM PAGE 6

## MOLLY YEH'S BLACK-AND-WHITE COOKIE SALAD

New York City's classic black-and-white cookies do not exist in my town! So, when I get them through the mail or bring them back from a trip or make a whole huge batch of them, there is a safe chance that a fair amount of them will end up too dry for enjoyment on their own. Which makes them an ideal candidate to be tossed into a salad.

The base here is sort of a no-bake cheesecake situation and a nod to my favorite cheesecake in New York, which is the ricotta-based cheesecake at Piccolo Angolo. It's the kind of creamy, light dessert that you can eat after a large Italian meal and not feel like garbage.

### SERVES 8 TO 12

- 1-pound (454 grams) strawberries, thinly sliced
- 2 tablespoons (25 grams) granulated sugar
- 2 cups (480 grams) cold heavy cream
- ¾ cup (90 grams) powdered sugar, divided
- One 15-ounce container whole milk ricotta, room temperature
- One 8-ounce container mascarpone, room temperature
- 2 teaspoons vanilla bean paste, or seeds scraped from 1 vanilla bean pod
- Zest of ½ lemon
- ¼ teaspoon kosher salt
- 12 ounces (340 grams) coarsely chopped black-and-white cookies (about 4 cups), plus more for topping (store-bought or homemade)

**IN** a medium bowl, toss the strawberries with the granulated sugar and set aside.

**IN** a stand mixer fitted with a whisk, beat the heavy cream and ¼ cup (30 grams) of the powdered sugar on medium high until medium-stiff peaks form. Remove about a third of the whip and set aside. To the stand mixer, add the remaining ½ cup (60 grams) powdered sugar, the ricotta, mascarpone, vanilla, lemon zest, and salt and mix on medium until smooth. Stop the mixer and use a rubber spatula

to fold in the chopped cookies and most of the strawberries.

**TRANSFER** to a serving dish and smooth out the top. Spread on the reserved whipped cream and refrigerate until ready to serve. Top with additional cookies and the remaining strawberries right before serving.

**STORE** in an airtight container in the refrigerator for up to 3 days.

*From Sweet Farm! by Molly Yeh. Copyright © 2025 by Molly Rebecca Yeh. Reprinted by permission of William Morrow, an imprint of HarperCollins Publishers.*



▲ Black-and-White Cookie Salad® Chantell and Brett Quernemoen.

Marking  Jewish Federation & Foundation OF GREATER TOLEDO

Two-year commemoration

Save the Date

Sunday, October 5, 2025 | 7 p.m.

# Ohio man pleads guilty for assaulting Ohio State Jewish students

JIMMY OSWALD

The United States Department of Justice announced on Aug. 15 that a 20-year-old Ohio man pleaded guilty to committing a hate crime following an attack on two Jewish Ohio State students in Columbus in 2023.

Timur Mamatov of Tipp City, Ohio, admitted in court he attacked the two victims because they were Jewish, and he confessed to violating the Hate Crimes Prevention Act for physically assaulting the duo for their religion, causing bodily injury, according a release by the U.S. Department of Justice.

Mamatov faces up to 10 years in prison and his sentencing will be decided by a federal district court judge after considering the U.S. Sentencing Guidelines and other statutory factors.

"We're grateful that justice is a step closer to being delivered for this horrific incident," Lee C. Shapiro, regional director of AJC Cleveland, said in an email to the Columbus Jewish News. AJC covers Northeast Ohio, heading south, sharing re-

sponsibility for Central Ohio with AJC Cincinnati.

Court documents state that on Nov. 10, 2023, Mamatov and a friend of his engaged in an altercation with a group of five OSU students outside of a bar on Columbus North High Street.

One of the victims was wearing a chai necklace, which is the Hebrew word meaning life, and Mamatov proceeded to ask the group if they were Jewish. When the students confirmed that they were, Mamatov threw a punch that fractured the jaw of one victim. As the altercation continued into North High Street, a second victim received a fractured nose.

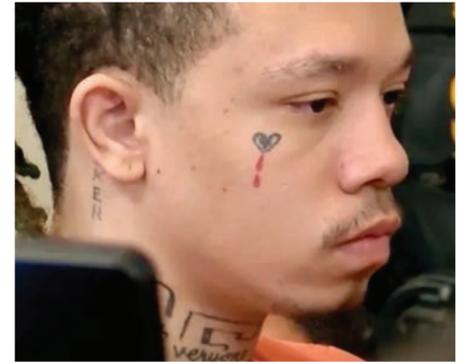
"No American should fear being violently attacked based on their religious beliefs," U.S. Attorney Dominick S. Gerace II for the Southern District of Ohio said in a statement. "This office, along with our law enforcement partners, will aggressively pursue violence motivated by hate."

The FBI Cincinnati Field Office is investigating the case. Noah R.

Litton, an assistant U.S. Attorney for the Southern District of Ohio and Trial Attorney Cameron Bell of the Civil Rights Division's Criminal Section are prosecuting the case.

Multiple complaints have been filed with the U.S. Department of Education following the attack, and a lawsuit filed in April 2024 claimed that Ohio State created a hostile and antisemitic environment that is now pervasive towards Jewish and Israel students. It also alleged that the university is dismissive of their concerns, according to JNS.

"No one should have to live in fear because of their religion," assistant director Jose A. Perez of the FBI Criminal Investigative Division said in a statement. "These college students were targeted by Mr. Mamatov simply because they were Jewish. Hate crimes not only impact the victims but have a devastating impact on our entire community. The FBI works tirelessly with our federal, state and local partners to thoroughly investigate many types of hate crimes, hold the perpetrators accountable for their actions and bring justice to the victims."



▲ Mamatov | SCREENSHOT/X, SECTION 27A COPYRIGHT ACT

In an email sent to the CJN, Ohio State University thanked the work of law enforcement officials while condemning the attack.

"Antisemitism is despicable and has no place in our community," the university said in the statement. "Ohio State immediately responded through law enforcement and other support and we appreciate the work of the U.S. Department of Justice, as well as that of federal, state, and local law enforcement, in supporting students at Ohio State."

**This article first appeared in the Cleveland Jewish News. Reprinted with permission.**

## Toledo Jewish Men's Club 2025-2026 Calendar

The Toledo Jewish Men's Club (The "Club") is open to all men in the Toledo Jewish Community. There are no dues or fees other than the couverte for luncheons.

**TUESDAY, SEPTEMBER 9:**  
UNIVERSITY OF TOLEDO  
MEN'S BASKETBALL COACH  
TOD KOWALCZYK

For 15 years, Coach Kowalczyk has been at the helm at UT, elevating the Rockets to one of the top mid-major programs in the country with a 296-196 career record.

Noon at The Beirut; \$25 at the door or Venmo @Joel-Beren-1  
To RSVP for September 9, please email [joel@bereneq.com](mailto:joel@bereneq.com).

**MONDAY, OCTOBER 6:**  
DR. AMY ACTON-OHIO  
GUBERNATORIAL CANDIDATE  
Dr. Acton is a Democratic candidate for the Ohio Governor's seat in 2026. Many remember her as the Director of the Ohio Department of Health during the height of the COVID epidemic. Amy is also an active member of the Columbus Jewish community.

**TUESDAY, NOVEMBER 4:**  
UNIVERSITY OF TOLEDO  
VISITING PROFESSOR OF LAW,  
PAUL FINKELMAN

Professor Finkelman is a specialist in American legal history and constitutional law. He has lectured at the United Nations, throughout the United States, and in more than a dozen other countries.

**TUESDAY, DECEMBER 2:**  
NATHAN MATTIMOE, DIRECTOR  
OF ART IN PUBLIC PLACES, THE  
ARTS COMMISSION OF TOLEDO  
Nathan administers the City of Toledo's One Percent for Art ordinance, including managing new public art projects and overseeing the maintenance and conservation of more than 40 public art pieces.

**TUESDAY, JANUARY 6 (2026):**  
SANDY SPANG, EXECUTIVE  
DIRECTOR, TOLEDO  
METROPOLITAN AREA COUNCIL  
OF GOVERNMENTS

As TMACOG Executive Director, Sandy is responsible for leading regional economic collaboration across northwest Ohio and southeast Michigan. Sandy previously served as Deputy Director of Economic Development for the City of Toledo and a member of Toledo City Council.

**TUESDAY, FEBRUARY 3 (2026):**  
DAVID BRIGGS, SPORTS  
COLUMNIST FOR THE TOLEDO  
BLADE

Veteran observer of sports in Toledo, across Ohio, and nationally, Dave is a voting member of the AP top 25 football rankings. In addition to his role as a lead sports columnist for The Blade, Dave has written for, and appeared in, many national sports media outlets.

**TUESDAY, MARCH 3 (2026):**  
DR. ROMULUS DURANT, CEO/  
SUPERINTENDENT-TOLEDO  
PUBLIC SCHOOLS

Dr. Durant's 11th year as the Superintendent of TPS, he is the youngest educator to hold the position and the first awarded "Urban Educator of the Year" by the Council of Great City Schools.

**TUESDAY, APRIL 7; TUESDAY,  
MAY 5; AND TUESDAY, JUNE 2  
(2026):**  
TO BE ANNOUNCED

**QUESTIONS?  
CALL JOEL 419-704-5039**

**Co-Chairs: Mark Greenblatt, Dick Greenblatt, Matt Rubin, and Joel Beren**

## HIGH HOLIDAY SCHEDULE

Temple B'nai Israel, Monroe, Michigan

**LED BY RABBI SHENA JAFFEE POTTER**

**MONDAY,  
SEPTEMBER 22, 2025 | 7 P.M.**  
Rosh Hashanah Services

**TUESDAY,  
SEPTEMBER 23, 2025 | 10 A.M.**  
Rosh Hashanah Services

**WEDNESDAY,  
OCTOBER 1, 2025 | 7 P.M.**  
Yom Kippur Services

**THURSDAY,  
OCTOBER 2, 2025 | 10 A.M.**  
Yom Kippur Services

Shabbat Services are held twice monthly, on the second and fourth Fridays of the month at 7 p.m.

To attend any of the above services, you must make arrangements by emailing: [harrissacks@comcast.net](mailto:harrissacks@comcast.net)



## Happy Tears

LAUREN SACHS

**A**s a high schooler standing in the front row at Saint Andrew's Hall belting out the words to one of my favorite Indigo Girls songs, I never realized how apropos the lyrics would become years later.

Like so many, I had sung their expressive lyrics time and again throughout the years, but did not truly grasp their meaning. After the sudden loss of my husband, my world went silent for about a year. I stopped listening to music altogether as I experienced a period of time where my heart was simply too tender to tolerate such soulful songs. I grew up singing, dancing, and performing. Participating in countless choirs, recitals, a cappella groups, and musical theatre productions, the world of music had always been a soft-landing spot for me. Despite my love of music, early in my grief melodies seemed to evoke memories of time spent together, prompting feelings of nostalgia and enhancing the ache for lost love. Eventually, I felt ready to return to music and the songs of my youth. At that point, I listened more carefully and thoughtfully to the words and their message.

Struggling to process my loss and considering the idea of seeking a new life-partner, lyrics from songs such as *Love Will Come to You* captured the excruciating state of my heart. I was unsure when, how, or if I would ever recapture the intensity of feelings I had for my late husband. I recall singing and weeping as I listened time and again to the words: "...with my face pressed / Up against love's glass / To see the shiny toy I've been hoping for / The one I never could afford." It seemed as though Amy Ray and Emily Saliers encapsulated

the depth of my misery. They offered a compassionate and seemingly perfect metaphor for my yearning and allowed me a time and space to release all my pent-up emotion. But the song also gave me some small glimmer of hope. Perhaps I could manifest a new love into existence as proffered in its beautiful refrain:

I say love will come to you

Hoping just because I spoke the words that they're true

As if I offered up a crystal ball to look through

Where there's now one there will be two

In the intervening five years since my loss, I have worked on healing my heart. I am incredibly grateful to have found new love and light on my journey to recovery. I strongly believe that these changes were only possible through an immeasurable amount of work on myself; I attribute the change to a complex and unspecified mix of determination, emotional bolstering, self-reflection, therapy, yoga, friendship, support group meetings, running, journalizing, and so forth. At the same time, I also feel fortunate to have been able to glean lessons from examining my late husband's approach to life and considering what he would have wanted for me in his absence.

Even before the song *Closer to Fine* became the earworm of 2023 through its featured status in *The Barbie*

*Movie*, I had been focused anew on this Indigo Girls classic. Perhaps because of the song's ubiquity, I listened more attentively than ever. As Amy and Emily intone at the song's beginning:

I'm trying to tell you something 'bout my life

Maybe give me insight between black and white

And the best thing you ever done for me

Is to help me take my life less seriously

It's only life after all, yeah

As I have looked back on my husband's life and my loss, I credit Brad for truly helping me learn how to lighten even the most heavy emotional loads. Brad leaned into the happiness and humor of life, finding delight in the most unusual places. Though his work as an oncologist demanded a contemplative and

thoughtful approach with patients, his joy and irreverence made their journeys easier to accept and manage.

Though my grief was quite painful following Brad's untimely demise, I wanted to follow his example as I sought to ameliorate my affliction. Eventually, I realized that I would have to help bring about my own recovery, making a conscious effort to seek a path toward healing. As Amy and Emily sing in the first verse of *Closer to Fine*: "Well, darkness has a hunger that's insatiable / And lightness has a call that's hard to hear." In other words, if I could learn to lean into the light and avoid the seductive pull of the darkness, perhaps I could honor my husband's memory and also find some solace. As I started to heal, I preached this lesson to our daughters as well, knowing that Brad would have wanted us to find happiness and live our lives fully. Though tears still surface when I reflect on my loss, I now know they are the sort of healing tears which will help me as I continue on my path of being *closer to fine*.

Lauren holds a bachelor's degree in English and Psychology, and a Master's Degree in Social Work, from the University of Michigan. After completing advanced clinical training at Yale University, Lauren worked as a therapist and consultant in a variety of settings. During her time in Jewish Toledo, Lauren has received the Harry Levison Young Leadership Award and the Shining Light Award, and is currently serving as the Chair for the 20th Annual NW Ohio Jewish Book Festival. In addition to her involvement within the local Jewish community, Lauren serves as a volunteer for Hospice of Northwest Ohio. Lauren is also the author of a forthcoming book about her late husband, his joyful approach to life and work as an oncologist, and how examining his life helped her better cope with her grief. To learn more about Lauren's journey and her work on living well after loss, visit [www.literally-lauren.com](http://www.literally-lauren.com).

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## How American Jews are helping Israel's communities near Gaza rebuild and return to life

LARRY LUXNER | JTA

KIBBUTZ EREZ, Israel — Under the shade of a large tree on Kibbutz Erez less than a mile from the Gaza Strip, half a dozen Israeli children play history trivia games with a counselor.

When loud booms from Gaza echo across the sky, some of the kids flinch at the noise.

It's a reminder of the omnipresence of war and the horrors of Oct. 7, 2023, in this community of 560, where on that deadly day one kibbutz member was killed and four were injured. For months afterward, the kibbutz was empty, its residents internally displaced and sheltering elsewhere amid the war between Hamas and Israel.

While in recent months members

of Kibbutz Erez and most of the other Israeli communities near Gaza have returned to their homes, the area's rehabilitation needs remain vast. The hardest-hit kibbutzim and towns require massive reconstruction; many homes and infrastructure in the area require extensive repairs, and residents remain deeply traumatized.

The war, of course, has yet to end.

"A lot of people are still suffering from trauma," said Shay Ilan, co-founder of the nonprofit group Totzeret Ha'Aretz, "not only from the event itself — the fact that a terrorist was inside your home — but after you've evacuated for a long time and the community is scattered all over Israel, that's traumatic too."

American Jews are helping the effort to rebuild and rehabilitate the

area through Project Horizon, a \$17 million program initiated by UJA-Federation of New York along with \$4.4 million from Combined Jewish Philanthropies of Greater Boston and \$1 million from the Jewish Federation of Greater Washington, D.C.

The idea is to focus on four areas of assistance — community resilience, trauma care, informal education and employment — for the 30,000 or so residents in 53 Israeli communities near Gaza.

"We understood there was a big gap between immediate needs and long-term recovery," said Gabriel Sod, the Israel-based director of government relations for UJA. "For these communities to even have the opportunity to recover, we knew we'd need to assist them in this interim stage for the next 12 to 18 months.

The government was helping them rebuild, but no one was holding these communities together."

"We moved quickly in the early days to meet urgent needs," said Eric S. Goldstein, CEO of UJA-Federation of New York. "Now we're focused on the future and reimagining what's possible. Project Horizon is about fulfilling our promise to walk with the communities, not just through crisis but in healing and rebuilding better."

Launched in March 2024, Project Horizon began by awarding \$8 million to the eight communities that suffered most in the Hamas attack: Be'eri, Holit, Kfar Aza, Kissufim, Nahal Oz, Netiv Ha'Asara, Nirim and Nir Oz. On the ground, the project is coordinated by the Israeli organization Totzeret Ha'aretz

REBUILD | CONTINUED ON PAGE 10

REBUILD | CONTINUED FROM PAGE 9

(Hebrew for “Made in Israel”), which seeks to strengthen Israeli society by sending young people to live in peripheral communities like those near Gaza.

In the second stage, Project Horizon distributed \$4 million in grants toward Erez and 11 other communities within about 4 miles of Gaza. Now Project Horizon is expanding the aid with \$5 million more to an additional 33 communities near Gaza.

Project Horizon is part of the more than \$200 million UJA-Federation has allocated in Israel since Oct. 7.

“Because we have a full team in Israel and real grasp of what’s going on in the field, we were able to act quickly and on a large scale, which very few funders in Israel were able to do,” Sod said. “Before we launched Project Horizon, we spent five months working with the communities. We went to the hotels where these people were evacuated and just listened to what they had to say. We encountered communities that didn’t have leadership, because in some cases the leaders had been killed or kidnapped.”

Through a partnership with Israel’s

Business Alliance, UJA-Federation enlisted the help of large companies like Wix, Viola, Cisco and Tidhar, which assisted residents of affected kibbutzim and towns to move to interim housing and, in some instances, to restructure their debt and raise funds. UJA-Federation also helped hire community managers to help residents figure out how to rebuild, create community resilience and trauma frameworks, and sometimes create the whole community infrastructure.

Before the war, Dor Zohar, a lifelong resident of Erez, helped manage a Tel Aviv high-tech firm.

“Even though there were no hostages from Erez, it’s the same area and all of us know people who were kidnapped,” said Zohar, 35, tearing up recalling twins Gali and Ziv Berman — close friends of his younger brother — who were dragged into Gaza from nearby Kfar Aza. “After what happened on Oct. 7, I realized that I couldn’t just go back to a normal job making money for someone else. I understood that there was a vacuum of leadership at Erez.”

Zohar is now the partnership manager for Kibbutz Erez, overseeing how the kibbutz allocates the funds received through Project Horizon.

The money has funded after-school activities, student trips, special events and the salaries of kindergarten coordinators.

“A lot of people who want to help think they know what’s best for you,” Zohar said. “What’s unique about Project Horizon is they didn’t tell us what we need. They sat with us and listened. And they helped us build an education plan that we couldn’t have done with our own resources.”

Yanir Yagel is the project’s partnership manager at nearby Dekel, an Israeli town that has also received support from Project Horizon. Among Dekel’s attractions is a small museum dedicated to the history of Yamit, an Israeli settlement in the Sinai Peninsula that was evacuated more than 40 years ago after Israel and Egypt signed a peace accord returning Sinai to Egyptian control. Dekel was founded by many of those evacuees.

“One of my projects is to do a movie on what happened in the area” on Oct. 7, said Yagel, 35, who before the current war worked as a tour guide. “I also want to take this money and build a coffeehouse to be located near the museum, so young people can learn how to start a business with their own hands.”

At Netiv Ha’Asara, where 20

people were killed on Oct. 7, Project Horizon’s grant focuses on community resilience. This includes replacing damaged trees, erecting new signage for families’ homes, a surfing program that offered a therapeutic outlet for 90 children, a five-day trip to Eilat for 20 high school students, a women’s day retreat for 20 community leaders and a local Purim celebration.

The prolonged trauma has increased demand for mental health services and resilience programs, especially for children under 12, and many residents of Netiv Ha’Asara still haven’t returned home.

Community leaders from the town recently wrote a letter of thanks to UJA.

“We want to express our heartfelt gratitude for Project Horizon’s support,” they wrote, saying it “helped us restore our daily routines, deepened our communal bonds and enhanced the well-being of our entire community.”

This story was sponsored by and produced in partnership with UJA-Federation of New York, which cares for Jews everywhere and New Yorkers of all backgrounds, responds to crises close to home and far away, and shapes the Jewish future. This article was produced by JTA’s native content team.

# 2025 Cemetery Closings

## BETH SHALOM CEMETERY

420 Otter Creek Rd.  
Oregon, Ohio 43616

## EAGLE POINT CEMETERY

515 Eagle Point Rd.  
Rossford, Ohio 43460

Monday, September 22, 2025	Erev Rosh Hashanah	Close at 4 pm
Tuesday, September 23, 2025	Rosh Hashanah I	Closed
Wednesday, September 24, 2025	Rosh Hashanah II	Closed
Wednesday, October 1, 2025	Erev Yom Kippur	Close at 4 pm
Thursday, October 2, 2025	Yom Kippur	Closed
Monday, October 6, 2025	Erev Sukkot	Close at 4 pm
Tuesday, October 7, 2025	Sukkot I	Closed
Wednesday, October 8, 2025	Sukkot II	Closed
Monday, October 13, 2025	Erev Shemini Atzeret	Close at 4 pm
Tuesday, October 14, 2025	Shemini Atzeret	Closed
Wednesday, October 15, 2025	Simchat Torah	Closed

Regular Cemetery hours:  
Sunday through Thursday 8 a.m. – 5:30 p.m.  
Fridays 8 a.m. – 4 p.m.

Cemeteries close early every Friday at 4 p.m. for Erev Shabbat

Closed Saturdays and on the dates (listed left) for Yom Tov

Toledo Jewish Community Cemetery Association 6465 Sylvania Ave.  
Sylvania, Ohio 43560  
419-517-8829



## New JFGT Security Policy

### Purpose

To help ensure the safety and security of all attendees while fostering an environment of openness and community engagement, this policy outlines procedures for event registration, attendance, and security.

### Registration Procedures

#### Individual Registration Required:

All attendees must register individually through our designated online registration form or directly with Jewish Federation and Foundation of Greater Toledo staff registrations.

#### Complete Data Collection:

Registrants are required to provide accurate contact information, including full name, phone number, and email address. For guests or additional attendees, the primary registrant must add each guest’s details separately.

#### Verification & Confirmation:

Registrants will receive a confirmation email and the location of the event after registration.

#### Guest Policy:

Attendees need to register all guests in advance. Same-day or walk-in registrations may be limited or declined based on security considerations.

### Prohibited Items

- Weapons of any kind under any circumstance
- Alcohol, illegal drugs, or substances (including drug paraphernalia)
- All glass items
- Bags over 18”x 12”x 8”, camelbacks, Bota bags, and flasks
- Signs, flags, banners, posters, or balloons
- Flammable liquids or aerosol cans
- Other items as deemed inappropriate by the Security Director or event staff

# Neuroscience has a name for the way so many Jews are feeling today: learned helplessness

Fortunately, there's something we can do to help.

IDDO GEFEN | JTA

Another week goes by, and with it, the feeling that terrible things are happening and that there's nothing we can do to change them.

That's how I feel as an Israeli living in New York, and I know many people around me, both here and at home, feel the same. The horrifying videos of Israeli hostages Evyatar David and Rom Braslavski, along with the other hostages still held by Hamas in inhumane conditions, leave me with a deep sense of helplessness. And alongside this horror, there is another one that cannot be ignored: the humanitarian catastrophe unfolding in Gaza, the reports of starvation and civilian casualties. I fully recognize Hamas's responsibility for this reality but I also believe that the current Israeli policy in Gaza, led by Netanyahu and his shameless ministers whom I strongly oppose, is steering the country I grew up in toward very dark places, harming the Israeli hostages, innocent Palestinians, and anyone who is trying to secure a more just and hopeful future for the region.

I know that not all of my readers agree with me politically and that some may even be frustrated or angry as they read these lines, but here is the thing: You do not have to agree with me to recognize this feeling. The feeling that you try to change something in the world, you go to protests, you vote, you donate to organizations, you sign petitions and post on social media, and still there is the crushing sense that none of it makes any difference to what is actually happening in the world.

As a doctoral student in cognitive neuroscience exploring how the brain works, I would like to offer a different perspective on our current condition. I know that psychology and neuroscience have devoted considerable attention to our state of mind, which even has a name: learned helplessness. And I know that in recent years, research has also begun to ask how we can resist this pull and keep acting, even when the world feels unmovable. I believe this knowledge can help the people in the Jewish community and beyond, at a time of potentially unprecedented fracture and pain.

Scientists first discovered learned helplessness in experiments with

animals in the 1960s. In these studies, dogs or rats were exposed to unpleasant shocks that they could not stop, no matter what they tried. After many attempts, the animals stopped trying altogether and simply endured the shocks. Later, when they were moved to a new situation where the solution was simple, for example, they could easily escape by jumping over a low barrier, most of them did not even try. It was as if they had learned that nothing they did mattered, and so they gave up even when a way out was possible. This surprising behavior showed researchers that repeated experiences of being unable to change a bad situation can create a deep sense of passivity that carries over into new situations.

NEUROSCIENCE | CONTINUED ON PAGE 19

SUNDAY NOVEMBER 2

THURSDAY NOVEMBER 13

THURSDAY OCTOBER 23

THURSDAY DECEMBER 4

21st Annual NW Ohio Jewish Book Festival

THE JEWS: 5,000 YEARS AND COUNTING by ROB KUTNER

3...2...1... WE'RE ON THE AIR: An Inside Look at Sports Television, Journalism, and Gender Equity by ROBERT STEINFELD

Full Circle by Sam Bierstock

TINY PEP TALKS: Bite-size encouragement for life's annoying, stressful, and flat-out lousy moments by PAULA BRADY and JOHN LINDEH

More information coming soon

Jewish Federation & Foundation OF GREATER TOLEDO

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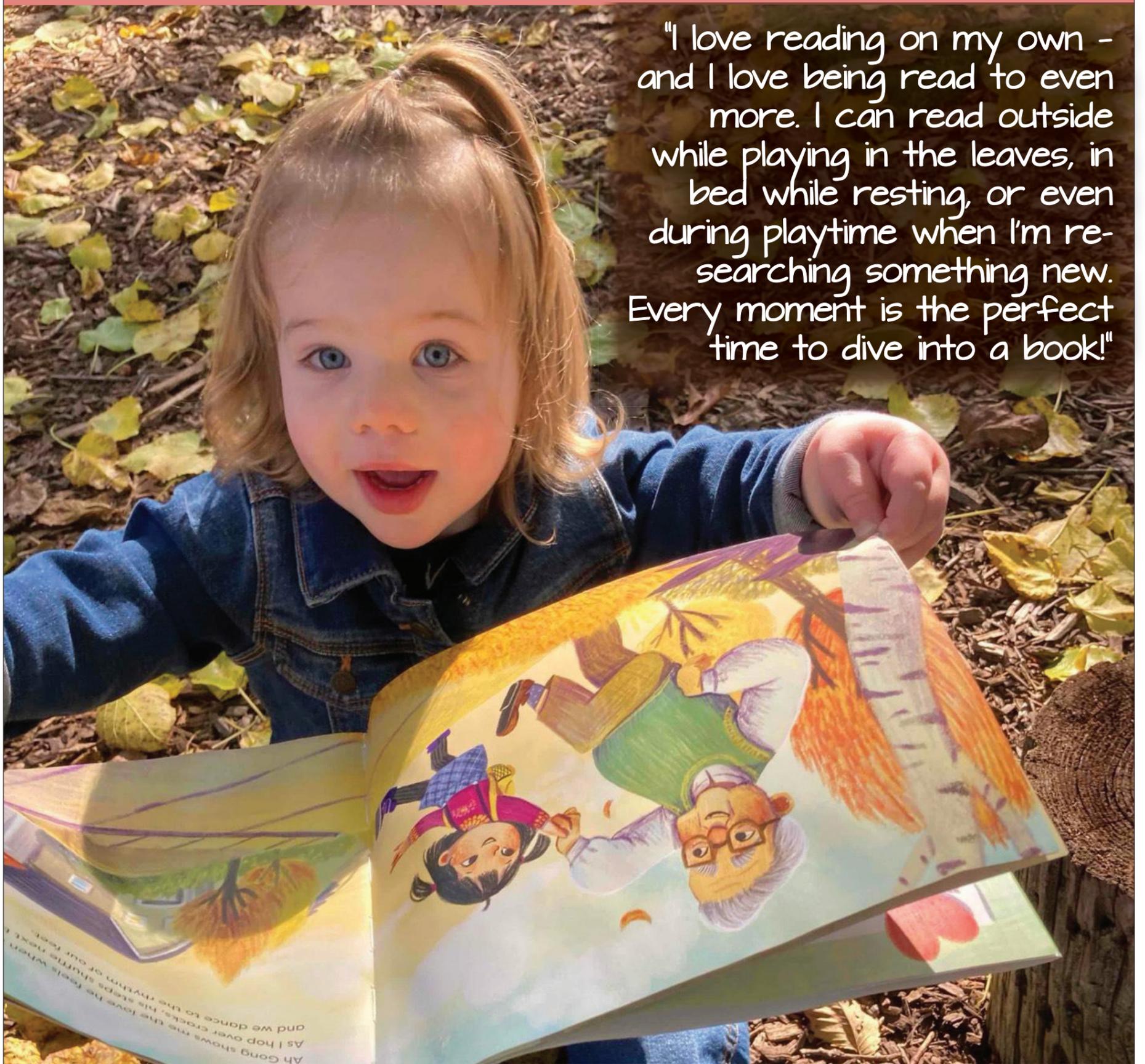
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Limited openings available — choose from 2, 3, or 5 days per week.  
Half-day and full-day options to fit your family's schedule.

New to our program? Enroll your toddler and receive a \$50 Kroger gift card!

**We specialize in happy children.**



Chabad and Jewish Federation of Greater Toledo  
Supported by the Federation's Annual Campaign

Learn more: Reach out to Mushka Matusof at [mushka@jewishtoledo.org](mailto:mushka@jewishtoledo.org) or visit [www.jewishtoledo.org/about-us/gan-yeladim-preschool](http://www.jewishtoledo.org/about-us/gan-yeladim-preschool)



Register:  
<https://form.jotform.com/jewishtoledo/gan2025-2026>

# Shalom, campers! Welcome home to Jewish Toledo

After weeks of fun, friendship, and unforgettable memories at Camp Wise, our campers are *home!* Welcome back to our amazing Jewish Toledo kids. You've returned with full hearts, new songs, and maybe a few less socks.



▲ David is so happy to be back in Jewish Toledo.



▲ Ben is finally home.



▲ (L) David and (R) Marc Freed greet son/grandson Myles.



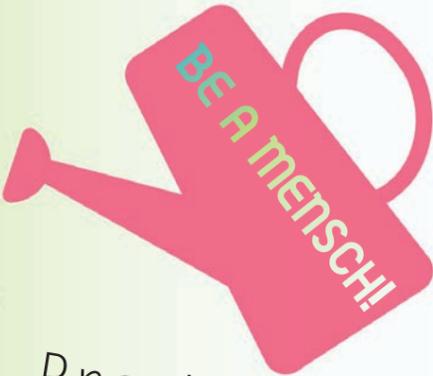
▲ (L to R) Leni, Abby, and Layken Heuerman reunite.



▲ The Kerpers are complete once again.







Pre-High Holiday

# FAMILY MITZVAH DAY

**Sunday, September 7**  
**11:30 a.m. - 1 p.m.**  
**Location TBA\* (Sylvania-area)**

**\$5/person or \$18/family unit**  
 - includes lunch and supplies. Please bring personal care donations (deodorant, toothpaste, body wash, bar soap), coins for our tzedakah box, and gently-used PJ Library Books for a book swap.

Join us right after Sunday School or start your morning off right with a hands-on, heartwarming Family Mitzvah Day as we kick off the season of reflection with acts of kindness and service. In honor of Grandparents Day, and inspired by PJ Library and PJ Our Way books like "How to Be a Mensch," we'll spend the day putting Jewish values into action.



Mitzvah stations will benefit the Jewish Senior, Family & Social Services Family Food Pantry, Jewish homebound seniors, Bethany House Toledo, and The Victory Center.

**Bring the whole extended family!**



RSVP by Friday, September 5 to <https://form.jotform.com/jewishtoledo/PJandFamily> or with Sherry Majewski at [sherry@jewishtoledo.org](mailto:sherry@jewishtoledo.org) or 419-724-0351.



In honor of Grandparents Day, all grandparents who register/participate will receive a grandparent keepsake book from Jewish Federation of Greater Toledo and PJ Library.

\* For the safety and security of our community, the location of all events will be shared with registrants prior to the event.



**HIBACHI IN THE HUT**

**SAVE THE DATE THURSDAY, OCTOBER 9**

Jewish Federation & Foundation OF GREATER TOLEDO

VOPROS



**LEGO MY SUKKAH!**

Jewish Federation & Foundation OF GREATER TOLEDO

*Celebrate, create, and build together for Sukkot*

**Fun for the whole family**

**SAVE THE DATE**  
**SUNDAY, OCTOBER 12**

Celebrate the High Holidays 

with

**SAUTTER'S market**

Great things to eat since 1927



**Kosher meats**  
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 ...and more

*Will take orders ahead*

**The High Holidays are close to home at Sautter's.**

5519 South Main St.  
 Sylvania, OH 43560

# Jewish values, summer vibes at JFGT's Camp Inspiration



▲ (L to R) Ruby and Penelope make glittery temporary tattoos.



▲ (L to R): Simon and David go gaga.



▲ David shows his Mud Hens pride.



▲ (L to R) Reigna, Abby, and Oliver goofing around.



▲ (L to R): Miles and Daisy, besties.



▲ Learning about virtual reality with Tim Hagen.



▲ (L to R) Morgan and Reigna hanging out.



▲ (L to R): Morgan and Renleigh take a drive.



▲ Myles flies on the playground.



▲ (L to R) Cora and Adeline laugh over lunch.

# Crafting Jewish values, one wreath at a time

Jewish Toledo seniors recently joined the 577 Foundation in scrap fabric wreath making. Inspired by the Jewish value of “bal tashchit” (“do not waste”), this eco-friendly project invited participants to reuse and repurpose fabric. Attendees used a multitude of colors, including some Jewish-related fabrics, to make beautiful, handcrafted wreaths.



▲ Sheila Painter shows off her “frameable” wreath.



▲ The ladies build their wreaths.



▲ The 577 Foundation assisted in the project.



▲ Carol Richman perfects her wreath.



▲ Hallie Freed assists the ladies.



▲ Diana Lipszyc works with a blue theme.



▲ Cindy Kaminsky's wreath coming together.

## Create & Relate 2025 - Expo 2025

Thursday, September 11  
Noon – 2:30 p.m.  
Location TBA\* (Sylvania-area)  
FREE event - lunch included



You're invited to our 3rd Annual Create & Relate Expo – a fun, interactive come-and-go community event for all ages! Drop in anytime that works for you and stay as long (or as little!) as you'd like. Explore, connect, and discover amazing local resources, wellness activities, and creative fun — all in one place!

### Featured Vendors & Activities

- Athletico – Learn about physical & occupational therapy services
- The Victory Center – Support and hope for cancer patients
- Area Office on Aging – Resources for caregivers
- Sylvania Senior Center – Community programs and info
- Bethany House – Support for mothers and children escaping domestic violence
- Blood Pressure Checks – With RN Gretchen Hiatt
- Shaman & The Bear – Sip on healing herbal teas
- Lumbrezer Farm – Shop local veggies, jams & honey
- NAMI – Paint kindness rocks on the patio
- UTMC – Try a beginner Tai Chi class outdoors

Just pop in, say hi, and explore what speaks to you!

Questions?

Contact Stacy Willis at [stacy@jewishtoledo.org](mailto:stacy@jewishtoledo.org) or 419-724-0407.

\* For the safety and security of our community, the location of all events will be shared with registrants prior to the event.



EXPO

CREATE &  
RELATE  
2025



RSVP by Thursday, September 11 at 10.a.m. to [form.jotform.com/jewishtoledo/seniors](http://form.jotform.com/jewishtoledo/seniors) or Sherry Majewski at 419-724-0351 or [sherry@jewishtoledo.org](mailto:sherry@jewishtoledo.org).

# Nothing much, it was just lunch with the ladies at My Way Bistro in Sylvania



▲ Meeting friends new and old.



▲ Table for 20.



▲ Selma Masters and Shelley Johnson



▲ Ann Rosenberg, Janice Spirn, and Sharon Hoicowitz

# DINNER & PARADE



**Thursday, September 18**  
Meet at Sylvania-area location\*

Dinner at 5 p.m.  
Board Bus at 6 p.m.\*  
Return around 10:30 p.m.

Annual Campaign donors - \$20  
Non-donors to the Annual Campaign - \$50  
Includes dinner, theater ticket, and transportation to/from theater

Join us for a meaningful and memorable evening! We'll begin with a delicious dinner locally, followed by luxury bus transportation to The Croswell Opera House in Adrian, Michigan for a powerful performance of *Parade*. The Tony Award-winning musical by Jason Robert Brown and Alfred Uhry, tells the haunting true story of Leo Frank, a Jewish factory manager in 1913 Georgia who is wrongfully accused of murder. Set against the backdrop of antisemitism, injustice, and mob mentality, the show is both gripping and deeply moving—offering powerful themes of identity, prejudice, and perseverance.

*Note: This trip includes walking and steps on and off the bus.*



**LIMITED TICKETS AVAILABLE**  
RSVP by Tuesday, September 2 at <https://form.jotform.com/jewishtoledo/seniors> or with Sherry Majewski at 419-724-0351 or [sherry@jewishtoledo.org](mailto:sherry@jewishtoledo.org).

\* For the safety and security of our community, the location of all events will be shared with registrants prior to the event.

# A Scent-Sational Experience!



## Create Your Own Perfume

**Thursday, October 23**  
12 – 2 p.m.  
Location TBA\* (Sylvania-area)

Annual Campaign donors - \$15  
Non-donors to the Annual Campaign - \$30  
Includes lunch and all supplies

Unleash your inner artisan and embark on a fragrant journey of creativity and self-expression! Join **Clinical Aromatherapist and Botanical Perfumer, Margo Hertzfeld**, for a hands-on workshop where you'll craft your very own 1 oz. alcohol-based spray perfume, blended and beautifully decorated by you.

Guided by Margo's expertise, you'll explore a variety of exquisite essential oils and absolutes, like rose, jasmine, and sandalwood, rooted in centuries-old traditions, some with deep connections to Jewish ritual and history. Then personalize your perfume bottle with vibrant paint markers, turning it into a one-of-a-kind gift... or a well-deserved treat for yourself.



RSVP by Thursday, October 16 at <https://form.jotform.com/jewishtoledo/seniors> or with Sherry Majewski at 419-724-0351 or [sherry@jewishtoledo.org](mailto:sherry@jewishtoledo.org).

\* For the safety and security of our community, the location of all events will be shared with registrants prior to the event.



## Chef Susan Feniger and Liz Lachman: A film festival send-off worth celebrating

**MARY BILYEU**

Community Relations Programming Specialist  
 ✉ mary@jewishtoledo.org

“It’s great to be back in Toledo!” exclaimed a joyful Susan Feniger from the stage at Lourdes University’s Franciscan Center.

She was kibbitzing with over 300 attendees who’d come for closing night of the 11<sup>th</sup> Toledo Jewish Film Festival: the northwest Ohio premier of the movie *Susan Feniger. FORKED*, a documentary about the celebrity chef’s often frustrating, sometimes hilarious, and never dull efforts to open her first solo restaurant in a more than 40-year career.

The enthusiastic crowd – comprised of Jewish Toledo community members, representatives from the city’s culinary scene, and a large contingent of other folks who’ve been fans of the Ottawa Hills native for decades – clearly enjoyed the film, which was directed by Susan’s long-time life partner, composer and writer Liz Lachman. (Liz’s own devoted entourage, who received an affectionate shout-out, had come down from the Detroit suburbs, where she’d been raised.) Gasps, groans, and giggles could be heard throughout the auditorium as the saga of Street, a street food-themed restaurant, was

told from the moment of inspiration to the establishment’s closing after only four years.

Before the showing, major donors to the Jewish Federation of Greater Toledo were treated to a beautiful, authentic Mexican dinner prepared by Claudia Gutierrez of Gorditas La China in Detroit, which Susan raved about during her Q&A session with the audience. (The chef is mother-in-law to Jewish Toledo’s own Kayla McQueen). And everyone in attendance got to enjoy not just a buffet of traditional treats like popcorn and candy, but also samples of the kosher Tekiah Tequila, poured personally by company founder (and another southeast-Michigan native), Greg Sobol.

“[Susan] was kind of a trailblazer for women in the kitchen,” noted famed chef Wolfgang Puck in the movie. Her list of accomplishments includes restaurateur, cookbook author, Food Network star, and co-recipient of the 2018 Julia Child Award from The Julia



▲ Gorditas La China Chef Claudia and Chef Susan Feniger

Child Foundation for Gastronomy and the Culinary Arts.

But such phenomenal success hasn’t gotten to Susan’s head at all, as she was gracious and chatty during her and Liz’s visit to Toledo. Both women took an extended amount of time before, and again after, the movie to sign books and take pictures with dozens and dozens of excited admirers.

Asked how she deals with her passion being her job, with the

presumption being that some of the happiness could be stolen by the weight of responsibility, Susan replied instead, “I would ask, ‘How do you do your job if it’s not your passion?’” She clearly couldn’t fathom dedicating 40 (or more) hours each week to a life that isn’t inspiring or that doesn’t revolve around what you’re meant to be doing on this earth ... in her case, cooking.

“This film captured your joy of food

▲ CHEF | CONTINUED ON PAGE 25

## Hundreds attend 11th Toledo Jewish Film Festival



▲ Stephen and Cathy Sperling at *Bad Shabbos* film showing.



▲ Ellie Niejadlik and Diana Lipszyc at *Welcome to Yiddishland*.



▲ Lila Goldman and Casey Feldstein arrive for *Bad Shabbos*.



▲ Phyllis and Charles Wittenberg along with Bruce and Sheila Post at *Welcome to Yiddishland*.

**NEUROSCIENCE** | CONTINUED FROM PAGE 11

In the brain, scientists found that this helpless behavior is linked to a stress-related circuit. When the animals faced situations they could not control, a part of the brain called the dorsal raphe nucleus released a lot of serotonin, which made them freeze and feel anxious. Normally another area, the prefrontal cortex, the part of the brain that helps with planning, decision-making, and calming emotional reactions, steps in to quiet this response, but when there is no control it cannot do so. After many such experiences, this pattern gets stuck, and even in a new situation the brain reacts as if nothing can be done.

In people, a similar process can unfold. A student who studies hard for exam after exam and keeps failing, or a patient who tries treatment after treatment without getting better, can start to feel that nothing will ever change. And today this feeling may be harder to escape than ever. With constant exposure to news and social media, we are confronted daily with images of crises, injustice and suffering that we often cannot influence. This constant stream can create the same sense that nothing we do matters, making helplessness feel harder to shake than ever before.

But even though our brains are wired to fall into feelings of helplessness, they are also wired with the ability to change. This means that even in moments when everything feels out of our control, there are things we can do to push back against that feeling.

Recent research has shifted from only describing learned helplessness to asking what we can do to handle it. It's important for me to emphasize that these research insights are not a substitute for the deep social and political change that I think is so urgently needed. What I'm referring to here is something much more limited: how we can cope, on a personal level, with the overwhelming feeling of helplessness that can suddenly take hold of us. And just as importantly, these insights are not a replacement for seeking professional help. If you're struggling, please consider reaching out to a mental health professional. I started therapy myself after Oct. 7, and it has given me meaningful tools to navigate this incredibly difficult time.

A 2023 study titled "From Helplessness to Controllability: Toward a Neuroscience of Resilience" explores how the brain can be trained to resist this state and offers two practical insights. Researchers studying resilience emphasize that the key to protecting ourselves from learned helplessness is not simply avoiding situations where we lack control, but actively building

experiences of control. Even very small steps matter. Choosing a concrete and achievable goal, doing something that has a visible effect, or helping someone close to us can all reactivate these brain circuits. Such actions may not change the world, but they slowly remind the brain that what we do can make a difference.

It turns out that the brain reacts very differently when we have even a small sense of influence over what happens. For example, volunteering with elderly people or adopting a rescued animal are small actions that remind us that what we do can make the world a little better. Experiences of control act like a "vaccine" for the brain. When a person faces a situation where their actions make a difference, circuits in the medial prefrontal cortex become engaged. This part of the brain, which is involved in planning and self-regulation, quiets the stress signals coming from deeper regions like the dorsal raphe nucleus, and over time these circuits become stronger.

Another important insight is the difference between acting automatically and acting in a flexible, goal-directed way. Habits can be useful, but when we are under stress, relying only on automatic responses tends to reinforce passivity. In contrast, pausing to think, analyzing a situation, trying a new strategy, and noticing the link between actions and outcomes strengthens the brain's resilience. For example, instead of automatically walking past someone who looks lost or is struggling with heavy bags, you choose to stop for a moment, offer directions or lend a hand. This small choice turns an automatic habit into a conscious action and reminds you of your ability to choose and to make a difference. Turning habits into conscious, deliberate actions also engages brain areas involved in planning and self-control, and over time this practice helps build resilience against the pull of helplessness.

I know that many of you may feel that these small actions are not enough, that they are far from changing the world, that they will do nothing to improve the dire situation in Israel and Gaza, and the truth is, you are right. The refusal to give in to learned helplessness will not change the world, and probably not even the immediate reality. But like the human brain, I believe reality too can change, for the better. And sometimes, simply knowing and insisting that change is possible, even if it comes through very small and slow steps, can itself be a meaningful act of resistance.

The views and opinions expressed in this article are those of the author and do not necessarily reflect the views of JTA or its parent company, 70 Faces Media.

## HOW TO CONTACT JSFSS

Perhaps you or a family member are in need of help with senior social services. Maybe you know someone in need of support from a family pantry. Jewish Senior, Family and Social Services offers a range of services to benefit our community. JSFSS has a knowledgeable and caring staff waiting to help you.

**Vice President Jewish Senior, Family & Social Services**  
Ben Malczewski  
(419) 724-0408

**JSFSS Office Manager and Program Associate**  
Hannah Loeser  
(419) 724- 0401

**Support Services Coordinator**  
Liz Witter, LSW  
(419) 724-0406

**Project Manager and Technology Coordinator**  
Tim Hagen  
419-724-0412

**Food Pantry and Support Services Coordinator**  
Stacy Willis, LSW, MSW  
419-724-0407

[jewishtoledo.org/jfs](http://jewishtoledo.org/jfs)



## Get Fit Classes

### Monday

**Prime Movers Early, 9-10am -or- Prime Movers Later, 10:30-11:30am**

Join us for this upbeat and energetic dance/exercise program designed to improve your fitness level safely and effectively. This is a comprehensive workout that includes strength, flexibility, balance, posture-improvement, and more. All moves can be modified to meet specific needs.

### Cardio Drumming, 12-1pm

A high-energy workout that also includes some dance moves. This can also be done seated.

### Wednesday

**Prime Movers Early, 9-10am -or- Prime Movers Later, 10:30-11:30am**

(see description above)

### Ballet Fusion, 12-1pm

A special blend of ballet warm-up, cardio drumming, and a Tai Chi/yoga cool-down. Ballet shoes are not required.

### Friday

### Zumba, 9-10am

### Foundation Fitness, 10am-11am

Designed to improve mobility, core strength, and stability from the ground up. Focus will be on foot and ankle strength, mobility, healthy posture, pelvic floor, and breathing. Exercises can be done in chairs and/or standing.

**In-person classes at Sylvania-area location. Contact Hannah at 419-724-0401 for exact location.\***



\* For the safety and security of our community, the location of all events will be shared with registrants prior to the event.

Can't join us in person?  
Tune in on YouTube at  
Jewish Toledo





## School Bus Safety

**DAVE TULLIS**  
Security Director  
✉ [dave@jewishtoledo.org](mailto:dave@jewishtoledo.org)

### According to the National Safety Council, 25 million students nationwide take the school bus daily.

According to the National Safety Council, 25 million students nationwide take the school bus daily. Approximately 26 students are killed and 9,000 injured each year in incidents involving school buses. Keeping alert, knowing the traffic laws, and watching out for children getting on or off school buses is key to keeping our kids safe.

With school starting, school buses will be back on our roadways and our children will be crossing the streets more frequently.

You would be surprised how many drivers are not aware of Ohio Laws concerning passing a school bus. Below is information for motorists and students to help ensure our children's safety. For more information on Ohio traffic laws, view the Digest of Motor Vehicle Laws available through the Ohio Bureau of Motor Vehicles at <https://dam.assets.ohio.gov/image/upload/publicsafety.ohio.gov/hsy7607.pdf>.

#### NEVER PASS A SCHOOL BUS WITH FLASHING LIGHTS.

In the state of Ohio, you must stop **when driving from either direction** (does not apply to multiple-lane or divided highways) until the children are safely off the street and the school bus lights stop flashing. The yellow flashing lights signal you to slow down and prepare to make a complete stop. **When the red-light flashes, your vehicle must be fully stopped**, even if the «stop sign» arm is not extended on the side of the bus.

#### WHAT DO THE RED/YELLOW LIGHTS MEAN?

**Yellow/amber flashing lights** - The bus is preparing to stop and pick up or discharge students. Normally turned on approximately 300 feet before bus stops. Motorists should prepare to stop as soon as the bus comes to a complete stop and/or the red flashing lights come on.

**Yellow lights** - Prepare to stop.

**Red flashing lights** - Motorists must stop. Students are exiting or boarding the bus. Stop 10 feet from the front or rear of a school bus and do not proceed until the bus resumes motion. Never pass a school bus that has red flashing lights on, even if the «stop sign» arm is not extended.

**Red lights/stop sign** - Must stop.

**Stop sign** - Motorists must stop. Students are exiting or boarding the bus. Stop 10 feet from the front or rear of a school bus and do not proceed until the bus resumes motion. Never pass a school bus with the red stop sign is displayed or the red lights are flashing.

#### YOU MUST STOP IN BOTH DIRECTIONS ON A TWO-LANE ROAD.

On a road with fewer than four lanes, all traffic approaching a stopped school bus from either direction must stop at least 10 feet from the front or rear of the bus and remain stopped until the bus begins to move, or the bus driver signals motorists to proceed. According to Ohio traffic laws, motorists can receive up to a \$500 fine and possible suspended license for up to a year for failure to stop.

**If the bus is stopped on a street with four or more lanes**, only traffic proceeding in the same direction as the bus must stop.

**Be aware of children entering or exiting the bus.**

Most school-bus-related accidents occur when children are crossing the street. It is important to be aware of the flashing lights and children crossing the street.

**Maintain a safe distance from the school bus.**

School buses make frequent stops, including at all railroad crossings. Always maintain a 2-3 second

distance from the bus, even before the bus puts on its yellow lights. Be mindful that school buses drive at a slower speed than regular traffic. Do not pass a school bus unless the driver signals you to do so. Remember, you may be in the blind spot of the school bus! Also, you must stop no less than 10 feet behind the bus, so maintain your distance.

#### PUT AWAY YOUR CELL PHONE

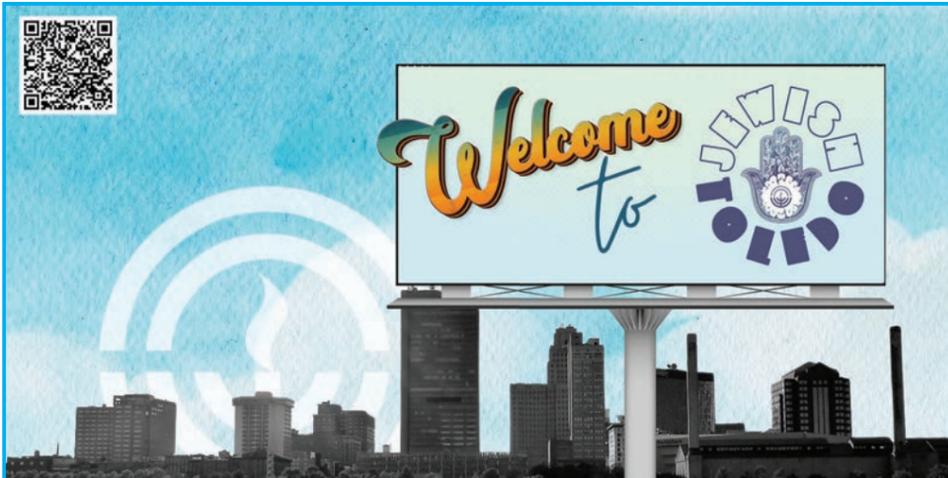
Do not drive distracted. Most vehicle crashes are due to distracted drivers. No text or call is worth injury or loss of life.

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Letters, commentaries, opinions and advertisements appearing in the Toledo Jewish News reflect the views and thoughts of the writer and/or advertiser and do not necessarily represent the opinions or views of the Jewish Federation of Greater Toledo, its board of directors, officers or employees unless explicitly stated.







### Welcome to Jewish Toledo!

Whether you are new, new-ish, or returning, we are thrilled you are here! Please complete the form and we will be in touch:  
<https://form.jotform.com/jewishtoledo/welcome-to-jewish-toledo>





## Have you heard of PJ Library?

PJ Library sends free, award-winning books that celebrate Jewish values and culture to families with children from birth through 12 years old.



Scan here to register your child for their books!



**Questions:** Contact PJ Library Program Professional, Marnie Younger, at [marnie@jewishtoledo.org](mailto:marnie@jewishtoledo.org) or 419-724-0365

 JFGT PJ Library & Youth Programming

 [jewishtoledo.org/pjlibrary](http://jewishtoledo.org/pjlibrary)

PJ Library is supported by The Inspiration Fund.



Jewish Federation & Foundation  
OF GREATER TOLEDO



## Tech Time with Tim

**TIM HAGEN**  
 ✉ tim@jewishtoledo.org

**N**ow that the worst of the Summer's heat and humidity have passed, you may find yourself more willing again to venture outside to bike ride, garden, walk, and lounge.

Sometimes, untethering from the digital world by going outdoors is a perfect way to unwind and relax. But should you like to keep your toes dipped, if only slightly, in the tech world while doing so, please see the following recommendations for products that (fairly) unobtrusively track your health and fitness metrics.

Until next time! Tim

## Most smartphones include default fitness apps

(APPLE'S FITNESS IS AN EXAMPLE).

Take time to explore the basics on a default app: step count, time you're physically active, and calories burned, for instance. You can learn a lot about your habits and health each day by reviewing this information. And it doesn't require much time or effort.

For more engagement, Fitbit, Garmin, and Apple Watches can monitor a wide variety of health metrics (as mentioned above) and then some. Fitbits range on the less expensive side while Garmins and Apple Watches tend to be pricier.



Device Advice programs are held on Wednesdays 11 a.m.-noon

Upcoming Tech Programs

1. Wednesday, September 10: Device Advice - Understanding the cloud
2. Wednesday, September 17: Device Advice - Browser privacy and security

RSVP with Sherry Majewski, 419-724-0351 or sherry@jewishtoledo.org

\* For the safety and security of our community, the location of all events will be shared with registrants prior to the event.



(Tech Time with Tim)

Tim Hagen  
 Project Manager and Technology Coordinator  
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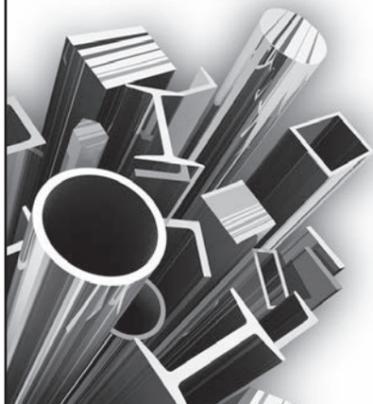
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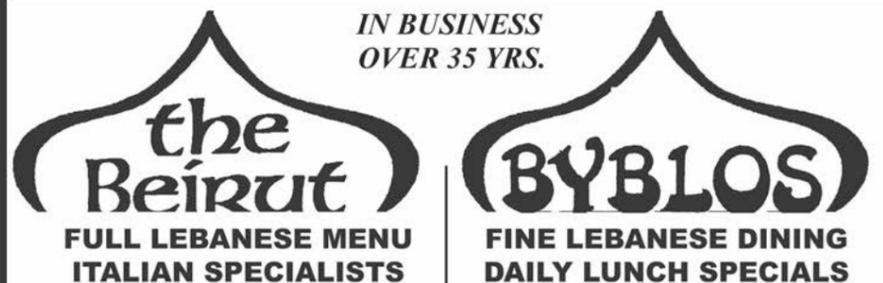


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# TEMPLE SHOMER EMUNIM

## TEMPLE SHOMER EMUNIM

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- |  |   |
|--|---|
| <p><b>Friday, September 5 at 6pm</b><br/>Shabbat with Rabbi Delson and Dr. Andrew Pelletier</p> <p><b>Saturday, September 6 at 9:30am</b><br/>Torah Today with Rabbi Delson</p> <p><b>Friday, September 12 at 5:30pm</b><br/>Camp Shabbat with Rabbi Delson and Cantor Roher</p> <p><b>Saturday, September 13 at 10:30am</b><br/>Yoga with Cantor Roher</p> <p><b>Saturday, September 13 at 7pm</b><br/>S'lichot with Rabbi Delson and Cantor Roher</p> <p><b>Friday, September 19 at 6pm</b><br/>Shabbat with Rabbi Delson and Dr. Andrew Pelletier</p> <p><b>Monday, September 22</b><br/>Erev Rosh HaShanah dinner, 6pm<br/>Erev Rosh HaShanah service, 7:30pm</p> <p><b>Tuesday, September 23</b><br/>Family Service 9am<br/>Rosh HaShanah Morning Service 10:30am</p> | <p><b>Friday, September 26 at 6pm</b><br/>Meditative Shabbat with Rabbi Delson and Cantor Roher</p> <p><b>Saturday, September 27 at 10:30am</b><br/>Mindfulness Shabbat Walk followed by Tashlich with Rabbi Delson and Cantor Roher</p> <p><b>Sunday, September 28 at 10am</b><br/>Memorial Service at Woodlawn Cemetery with Rabbi Delson and Cantor Roher</p> <p><b>Wednesday, October 1 at 7:30pm</b><br/>Kol Nidrei service</p> <p><b>Thursday, October 2</b><br/>Family service, 9am<br/>Yom Kippur Morning service, 10:30am<br/>Afternoon Mindfulness Meditation, 1:30pm<br/>Afternoon Service, 3pm<br/>Yizkor Service, 4:45pm<br/>N'ilah Service, 5:45pm<br/>Followed by Break Fast</p> |
|--|---|



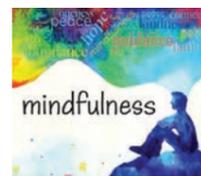
### Torah Today

**Saturday, September 6 at 9:30 am**  
Join Rabbi Delson for an interactive conversation about the weekly Torah portion. No experience necessary. Everyone is welcome.

### Shabbat Meditative Walk and Tashlich

**Saturday, September 27**  
Side Cut Park at 10:30am for the walk and 11:30 for Tashlich.

Silver lake parking - canal lock trail. Bring your picnic lunch, camping chairs. Good for kids, accessible parking. It's a drive but it will be worth it. Bring birdseed for tashlich. Join us for a mindfulness walk or do your own thing, play in the playground and join us at 11:30 for tashlich.



### The Gift of Mindfulness

**Wednesday, October 2**

(Yom Kippur afternoon session)

Join us for the Temple's mindfulness program. We will explore different

dimensions of mindfulness practice - different kinds of meditation, Jewish text study, small group conversations, and real-life practices that you can carry into your everyday life. You can join in person OR join on Zoom: contact the office for information to join on Zoom.



**CURRENT EVENTS**

### Current Events

**Thursday, October 9 at 2pm**

with Rabbi Delson

Discuss how issues in the world today affect our community

# CONGREGATION B'NAI ISRAEL



## CONGREGATION B'NAI ISRAEL

6525 SYLVANIA AVE., SYLVANIA, OHIO 43560 • 419.517.8400 • CBITOLEDO.ORG

**CBI programs and religious services are open to the members of all local congregations with RSVP unless otherwise indicated.**

*If you are not a CBI member and would like to attend, please contact the office at 419.517.8400.*

### CBI High Holiday Services September 2025 : 5786

KEY: IP - In Person  
LS - Live Stream ZM - Zoom

- SAT 13 SELICHOT**  
7:00 PM IP: Mincha, Third Meal  
8:10 PM IP/LS: Havdalah, Program & Service
- MON 22 EREV ROSH HASHANAH**  
6:00 PM IP/LS: Afternoon/Evening Service
- TUE 23 ROSH HASHANAH DAY 1**  
8:30 AM IP/LS: Morning Service  
10:30 AM IP: Jr. Congregation  
6:00 PM IP/LS: Afternoon/Evening Service
- WED 24 ROSH HASHANAH DAY 2**  
8:30 AM IP/LS: Morning Service  
6:00 PM IP/LS: Afternoon Service
- THU 25 FAST OF GEDALIA**  
8:00 AM IP/Z: Morning Service  
5:45 PM ZM: Afternoon Service
- FRI 26 KABBALAT SHABBAT**  
5:45 PM ZM: Afternoon/Evening Service
- SAT 27 SHABBAT SHUVAH**  
9:30 AM IP/LS: Shabbat Services  
5:00 PM IP: Shabbat Mincha Service
- SUN 28**  
8:30 AM SUKKAH BUILD  
9:30 AM IP/ZM: Morning Service  
10:00 AMIP: TASHLICH @ JCC Lake  
(weather permitting - bring bread)
- 11:00 AM IP: KEVER AVOT  
**Meet at Beth Shalom Cemetery**  
(graveside weather permitting, otherwise in the cemetery Chapel)

### Cantor's Retirement Celebration Weekend

Join us as we honor Cantor Ivor Lichterman for his many years of dedicated service to Congregation B'nai Israel.

#### Kabbalat Shabbat & Oneg Dinner

Friday Evening, September 5, 2025 at 5:45 PM IP/LS

- Services at 5:45 PM will be followed by Dinner.
- Cost for the dinner is \$20 per person.

#### Shabbat Morning Services & Luncheon

Saturday, September 6, 2025 at 9:30 AM IP/LS

*Special thanks to the Women of CBI who are sponsoring the luxury Kiddush after services in honor of Cantor Lichterman.*

**RSVP Kim Brody at [kbrody@cbitoledo.org](mailto:kbrody@cbitoledo.org) by Thursday, August 28.**

*When you RSVP, please indicate if you plan to attend the dinner and/or Shabbat morning services. Last-minute cancellations or no-shows for the dinner will be charged if the office is not notified at least 48 hours before the event.*

#### ADULT ED BOOK CLUB:

#### Operation Paperclip by Annie Jacobsen

Sunday, September 7, 2025 at 10:30 AM

In the chaos following World War II, the U.S. government faced many difficult decisions, including what to do with the Third Reich's scientific minds. These were the brains behind the Nazis' once-indomitable war machine. So began Operation Paperclip, a decades-long, covert project to bring Hitler's scientists and their families to the United States.

**RSVP Kim Brody at [kbrody@cbitoledo.org](mailto:kbrody@cbitoledo.org) by Sep. 4.**

### Connecting Kids to Meals Volunteer Event

Thursday, September 11, 2025 at 10:00 AM

Cherry Street Mission Building, 1501 Monroe St.

**RSVP Kim Brody at [kbrody@cbitoledo.org](mailto:kbrody@cbitoledo.org) by Sep. 10.**

### Parashat Hashavuah:

#### Torah Portion of the Week Discussion

Fridays in September at 11 AM at CBI

### Rosh Hashanah begins on Sept. 22 Eve

Visit the CBI Gift Shop for all of your High Holiday needs.

Call for an appointment at 419-882-2111

### Join us for Canasta!

Tuesdays in September at 12:15 PM at CBI

*\*except on holidays*

If you are interested in playing, please contact Rhoda Miller at [rmiller@cbitoledo.org](mailto:rmiller@cbitoledo.org).

### CBI Office Closed

- |                         |                       |
|-------------------------|-----------------------|
| Mon. Sept. 1            | Labor Day             |
| Mon. Sept. 22 (at noon) | Erev Rosh Hashanah    |
| Tues. Sept. 23          | Rosh Hashanah - Day 1 |
| Wed. Sept. 24           | Rosh Hashanah - Day 2 |

#### WEEKLY SERVICES SCHEDULE \*except during holidays

- |   |   |
|---|---|
| • Monday & Thursday Morning Minyan: 8:00 AM - IP/ZM | • Saturday Morning Shabbat: 9:30 AM - IP/LS |
| • Monday - Thursday Afternoon Minyan: 5:45 PM - ZM  | • Saturday Mincha Service: 5:00 PM - IP     |
| • Friday Kabbalat Shabbat: 5:45 PM - ZM             | • Sunday Morning Minyan: 9:30 AM - IP/ZM    |

## CONGREGATION ETZ CHAYIM

### ROSH HASHANAH EVENING SERVICES MONDAY, TUESDAY, & WEDNESDAY SEPTEMBER 22, 23 & 24

Mincha: 6 p.m.  
Ma'ariv: 6 p.m.

### ROSH HASHANAH MORNING SERVICES TUESDAY & WEDNESDAY SEPTEMBER 23 & 24

Shachris, Morning Service: 8:30 a.m.  
Reading of the Torah (Kreeah): 10:15 a.m.  
Sermon: 11 a.m.  
Blowing of the Shofar: 11:20 a.m.  
Musaf: 11:40 a.m.

### YOM KIPPUR SERVICES WEDNESDAY, OCTOBER 1

Kol Nidrei: 6:30 p.m.

### THURSDAY, OCTOBER 2

Shachris, Morning Service: 8:30 a.m.  
Reading of the Torah (Kreeah): 10:30 a.m.  
Sermon & Memorial Service: 11:15 a.m.  
Musaf: 12 p.m.  
Mincha : 4:30 p.m.  
Neila, Conclusion: 6 p.m.  
Blowing of the Shofar: 7:45 p.m.

## SISTERHOOD NEWS

The next Sisterhood meeting will be held in the Synagogue Library on Wednesday, September 3 at 9:30 a.m. Following the meeting will be Pamela Rybka, a speaker from the Better Business Bureau.

## BETTER BUSINESS BUREAU SPEAKER PLANNED

Pamela Rybka, the Community Outreach Coordinator from the Better Business Bureau will be coming to speak on Wednesday, September 3 at 10:30 a.m. Her topic is, "The Dangers of Scams and How to Prevent Them." This is a very important topic for all of us to hear and learn. Everyone is invited to attend. Please register with Nancy or Elsa.

## POKER/MAHJ SCHEDULED

Everyone is invited to play Poker & Mahj on Sunday, September 7 from 10 a.m.-12 p.m. If you would like to join the fun, please contact either Nancy or Marc Jacobson.

**Due to the holidays, we will only be playing one time during September.**

## ERIC DUBOW TO SPEAK ON ISRAEL

We are delighted to have Eric Dubow as our Sunday morning speaker on September 14 at 10 a.m. Eric will be discussing his research in Israel, Gaza, and the West Bank. This will be an interesting and meaningful discussion. A light breakfast will be served. Please register with Nancy or Elsa.

## CHABAD HOUSE



# HIGH HOLIDAYS



**Inspiring High Holiday Services with Meaning and Melody!**

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- Advance reservations are recommended

**FOR MORE INFO & FULL SCHEDULE VISIT:**  
**CHABADTOLEDO.COM**

The High Holiday Services are sponsored in honor of, and with many thanks, to Gary & Andrea Delman

### ORDER YOUR LULAV & ETROG

Order by Monday, September 29  
Call 419-843-9393 or email [info@chabadtoledo.com](mailto:info@chabadtoledo.com)




## ROSH HASHANA KOSHER CATERING

By Chef Cari

**Order By:** September 16 at [chefcari.com](http://chefcari.com) | **Pick-Up:** September 21 at Chabad

**\*\*Please write "Toledo" Next to your name when placing your order\*\***

We have arranged with Chef Cari in West Bloomfield, MI to offer you a fully catered Rosh Hashana menu for order. Orders will be available for pickup at Chabad House. To confirm pickup times, call 419.322.2730.

To view the full menu visit [www.chefcari.com](http://www.chefcari.com)



# SHOFAR

## ON THE LAWN

**A 30 MINUTE ROSH HASHANA EXPERIENCE - PERFECT FOR THE WHOLE FAMILY!**

Hear the Shofar, Dip Apples in Honey, Fun Rosh Hashana Game

**WEDNESDAY SEPT. 24TH @ 4:30 PM**  
**AT CHABAD HOUSE OF TOLEDO**

rsvp: [info@chabadtoledo.com](mailto:info@chabadtoledo.com)  
IN CASE OF RAIN, WE'VE GOT YOU COVERED!

# CLASSIFIEDS

**It is easy to run a classified ad in *Toledo Jewish News!***  
First 12 words - \$8, \$0.10 per additional word. *Phone numbers and abbreviations count as separate words.* Ads must be received by the 15th of the month.

Simply email your ad and billing information to [abby@JewishToledo.org](mailto:abby@JewishToledo.org) or call 419-724-0423 for more information.

***Please note: Classified ads will run every month (and the purchaser will be billed) until notification of cancellation is received.***

*Where Toledo Jews Get their News*

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## BUSINESS CARDS

Faith Kieninger  
Wealth Management Advisor

- ▶ (419) 464-7000 EXT. 015
- ▶ [FKIENINGER@CROAKCAPITAL.COM](mailto:FKIENINGER@CROAKCAPITAL.COM)
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[abby@JewishToledo.org](mailto:abby@JewishToledo.org)

*Publish your business card (reproduced with no changes) for just \$36/month\**  
*\*Three-month minimum. Any changes to business card include extra charge.*  
Ads must be received by the 15th of the month.  
Call 419-724-0423 for more information.

CHEF | CONTINUED FROM PAGE 18

and your joy of life,” another audience member commented, to which Liz responded that it had required “a lot of editing” to present Susan in such a flattering light. (She was joking, of course!)

Truly, said Jewish Federation and Foundation of Greater Toledo (JFGT) CEO Stephen Rothschild with a smile, “[Susan]’s just like you see her on TV,” recognizing her authenticity and contagious cheerfulness.

We are so grateful to both Susan and Liz for bringing their love, humor, and generous spirits to Toledo. They turned the final event in our beloved annual film festival into a full-blown celebration!

DISCLAIMER

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▲ Chef Susan Feniger and Liz Lachman



▲ David Berland, JFGT’s newly elected President, introduces Chef Feniger and Liz Lachman.



▲ Chef Feniger with some of her fellow Ottawa Hills High School class of 1971 alumni.



▲ Debbie Diamond, Sandy Soifer, and Linda Beren enjoy the major donor dinner prior to the showing of *Susan Feniger: FORKED*.

FILM | CONTINUED FROM PAGE 18



▲ Guests at *Midas Man* secure snacks.



▲ Colette Lundberg and David Freed volunteer as dancers at *Everything's Kosher*.



▲ Adam Fried, *Everything's Kosher* director and star.



▲ Deutsche Volkstanz Gruppe performs before *Everything's Kosher*.



▲ Sharon Frankel checks in at *Midas Man* film.



▲ Judy Cohen and Paul Frankel at *Midas Man*.



▲ An array of mustard at *Everything's Kosher*.



▲ Welcome to *Yiddishland* crowd.

## SEPTEMBER PROGRAMS & HOLIDAYS

### LABOR DAY

Monday, September 1  
Federation offices closed

### BE A MENSCH: FAMILY MITZVAH DAY

Community Sunday, September 7  
Page 14 11:30 a.m.

### LADIES WHO GRAZE

Women ages 65 and under Wednesday, September 10  
Page 4 5:30 p.m.

### CREATE & RELATE EXPO

Seniors Thursday, September 11  
Page 16 Noon

### WOMEN'S PHILANTHROPY: SIGNATURE EVENT

Lions and Pomegranates Sunday, September 14  
(invite only) 11 a.m.

### GALILEE MEDICAL CENTER W/DR. ATALLA

Community Monday, September 15  
Page 6 7 p.m.

### SENIORS: DINNER AND "PARADE"

Seniors Thursday, September 18  
Page 17 5 p.m.

### EREV ROSH HASHANAH

Monday, September 22  
Federation offices close at 1 p.m.

### ROSH HASHANAH

Tuesday, September 23-  
Wednesday, September 24  
Federation offices closed

\*All information subject to  
change with updates posted on

[www.jewishtoledo.org](http://www.jewishtoledo.org)



@jewishtoledo



Jewish Federation  
& Foundation  
OF GREATER TOLEDO



## An Evening with Gary Shteyngart

MARY BILYEU

Community Relations Programming Specialist  
mary@jewishtoledo.org

**A**ward-winning Jewish author, Gary Shteyngart, treated an audience of about 50 people to stories, memories, and his signature wit at the Franciscan Center on July 17.

This special appearance by the best-selling writer was held in partnership with our friends and colleagues at Lourdes University, Red Bird Sylvania, Starlite Theater, and Finch & Fern Bookseller, along with sponsorship by the Taylor Automotive Family.

Shteyngart was utterly charming as he chatted with Ben Malczewski, VP, Jewish Senior, Family and Social Services (JSFSS) and President of the Rotary Club of Sylvania, who served as host and interviewer. The New York City-based author visited as part of the national book launch for his newest work, *Vera, or Faith*, which has been named a Washington Post and Literary Hub Most Anticipated Book of 2025.

*Vera, or Faith* is a somewhat dystopian story of a 10-year-old Korean American girl who's trying to make her first friend as she endures a home where much fighting and quarreling occurs. It also offers keen observance of political and societal goings-on, taking place in a not-too-

distant future with a constitutional crisis lurking in the background.

Shteyngart, who was born in Leningrad in 1972, emigrated to the United States with his parents when he was 7 years old, and his fiction relies heavily upon his autobiography as he explores themes of identity and being an outsider. But he transforms the painful moments – being uprooted, learning a new language, and enduring bullies (even at religious school) – into satiric gold. Whether writing or chatting with an audience, as he did at Lourdes, Shteyngart's humor (usually self-deprecating) is always on display.

It is critically important to support Jewish authors and other artists when they come to town, so it was wonderful that many of our community members were able to enjoy this special evening.

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▲ Author Gary Shteyngart



▲ (L to R) Janet Rogolsky, Gary Shteyngart, Dewey Miller, and Ben Malczewski

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Save the Dates  
**Commemorating  
Kristallnacht**  
Sunday, November 9 & 16

featuring *Echoes of Vilna*,  
a play by Ken Newbury



Jewish Federation  
& Foundation  
OF GREATER TOLEDO

# Government officials visit JFGT

In July, Jewish Federation of Greater Toledo (JFGT) welcomed public officials from all levels of government - Sylvania and Toledo City Councils, the Ohio House of Representatives, and also the offices of Attorney General Dave Yost, Sen. Bernie Moreno, and Rep. Bob Latta - to a breakfast, to thank them for their ongoing support of our community. Over bagels and coffee, our guests learned about the disturbing rise in antisemitism, and also how JCRC works to combat it through education, relationship building, and *tikkun olam* ("repair the world"). We were honored to host these allies, and made sure they know that we are here for them, as well, to be a trusted resource.



▲ Mary Bilyeu, Community Relations Programming Specialist



▲ Dewey Miller, Chair, Government and Media Affairs Task Force



▲ Government officials



▲ Ben Malczewski, VP, Jewish Senior, Family & Social Services (JSFSS)

EMOJI | CONTINUED FROM PAGE 4



▲ Maggie Mylander at camp.



▲ Ben McInnis at Camp Wise.

***"Max and Estella had an absolute blast at camp this summer and couldn't stop talking about all the adventures they had. From the fun-filled activities to the new friends they made, every day was an exciting journey for them. They particularly enjoyed the campfire stories and the arts and crafts sessions, where they created some truly amazing pieces."***

Mindy Kairis

***"It was fun to meet new people and try new things like teva (nature) with the chugs (activity electives)!"***

Maggie Mylander



▲ Forever friendships are made at Camp Wise.

***"Camp Wise is more than just a camp. It's a supportive, fun, and welcoming community where I've made lifelong friends and unforgettable memories."***

Josh Kerper



▲ Harlie Kerper (center) and Julia Rhodes (right) with a friend at Camp Wise.



▲ Jewish Toledo boys: (L to R) Myles Freed, Joel Weatherford, Logan Schwartz, and Nathan Shaulskiy



We can't ensure this Rosh HaShanah will usher in a peaceful year. But with your support, Magen David Adom can continue to be a source of light, hope, and lifesaving care to all Israelis — no matter what 5786 brings.

Support Israel's lifesavers at [afmda.org/give](https://afmda.org/give) or 866.632.2763.



Israel's Emergency Services System

# WELCOME BACK STUDENTS



## CELEBRATING A NEW YEAR OF CONNECTION, COMMUNITY AND JEWISH PRIDE

We're so excited to welcome students back to UT and BGSU for a year filled with learning, connection, and vibrant Jewish life! From inspiring programs and lively campus events to hands-on leadership opportunities, every moment is a chance to make a difference. At Hillel, we're proud to create spaces where students feel supported, inspired, and empowered to be their authentic self. Together, we are building lifelong friendships, deepening Jewish connections, and embracing all the possibilities this year holds.

**Hillel419**

[www.hillel419.org](http://www.hillel419.org)



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Hillel419 is generously supported by Jewish Federation and Foundation of Greater Toledo and Hillel International.