

President's Message

By Evalyn Block



Growing up, I remember my mother saying, "If you can't say anything nice then don't say anything at all." Thus, as a child, when someone said something hurtful or what I thought was wrong, I would hold my tongue. As I grew older, staying silent at times was not an option. After all, I had the right of free speech. If one did not stand up for what was right or for the opinion they held, then they stood for nothing. However, I was mindful that they did not give me license to say things that were hurtful to others or inflammatory.

I work in a middle school environment, and I can attest to the fact that 11- to 14-year-olds are not often kind to one another. Teachers are constantly reminding students to treat others with respect and be mindful that words can hurt. At that age, civility is not a concept they embrace. However, these are children, and one would expect something entirely different from adults.

Civility and common sense seem to be passé given our current political climate, the situation with Israel, issues regarding race, the police, and guns, to name just a few. I recognize that these issues cause strong emotional and passionate responses, but civil discord seems to be pervasive, with individuals talking at each other in lieu of with each other in a nonjudgmental way. Thus, I would like to raise the voice of reason.

Let us agree to disagree, but with respect, and not make assumptions about the opinions of others. Civil debate gives us an opportunity to sit down and talk as we try to understand perspectives that differ from our own. Our tradition is fiddled with Talmudic scholars who held vastly different opinions. Chavruta is a traditional rabbinic approach to Talmudic study in which a pair of students analyze, discuss, and debate text. It is through this discussion that they gain greater understanding of the views of someone else. Let us not increase the polarization and breakdown of social trust in our society. Let us follow our tradition and seek out opportunities to sit down and talk, as we try to understand the perspectives of others and learn to listen with interest and respect.

As leaders and as individuals, let us advance civil discourse and bring civility back into the discussion.

A Tribute to Elie Wiesel

By Susan Cobin

I read with sadness last month of the passing of Elie Wiesel, who was probably one of the last surviving authors of the Holocaust. About a week later, during unrelenting rain, I waited out the storm in my car and listened to part of a rebroadcast of a Fresh Air interview that Terry Gross conducted with Elie Wiesel in 1988. In this conversation, Wiesel stated that he had to wait ten years to the day when he was liberated from Buchenwald concentration camp to write his first words, which became *Night*, his autobiographical account of his survival in the Nazi death camps. In this paragraph there are several references to time; I'm sort of a savant when it comes to remembering how many years almost to the day when a certain event occurred. Thirty-nine years ago I was pursuing an MFA in creative writing (poetry) at the University of Oregon. During my first soggy months in Eugene I learned that Elie Wiesel was scheduled to give a talk in Corvallis, and that busses would leave from the university to transport us the more or less forty-five minutes to the event. Of course I went, but I do not remember anything at all about his talk except how moved we all were by his powerful words. I remember going back to Eugene on the bus in darkness; I remained awake the entire night, unable to stop thinking of his discourse. I believe I may have reread *Night*. After midnight I wrote a short poem to Elie Wiesel and sent it to him at Boston University. In my youth I was a bit intrepid. I soon received a letter from Wiesel, thanking me for the poem. Thankfully, when I showed the letter to my father, of blessed memory, he confiscated both the letter and poem and kept them for safekeeping. After Wiesel's passing, I reminisced about the kind letter he wrote to a twenty-two-year-old poet and wanted to reread it; I'm sharing his letter and the poem with you now.

(Susan's poem and Elie Wiesel's letter can be found on p. 2)

(A Tribute to Elie Wiesel, continued from p. 1)

For Elie Wiesel

"From the depths of the mirror, a corpse
gazed back at me."
"The look in his eyes, as they stared
into mine, has never left me."

—Elie Wiesel, Night

Silent, in front of a cracked mirror

I lean against my reflection

opening to the last page,

listening to your eyelashes

beat against bone. Your feet

deep in snow, shrivel like fish.

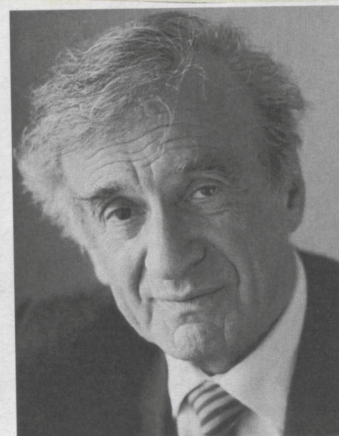
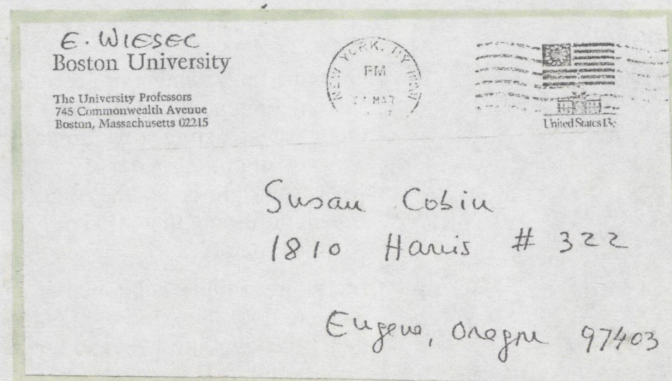
You make me remember what I can't forget.

Boston University

745 Commonwealth Avenue
Boston, Massachusetts 02215

The University Professors

At left, a copy of Susan Cobin's poem, which was sent to Elie Wiesel at Boston University. At right and below, the envelope and letter Elie Wiesel sent to Susan Cobin. It reads "Dear Susan - Thank you, thank you for your poem; it moved me deeply."



March 23.

Dear Susan -

Thank you, thank
you for your poem; it
moved me deeply.

2/6 5/1 1/50

Elie Wiesel

Elie Wiesel was born in 1928 in Sighet, Transylvania, now part of Romania. At fifteen, Wiesel's family was deported by the Nazis to Auschwitz concentration camp.

After liberation, he went on to become an accomplished author, perhaps best known for his memoir, *Night*, which recounts his time in the concentration camps.

For his many literary and human rights activities, Wiesel received numerous awards, including the Nobel Peace Prize in 1986.

Wiesel passed away July 2, 2016 in New York. May his memory always be a blessing.

Lexington's Holocaust Torahs

By Hanna B. Smith

The Lexington Jewish community is home to two Torah scrolls which survived the Holocaust, the systematic destruction of European Jewry by the forces of Nazi-Germany from 1933 to 1945. One of the scrolls was placed with the Lexington Havurah, and the second one is at Temple Adath Israel. These scrolls are on permanent loan from the Czech Memorial Scrolls Trust, a Jewish organization based at the Westminster Synagogue in London, England.

After invading Czechoslovakia at the beginning of World War II, the Nazis gathered the artifacts, including Torah scrolls, of the destroyed synagogues of Bohemia and Moravia and placed them in the Jewish Museum in Prague. These objects were considered to be works of art, and the plan was to exhibit them eventually in a museum as relics of a defunct culture. Jewish prisoners sorted, classified, and catalogued these artifacts while being watched by Nazi overseers.

After World War II ended, the scrolls were transferred to the Michle Synagogue in Prague which had been used as a warehouse while other artifacts were kept in the State Jewish Museum. The remainder of the Prague Jewish community lacked the resources to maintain the museum and to care for the Torah scrolls which could not be exhibited. ARTIA, the Czech government agency responsible for cultural property, took over management of the museum but left the scrolls which numbered 1,564.

Not knowing how to maintain the scrolls, in 1963 ARTIA officials contacted a well-known and trusted London art dealer, Eric Estorick, for advice. To start, Mr. Estorick brought Chimen Abramsky, historian and acknowledged authority on Judaica and Hebraica, to Prague to examine the scrolls and to determine their condition. Mr. Abramsky examined about 250 scrolls and found them to be without protective coverings, or wrapped in tattered prayer shawls. Two scrolls were wrapped in a woman's garment and one was tied with a belt from a child's coat.

While the scrolls were being examined in Prague, Eric Estorick contacted a friend, Ralph Yablon, who was a member of the Westminster Synagogue in London, with the information that the Czech authorities wanted to hand over the scrolls in return for payment. Ralph Yablon conferred with Rabbi Harold Reinhart of Westminster Synagogue who agreed to accept the scrolls. At that time, the synagogue building had an unused floor. Several synagogue members assumed the task of being responsible for the many scrolls. The first chairperson of the Memorial Scrolls Trust was Ruth Shaffer, daughter of the Yiddish novelist Sholem Asch. A scribe, Rabbi David Brand, was found who worked for nearly 30 years, checking and repairing the scrolls.

Following reports of the arrival of the scrolls in London, Jewish communities from all over the world sent requests for a scroll to the committee responsible for the scrolls. The committee, now called the Czech Memorial Scrolls Trust, gave priority to communities in need of a Sefer Torah. However, many of the scrolls were too fragile for this purpose. These scrolls were given to synagogues and other Jewish institutions who wanted to honor communities destroyed in the Holocaust.

Two such communities are Temple Adath Israel in Lexington, Kentucky, and the Lexington Havurah, which is affiliated with the United Synagogue of Conservative Judaism.

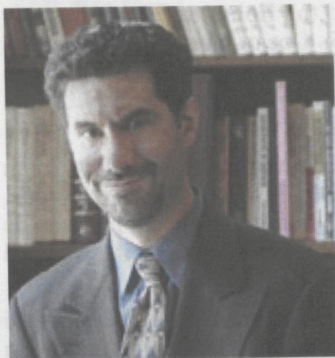
The Havurah received their scroll in 1987 through the efforts of then president, Dr. David Wekstein. The origins of the Havurah's Memorial Scroll are unknown. Like so many of the Holocaust scrolls it is in fragile condition, and the Havurah uses another scroll from which to read at Shabbat and festival services. Dressed in a cover that was hand-embroidered by women members of the Havurah, and placed in its own glass-fronted ark, the Holocaust scroll is present at all Havurah services. The scroll has been unrolled to Parshat Pinchas, the Maftir portion for festivals. Maftir is the portion assigned to the person who will read the Haftarah, the reading from the Prophets.

While the scroll is open to Parshat Pinchas the actual reading is done from a Chumash, (*Continued on p. 5*)



Ask A Rabbi

By Rabbi David Wirtschafter



Fear and Faith: Thoughts on the 15th Anniversary of 9/11

The Hebrew month of Elul (corresponding this year to the Gregorian dates of September 4 - October 2) is designated by tradition as a time of reflection and preparation. In some communities, the shofar is blown at the end of morning services throughout the month as a reminder that Rosh HaShanah is coming and the season of repentance will soon be upon us. The importance of Elul reflection takes on special significance this year because it commemorates the fifteenth anniversary of 9/11. It seems as if we always reach the High Holy Day season with the sense that another year has flown by too fast. This year that sentiment runs even deeper than usual.

It's frightening to reflect on how quickly we got to this point. A lot has happened in fifteen years. A generation of students has grown up with no memories or personal narrative about that day. What they know about 9/11 they've learned in school or from family and friends who take the time to discuss it with them. In fifteen short years, the terrorist attacks that took over two thousand lives have gone from the front page of the newspaper to the last page of the modern history textbooks. One wonders if our tendency to reference 9/11 as this pivotal moment makes much sense to our young people. Consider the preponderance of the following phrases:

"Before 9/11"

"Ever since 9/11..."

"Because of 9/11..."

We refer to the attacks that day in 2001 in the same tone in which people used to talk about the Second World War. Years after Korea and Vietnam were over World War II was still "The War" that anyone living at the time was talking about when they said "The War." We assume that everyone knows what happened on 9/11, and more importantly, what we mean when we say "9/11". Several years ago the novelist and short story writer Nathan Englander authored a brilliantly disturbing tale entitled *What We Talk About When We Talk About Anne Frank*. The characters of the story quickly move beyond the essential facts of what happened to the Frank family between 1933 and 1945 to contemporary tensions of how the history of the Holocaust has forever impacted the extent to which we can experience safety, belonging, loyalty, friendship, and kindness. What the characters say about Anne Frank says far more about them than it does about Anne Frank.

A similar dynamic is at work in the way we talk about 9/11. Not only do we convey grief for the victims and outrage at their killers, but we also express a multi-faceted anxiety that is both individual and collective in nature. People are murdered every day. Terrorism is at work to one extent or another at every moment. This was the case before 9/11, and remains the case today. What changed was the way we thought, felt, and responded to these things when they erupted with such horrific intensity right here at home. Our sense of security changed in ways that has impacted our identity. We went from invulnerable to vulnerable, certain to uncertain, ready for anything to alarmingly underprepared. An attack on the scale of 9/11 went from a possibility, a hypothetical something we could relegate to the realm of the abstract to something real, horrific, and devastating. We learned what those who lived through WWII knew already: any nation, no matter how strong, how vigilant, how determined can be attacked. Being vulnerable to attack, a relatively new feeling for most of us, has changed the way we see the world and the way we see ourselves.

Being more fearful is not an inherently bad thing. On the contrary, it can lead us to think more carefully and plan more intelligently. Yet, so too, Pirke Avot, The Sayings of Our Ancestors, (*Continued on p. 5*)

Have a Question? Ask a Rabbi.

The Rabbis write columns in response to questions submitted by the readers. We encourage you to submit your queries on theology, morality, ethics, religious observances, etc. for response by one of our Rabbis. If you have an issue you would like to see addressed, please email it to shalom@jewishlexington.org and put "Ask a Rabbi" in the subject line of your email. (It may take quite a while until your question is answered or it may never be answered, if no Rabbi selects it.) You will not be identified as the writer of the question to either Rabbi or readers, nor will you be asked to specify which Rabbi should answer.

(Ask A Rabbi, continued from p. 4) teaches “All the world is a very narrow bridge but the essential thing is not to be afraid.” Notice that the adage does not minimize that the world can be a frightening place, that life has real dangers. Still in the very same sentence it cautions us against hyper-vigilance, becoming so scared that we compromise our sense of adventure, capacity for joy, appreciation of beauty, and willingness to see the good in others. Faith, among other things, is the resilience to overcome trauma and the refusal not to be defined solely by our fears. It’s perfectly natural that 9/11 increased our sense of danger. What we can’t do is to let it endanger our values. We owe the victims, survivors, and rescuers of 9/11 no less.

pj playgroup PJ Library

**For young families
to get together**

Spend time with your kid(s) and other families
with free play, snack, and a couple group activities.
PJ Playgroup is best for kids under 4.
PJ Playgroup is from 10:15am - 11:30 am.

2016-2017 calendar

A joint endeavor of Ohavay Zion
Synagogue, Temple Adath Israel,
and PJ Library.

October 2	Veteran's Park, Shelter #1
November 20	Ohavay Zion Synagogue
January 8	Temple Adath Israel
February 12	Barnes & Noble (Hamburg)
March 12	Ohavay Zion Synagogue
April 23	Temple Adath Israel
May 21	Location TBA

(Lexington's Holocaust Torahs, continued from p. 3) because it is forbidden to read publicly from a defective scroll.

Temple Adath Israel received its Holocaust scroll in January 1987. Rabbi Jon Adland, spiritual leader of TAI at that time, was aware of the existence of these scrolls, first through a Czech Jewish exhibit in Washington, DC, and then when his congregation in Indianapolis acquired a scroll in 1985-86.

The Temple's scroll came from the Jewish community in Turnov, a town in the Northern Czech Republic. TAI member Randall Roorda, associate professor in the University of Kentucky Department of English, visited Turnov while teaching in the Czech Republic in 2009. His article about this trip appeared in Shalom in the December 2009/January 2010 edition. (See: Randall Roorda, “Original home of TAI Torah scroll provides glimpse of Jewish History”)

The Temple's Holocaust scroll was used for bar and bat mitzvahs for a long time. This usage has been discontinued because the scroll has become too fragile.

In addition to commemorating the people and communities lost in the Holocaust, the Trust wants the scrolls to become teaching tools, furthering unity among the various Jewish groups. Also, since the Torah is part of the holy scriptures of Christianity and Islam, the Trust hopes that these scrolls would make people realize what they have in common rather than look only at what divides us.

For more information about the scrolls and their history, please visit the website of the Czech Memorial Scrolls Trust at www.memorialscrollstrust.org.

CONTRIBUTORS WANTED

We are always looking for contributors to write articles on a wide variety of topics!
To include YOUR voice in *Shalom*, contact Barbara Goldman, Editor-in-Chief, at
shalom@jewishlexington.org.

ASK JFS: 10 Tips About Medicare

By Mimi Kaufman



The details of Medicare can be complicated, but here are ten steps that simplify the process and give you an overall understanding of the Medicare language.

1. There are two main ways to get Medicare.

- a. You can choose Original Medicare (Parts A and B), which is provided by the federal government.
- b. Or, you can choose a Medicare Advantage plan (Part C). These plans are offered through private insurance companies.

2. With Original Medicare, you'll pay a share of the cost.

- a. You contributed to Medicare by paying taxes. That's why you're eligible for Medicare when you turn 65.
- b. Original Medicare does not pay for everything. You still pay a share of the cost in monthly premiums and co-pays.

3. Medicare Supplement insurance helps control out-of-pocket costs.

- a. It helps with some of the expenses Medicare Parts A and B don't pay, like co-pays and deductibles.

4. Prescription drug coverage helps limit drug costs.

- a. As a Medicare member, you can get optional prescription drug coverage (Part D).
 - i. You can enroll in a stand-alone Part D plan to go with your Original Medicare coverage.
 - ii. Or, you can enroll in a Medicare Advantage plan that includes prescription drug coverage.

5. Know the choices in your state.

- a. Original Medicare (Parts A and B) is the same across the US.
- b. Medicare Advantage (Part C) and Prescription (Part D) are offered by private insurance companies and may be available only in certain counties, states, or regions.
- c. Medicare Supplement policies offer nationwide coverage and are available by state.

6. Enroll at the right time.

- a. The Initial Enrollment Period (IEP) is your first chance to enroll in Medicare. It's the three months before your 65th birthday month, the month of your birthday, and/or the three months after your birthday month.
- b. If you enroll before the month you turn 65, coverage starts on the first day of your birthday month.
- c. If you enroll during your birthday month or later, coverage starts on the first day of the month following the date you enroll.

7. Review your choices once a year.

- a. After you choose your Medicare coverage, you can make changes each year during the Medicare Open Enrollment Period (OEP), October 15-December 7. Review your coverage to see if it still fits your needs. Keep in mind there may be limitations to rejoining a Medicare employer-sponsored plan.

8. Special Election Period (SEP)

- a. In some cases, you may be able to enroll in, or switch plans outside of the IEP and OEP. This includes changes in your life situation, such as:
 - i. You retire and leave a health care plan through your employer or union.
 - ii. You move out of your current health plans service area.

9. Review your coverage.

- a. For example, if you have group coverage from your job, or retiree insurance from a former employer, you'll want to see how it fits with Medicare.

10. Help is available!

- a. Medicare can be complicated, but help is available. (*continued on p. 7*)

(ASK JFS: Continued from p. 6) You may even qualify for financial help. One important tip is if you don't sign up for Part D coverage when you enroll in Medicare, you may pay a penalty if you enroll later unless you qualify for an exception. So even if you do not take any medications, you may want to enroll in a Part D Plan from the beginning.

Hopefully these ten points have broken down the process to have a basic understanding of how Medicare enrollment works. There are many supplements and advantage plans out there. It may be most helpful to talk to an insurance agent to help navigate through all of the choices to see what would work best for you. Generally, agents do not charge for their services; they make their commission selling policies.

Your State Health Insurance Assistance Program (SHIP) is available to help with questions about buying insurance, choosing a health plan, buying a stand-alone prescription drug plan, buying a Medicare Supplement policy, and your rights and protections under Medicare. This program is free. The SHIP phone number for Kentucky is 1-877-293-7447.

Other helpful resources are the Medicare Helpline 1-800-Medicare or Medicare.gov and the Social Security Administration 1-800-772-1213. The information in this article was sourced from the "Medicare and You" booklet as well as the "Medicare Made Clear Show Me Guide" that is put out by United Health Care. Feel free to call JFS if you have further questions at 269-8244.

JFS: At Your Service is a monthly column covering a wide range of issues. If you have a problem or a concern that you would like addressed in this Shalom column, please send them either by mail to Jewish Family Services at 1050 Chinoe Road Suite 112, or by email to jfs@jewishlexington.org. You can also always call with your confidential questions at (859) 269-8244.

FROM THE DESK OF
SONIA MARSCHAK



Several years ago, my husband and I decided that **Charitable Gift Annuities (CGAs)** were the perfect way to receive assured high fixed-rate lifetime income and at the same time contribute to organizations whose causes we support.

That was the best decision we could have made, as it created a dependable source of income as well as provided us with an income tax charitable deduction. Each quarter when the check from AFHU (American Friends of The Hebrew University) arrives, I am reminded of how much we have benefited one another.

AFHU supports The Hebrew University of Jerusalem, Israel's leading university, whose research and innovations have improved the lives of people throughout the world. I have been involved with AFHU for over 30 years and am consistently impressed by what they do.

Personal experience has convinced me that a CGA is the best way to invest in your future and Israel's future at the same time.

You can call the AFHU office (312-329-0332) to have any questions answered about Charitable Gift Annuities and receive a confidential gift annuity calculation.

Sincerely,
Sonia Marschak

An Engine of Innovation for Israel and the World. A Source of Lifetime Retirement Income for You.

The Advantages of a Charitable Gift Annuity

The Hebrew University of Jerusalem is an engine of innovation for Israel and the world. AFHU works to assure the university's progress by fostering cutting-edge research and higher education at this world-class institution.

Consider how an AFHU Hebrew University Gift Annuity can help you earn generous income for life and support Israel's bright future:

Sample AFHU Hebrew University Gift Annuity Single-Life Rates

Age	65	70	75	80	85	90+
Rate	6.0%	6.5%	7.1%	8.0%	9.5%	11.3%
Tax Free*	73.8%	76.5%	78.6%	80.6%	84.0%	85.8%

*A final calculation on the tax-free portion will be made for the month of the contribution

**CALL OR EMAIL NOW.
THE RETURNS ARE GENEROUS.
THE CAUSE IS PRICELESS.**

For more information, please call
AFHU Midwest Region Executive Director,
Judith Shenkman at (312) 329-0332
or email: jshenkman@afhu.org

The Hebrew University of Jerusalem

RESEARCH ENGINE FOR THE WORLD. ENGINE OF GROWTH FOR A NATION.

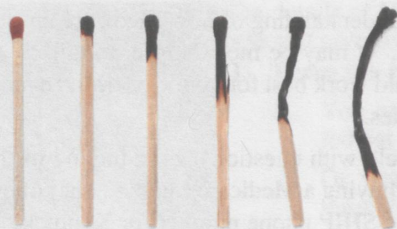


AMERICAN FRIENDS OF
THE HEBREW UNIVERSITY
20 N. Wacker Drive, Suite 2020
Chicago, IL 60606
(877) 642-AFHU (2348)
afhu.org

Israel 21C: Novel non-invasive technology may prevent burn scars

By Israel 21c Staff

(Originally published online August 15, 2016)



A group of researchers from Tel Aviv University and Harvard University is proposing a new non-invasive method to prevent burn-related hypertrophic scars — raised tissue caused by excessive collagen — using short, pulsed electric fields.

“People don’t die from scars, but they do suffer from them,” said Dr. Alexander Golberg of TAU’s Porter School of Environmental Studies. “We believe that the technology we developed, called partial irreversible electroporation (pIRE), can be used to prevent debilitating burn scars from forming.”

According to the World Health Organization, 10 percent of all unintentional-injury deaths result from burns. But even for those who survive the destruction of skin and tissue cells, post-burn scarring creates lifelong physical, psychological and social suffering.

The experimental pIRE technique harnesses microsecond-pulsed, high-voltage, non-thermal electric fields to control the body’s natural response to trauma — the proliferation of collagen cells that cause permanent scarring at the site of injury.

The technique was applied to burn injuries in rats during five therapy sessions over the course of six months. Using an imaging technique developed at the Wellman Center of Photomedicine at Massachusetts General Hospital, the researchers assessed the treated wounds and found a 57.9% reduction of the scar area in comparison with untreated scars.

The researchers tried to find a delicate balance so that the technique didn’t create a new wound or “overheal” the existing wound, because scarring is the body’s natural way of healing.

The study, supported by the Shriners Foundation, was led by Golberg together with Dr. Martin Yarmush of the Center for Engineering in Medicine at Massachusetts General Hospital, Harvard Medical School and Shriners Burns Hospital in Boston.

Researchers from Harvard-affiliated institutions and from the department of biomedical engineering at the University of Arkansas also participated.

Their results recently were published in the *Journal of Investigative Dermatology*. The authors caution that the findings were limited by the fact that rats do not develop hypertrophic scars and therefore human trials are essential.

“Scarring is a very complex process, involving inflammation and metabolism,” said Golberg. “We have found a way to partially prevent scar formation in animal models. Next we need to raise funding to develop a device for the clinical study on humans.”

Surgical excision, laser therapy, electron-beam irradiation, mechanical compression dressing, silicone sheet application and other techniques have been tested to treat scars over the years, said Golberg. “But there have been only modest improvements in the healing outcomes among all these treatments.”

Source: <http://www.israel21c.org/novel-non-invasive-technology-may-prevent-burn-scars/>

CASH for
HOME & CONTENTS

call
JIM MISCHNER **806-1932**

Show Your Support

Help us keep Shalom solvent.

You may contribute online or mail a check to JFB,
1050 Chinoe Rd Ste 112, Lexington, KY 40502.

Please make checks payable to JFB and write
"Shalom" on the memo line.

GIVING LEVELS

Chai - \$18; Double Chai - \$36; Three Times Chai -
\$54; Haboneh (Builder) - \$72; Gibor (Hero) - \$90

Lexington's Top 3 Dessert Spots

By Reva Schottenstein



It is not uncommon in the evening hours for my girlfriends and I to get together and share the juicy tidbits of our lives. Sometimes we will gather at a local coffee shop or meet up for dinner. Most of the time though we really just want dessert. Let's face it, the indulgence and warm cozy feelings of enjoying a delicious dessert are enhanced when you are accompanied by a friend. So, today I am presenting you with a list of 3 of my favorite places for dessert in Lexington.

Sorella Gelateria (219 North Limestone) – All of the gelato at Sorella is made in house, with the flavors changing regularly to take advantage of seasonal fruits. In addition to a great variety of fruit flavors, there are other tasty options like whipped cream, Nutella, and almond. Although rich in flavor, the gelato has a light and airy texture. You will find the servings to be quite generous, with the gelato piled high above the edge of the small serving cups. I recommend getting the medium size cup with two flavors, because I can never choose just one.

Ramsey's Diners (3 locations within Lexington) – Ramsey's is wonderful for dessert because it is the only place you can sit down and enjoy Missy's Pies, outside of picking one up from Missy's shop at the corner of Woodland and High. Seriously, if you call someone up and ask them if they want to come meet you for pie, it's going to be pretty hard for them to say no. The flavor choices are bountiful, with flavors such as Black Bottom Banana, Butterscotch, and May Day. These slices of pie are rich and generous, making them perfect for sharing.

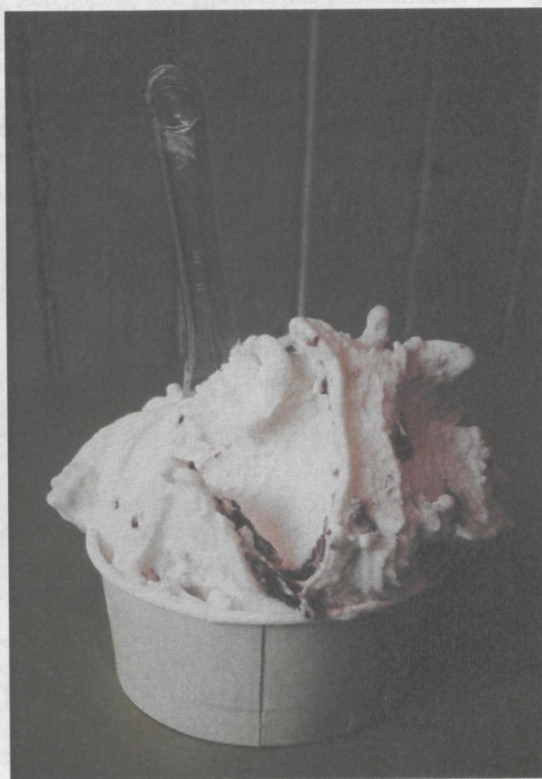
Locals' Craft Food and Drink (701 National Avenue) – Locals' is fantastic for dessert, because they make all of their desserts in-house. They have a small rotating menu of desserts, and all of the choices are delicious. The cheesecake is simply amazing. One item with a permanent status on the menu is the deep fried Oreos. This is the ultimate indulgence. This platter of Oreos is served warm, deep fried in a fluffy, yet crispy, batter. They are even accompanied by a glass of milk, which is a necessity when you are enjoying milk's favorite cookie.



Above - A picture of Missy's Pies being served at Ramsey's Diners.

At right - A cup of gelato made in-house at Sorella Gelateria.

For more of Reva's local travel adventures, visit her blog at thoroughlykentucky.com!



THE LEXINGTON CHAPTER OF HADASSAH

Dianne Bazell, President

Can it possibly be September already? Summer has flown, and many of us have traveled the country and, in some cases, the globe, exploring new (or revisiting familiar) places, reconnecting with far-flung family members, attending conferences, or just relaxing. Many of you share your adventures on Facebook, so friends can enjoy these experiences vicariously. Several of us from the Lexington Chapter of Hadassah attended Hadassah's biennial convention, held this year in Atlanta. Check out some of our chapter photos on (and "Like") our Lexington Hadassah Chapter Facebook page.



Participants came from around the world, some representing two- and three-generations of Hadassah membership. The agenda was packed, covering topics ranging from women's health and legal advocacy issues here in the U.S., including legislation to promote gender equity in medical research (GEM), the groundbreaking medical research and therapeutic miracles taking place at Hadassah's hospitals in Jerusalem, updates on the progress of the Sarah Wetsman Davidson Tower (including its operating rooms 50 feet below the ground), and the increasing support for this medical work provided by Hadassah International, the politics of the United Nations and various attempts to boycott, divest from, and sanction (BDS) the State of Israel, and the technology behind the Iron Dome.

It was gratifying to learn that Hadassah Medical Organization (HMO) was recently rated number one in quality standards among Israeli hospitals, and that Hadassah, as an organization, received a four-star rating from Charity Navigator and an A (highest) rating from Charity Watch.

Several sessions focused on the cultivation of young Jewish leadership, community involvement, and philanthropy, as well as recognition of accomplished professionals in medicine, law, public advocacy, technology, and entrepreneurial business ventures. (In addition to our local chapter attendees, we had another Lexington connection: Rachel Wasserman, executive director of the Jewish Women's Fund of Atlanta and a featured panelist, is our own Sue Ezrine's daughter.)

There were so many breakouts. We couldn't attend them all, even though we split up. I found two especially substantive and engaging: 1) a panel discussion, with active audience participation, of end-of-life decision-making, with a rabbi, social worker, several physicians, and a lawyer presenting case study scenarios for grappling with the various practical, ethical, and existential aspects of our mortality; and 2) a panel on human trafficking (one of Hadassah's advocacy priorities), consisting of several attorneys, social workers, and advocates, as well as a survivor of childhood trafficking who wrote a book about her experience.

I encourage you to explore the richness of the proceedings on the convention web page: <http://www.hadassah.org/hadassah-national-convention.html>

Our local chapter is holding a public information event on Human Trafficking—what the Office of Homeland Security calls "a modern form of slavery"—September 18 at 2:00 p.m. at Temple Adath Israel. Organized by our Vice President for Education and Advocacy, Lisa Satin, the discussion will feature Allyson Cox Taylor, JD, Director of the Child Abuse and Exploitation Prevention Unit in the office of Kentucky's Attorney General; Marissa Castellanos, MSW, Human Trafficking Program Manager in the Case Management and Family Support Department of Catholic Charities of Louisville; and Kim Edwards, a board member of The Well Lexington, an organization providing safe housing for adult women recovering from sexual exploitation, violence, addiction, and life on the streets.

Summer is a time for restoration, reinvigoration, and even inspiration. Our travels have left us with happy memories and recharged batteries, and we look forward to working with you and enjoying your company this coming year.



NOV. 20.16

A project of the Aleph Society

SAVE THE DATE!

Global Day programming will take place at Ohavay Zion Synagogue on Sunday, November 20.

More details will be announced soon!

THE LEXINGTON HAVURAH

Gail Cohen, President

The Lexington Havurah, founded in 1978, is a network of diverse people dedicated to Jewish learning and renewal, community building, and "tikkun olam" (repairing the world). A havurah is defined as a gathering or community of friends. The Lexington Havurah is affiliated with the United Synagogues of Conservative Judaism and the National Havurah Committee. Members plan, conduct, and share responsibility for all services. For additional information about services or membership in the Havurah, please contact me at gail.cohen@twc.com.

By Judy Goldsmith

By the time you read this, it will be September. School is in session, college students back in town, the traffic worse (much worse for a little while, until the new folks in town learn their commute routes). Really good apples are available at farmers' markets and maybe even grocery stores. Football games tying up traffic and sports bars.

One can liken the seasons of the year to stages in a life, with child-like spring and mature fall. Agriculturally, it is a time of harvest, of preparing for the next half year. For those who take summer vacations, it is the beginning of the downward slope of the year, back to the grind. Politically, it is a time to choose for the new year beginning in January.

Only schools and Jews see fall as a beginning, a new year. In short, in our many calendars it is a time of opening and of closing, completely out of synch with the Gregorian calendar. Because the High Holy Day season is so late this year, we have time to contemplate our sins at leisure. For me, at least, that begins in September, and is more or less rushed, according to the cycle of the lunar calendar. We have time, all month, to prepare for Rosh HaShanah and Yom Kippur.

The harvest time is a time of relative plenty. We who have safe homes and enough food can remember those who don't, whether they are poor or homeless here, or struggling with loss of home, safety, perhaps even country. Have we done enough for others? Have we actively engaged in *tikkun olam* this year? (It's not too late for this election cycle to drive people to the polls, for instance.)

It's not too late to remember, as we bite into fresh produce or step outside to a glorious late summer/early fall day, that we are both privileged and blessed. How can we share the blessings?

We can reach out through volunteering, through *tzedakah*, and through taking the time to be with people, to give our attention and support, and to listen to what the world, and what individuals, have to tell us. G-d may speak to us and tell us what is needed, but in the meantime, we can do our best to act, and prepare ourselves to hear.

The Havurah is planning High Holy Day services. Contact Gail Cohen at Gail.Cohen@twc.com for more information. There will not be a September service; we are gathering our energy for the holiday season.



Celebrate LIFE with us

Call to schedule your visit
859.629.1090

Magnolia Springs
SENIOR LIVING

**Submissions for the
October *Shalom* are
due September 7!**

**Submissions for the
November/December
Shalom are due
October 7!**

**Contributor articles
are always welcome!**

Chabad of the Bluegrass

By Rabbi Shlomo and Mrs. Shoshi Litvin

568 Columbia Ave.

Women, Wine and Wisdom

As we try to get a grip on time management, we delve into the kabbalistic reasons for sleep and why G-d created us with the need for this seemingly innocuous activity. Women ages 21+ are welcome to join us in greeting the month of Elul and enjoying brunch on Sunday, September 4 at 11 a.m., location TBA. Please check chabadbluegrass.com or contact Shoshi Litvin for details. (347) 746-3771.

Practical Parshah

A weekly series of classes discussing the weekly Torah portion and how its lessons are applicable to our everyday lives. Join us on Wednesdays at 7 p.m. at Chabad.

Meet and Greet

Children ages 5 and up are invited to an interactive, make-your-own Shofar Factory! Sunday, September 25 at 1 p.m., at the Jewish Federation of the Bluegrass, 1050 Chinoe Rd. Suite 112. Program is free. RSVPs are appreciated. Please reserve via email to chabadofthebluegrass@gmail.com.

For more information, visit ChabadBluegrass.com or call 859-813-0770.

Lexington's Rosh Hashanah Food Guide

By Rabbi Shlomo Litvin

Be prepared for Rosh Hashanah 5777 with this guide to holiday-themed foods available in Lexington! Plan a day of shopping and get all of your holiday favorites!

Euclid Ave. Kroger

Round Challah (with and without raisins)

Lekach - Honey Cake

Rugelach, Babka, and Cookies

Brownies, Macaroons, and Rainbow Bars

Linzer Tarts, Raspberry Cake, Dinner Rolls

And a host of other new Kosher options!

Trader Joe's

Round Challah

The Wine Corner

Get several excellent Kosher-Mevushal wines!

Note that Costco, Good Foods, and Sam's Club do not intend to stock anything extra for Rosh Hashanah. Whole Foods will have some products available closer to the holiday. Please contact each store individually for more information.

Make a Donation to JFB in Someone's Honor or Memory

Make a donation to the Jewish Federation in honor or memory of someone, or in celebration of a special occasion, and help JFB nurture the values of *tikkun olam* (repairing the world), *tzedakah* (charity and social justice) and *Torah* (Jewish learning) within our Jewish community at home and abroad.

Send us your special contributions with a note specifying its intent. Also, let us know if you would like your contribution published in this box in Shalom. You may also make your special contribution online.

Celebrate your loved ones and support our Jewish community by giving a special contribution. Thank you for your support.

OHAVAY ZION SYNAGOGUE NEWS

2048 Edgewater Court • Kathy Grossman, President • (859) 266-8050

WELCOME

Ohavay Zion Synagogue is a warm and welcoming congregation in Lexington, Kentucky. Through the framework of Conservative Judaism, we explore our Jewish identities and form a community. We celebrate our diversity and welcome newcomers. Please join us!

HOLIDAY CELEBRATIONS AT OZS FOR 5777

Please join us at OZS for our holiday celebrations. All are welcome! Please call if you have any questions.

Selichot: September 24, 8:00 p.m.

Rosh Hashanah First Evening: October 2, 6:00 p.m.
Rosh Hashanah First Day: October 3, 9:15 a.m.

Rosh Hashanah Second Evening: Monday at 6:00 p.m.
Rosh Hashanah Second Day: October 4, 9:15 a.m.

Cemetery Service Honoring Loved Ones: October 9, 1:00 p.m.

Yom Kippur Evening: October 11, promptly at 6:30 p.m.
Yom Kippur Morning: October 12, 9:15 a.m. with Yizkor

Sukkot First Day: October 17, 9:30 a.m.

Shemini Atzeret: October 24, 9:30 a.m. with Yizkor

Simchat Torah: October 25, 5:30 p.m.

3RD ANNUAL OZS BLOOD DRIVE IN MEMORY OF HARRIET COOPER

Harriet Rudman Cooper, a long-standing member of the OZS family, cared for and nurtured this family in both her "official" and "unofficial" capacities at OZS for many, many years. Through the course of her illness, Harriet required multiple blood transfusions. It will be a great gift to the community to contribute blood in Harriet's memory.

The Bloodmobile will be in the OZS parking lot on Sunday, October 9 from 9:00 a.m. to 1:00 p.m. We will schedule 2 appointments per 15-minute time slot. Please allow one hour for screening and donating. Please indicate all blocks of time that you are available. Refreshments will be provided. Please reserve your spot now by emailing Sue Ezrine at Sue.ezrine@gmail.com

KABBALAT SHABBAT

Please join us on September 9 and September 23 at 5:30 p.m. for our Kabbalat Shabbat Services. What a terrific way to begin the weekend, with a brief but spirited service and with beautiful melodies and wonderful friends. Everyone is welcome. Let's bring in Shabbat together!

KIDS' SHABBAT

Please join us for this month's Kids' Shabbat service on September 16 at 5:30 p.m. Kids' Shabbat is our monthly Shabbat Service for younger children. We light candles, drink grape juice, eat pizza, sit together on beautiful carpets, sing songs, and read amazing stories from PJ Library. Newcomers and friends are always welcome!

This year's Kids' Shabbat services will be held Fridays at 5:30 p.m. at Ohavay Zion Synagogue on the following dates: October 21, November 18, December 2, January 20, February 17, March 17, April 21, May 5

SHABBAT MORNING SERVICES

Please join us any Saturday morning of the year, as Ohavay Zion Synagogue celebrates Shabbat. We begin at 9:30 a.m.; though please feel free to join at any time during the service. Our worship is filled with joyous song and fascinating Torah discussions. The service concludes around noon, and all are invited to schmooze over lunch after the service. This is a wonderful way to celebrate Shabbat and to meet some nice Jewish folks here in Lexington. Newcomers and friends are always welcome!

TUESDAY MINYAN WITH LEARNING FOR EVERYONE

Tuesday Minyan is a special time at OZS. During this brief service, students and adults both pray and learn together. There is a warm atmosphere and something for everyone to enjoy. Please join us Tuesday afternoons from 5:45 p.m. to 6:15 p.m. All are welcome!

STUDYING THE PROPHETS

Please join us Wednesdays at noon as we explore the book of Ezekiel through the teachings of our Jewish tradition. We have a wonderfully diverse group of learners and terrific conversations. All are welcome!

TALMUD STUDY

The Talmud Study group meets each Friday morning for prayer, food, and study. The morning begins with *(Continued on p. 15)*

TEMPLE ADATH ISRAEL

124 N. Ashland Ave • Jonathan Miller, President • (859) 269-2979

WHO WE ARE

Temple Adath Israel is a Reform Jewish congregation - We celebrate Torah, justice, tradition, and faith. Our mission is to inspire Jews, to ensure a vibrant Jewish present and future by nurturing a multi-generational love for our tradition. Our "Community Center" approach to Judaism gives families a host of unique ways in which to love living relevant, soulful and experiential Jewish lives. Please call the Temple Administrator for more information if you are interested in affiliating with the Temple. The phone number is 269-2979.

PJ LIBRARY READING TIME

TAI has dedicated space in our Youth Library and our Anita Mersack Outdoor Reading Garden for families to share in our growing collection of PJ Library Books, before, during, and after religious school. The collection is in our Youth Library and these books provide our young children with wonderful introductions to the magic of Jewish storytelling.

KOLLEL STUDY GROUP

Kollel meets at 9 a.m. every two weeks in the TAI Library. The group explores cultural, ethical, and its historical aspects of our 4000-year tradition. The emphasis is on dialogue and exploration. Please join us any time. **Our next sessions will be September 3 and 17.**

TALMUD STUDY

We explore selected readings in rabbinic literature on alternate Saturdays at 9 a.m. in the library. The discussion is always lively and informative, and you can join the group anytime. **We will meet on September 10 and 24.**

PARSHA

Join us each Saturday morning at 11 a.m. in the library as we take a look at the Torah portion for each week. Various Temple members will lead some discussions, and everyone will take turns. **We will meet on September 3, 10, and 17. (No Parsha on September 24 due to a Bat Mitzvah)**

SISTERHOOD NEWS

Shalom Sisters! Well, the summer finally slowed down for Sisterhood. We've spent some time gearing up for this coming year. Events are being planned, budgets are set, and there's even talk about a convention that's approaching this November.

Wednesday, September 7, we will be gathering at Beth Pitman's home for desserts and coffee. We will be

catching up on everything that happened this summer and also talk about some plans that we have for the upcoming year. Friday, September 9, Sisterhood is sponsoring a Back to School dinner before services to help kick off the new school year. Keep an eye on your email for more information about both of these fun events.

Looking ahead this fall, we are fortunate to be so close (geographically) for the next WRJ (Women of Reform Judaism) event: WRJ Central District Convention will be taking place November 3-6 in Louisville. There are wonderful speakers, entertainment, yummy food, and best of all is the chance to spend some time with some truly wonderful women: I hope that you all will take this opportunity to join me and the rest of our Sisterhood in Louisville this November.

If you are interested in becoming involved with Sisterhood, please don't hesitate to contact me 859-263-1859 or taisisterhoodpresident@gmail.com.

Looking forward to seeing everyone soon,

Elissa

GENERATION TAI

Generation TAI is our Chavurah group for young adults. Programming runs the spectrum from worship to social action and from Shabbat to holiday meals. This month we will have:

Friday, September 9 - "Taco Bar" Potluck, following Erev Shabbat services.

Please email Lizz Hawkey at emphawkey@gmail.com to reserve your seat, or go to our Facebook page for more information on all of our activities.

IN MEMORIAM

Kevin Mizell, on Friday, July 15, brother of Mike (Regina) Mizell and uncle to Tori, Becky and Eli.

Alice Sondergard, on Tuesday, August 9, 2016, mother of Mary (Bruce) Engel and grandmother of Danny and Lizzie.

BAR/BAT MITZVAHS

Sadie Bograd - September 24

**Want to receive Shalom
by First Class mail?
Call (859) 268-0672 or email
daniel@jewishlexington.org.**

--- AROUND THE COMMUNITY ---

Please note: Information for Around the Community comes to us from a variety of individuals and Jewish institutions. It's a pretty haphazard arrangement; except for b'nai mitzvah, we do not have the resources or staff to collect information or research each item. If you would like to see an event or life passage in your family acknowledged here, please be sure we get the full and correct information as you would like to see it printed. Send notices to shalom@jewishlexington.org. Remember, we welcome photos too!

B'nai Mitzvah Announcements

With your upcoming Bar or Bat Mitzvah, the Jewish Federation of the Bluegrass wishes to announce your event in *Shalom*. Please email Barbara Goldman, shalom@jewishlexington.org, the following information by the 10th day of the month prior to the event for inclusion in *Shalom*. Please include the child's name, when and where the event is being held, mitzvah project, names of parents and grandparents, and a photo.

Mazel tov to:

- The family of Sadie Bograd, on her September 24 Bat Mitzvah.
- Amir Abou-Jaoude for representing Fayette County Public Schools and winning first place with his essay during the National History Day Contest held June 12 – 16, 2016 at the University of Maryland. Amir graduated from Henry Clay High School this year and is bound for Stanford University. His essay is entitled A Pure Invention: Japan, Impressionism, and the West, 1853 – 1906. Amir was also featured in Time Magazine about his 200-hour independent research project and 2,500-word paper.

(Ohavay Zion Synagogue, continued from p. 13) a brief Shacharit service at 7:30 a.m., followed by a light breakfast, and then a fascinating study of the Talmud. Newcomers are always welcome!

BACKPACKING FOR GOD'S PANTRY

Join us each month during the school year as backpacks are filled with food that children take home on weekends from Mary Todd Elementary School. All of the food is child-friendly, nonperishable, easily consumed and vitamin fortified. Check weekly announcements and Facebook for date and times.

INTERESTED IN OZS?

Ohavay Zion Synagogue is a warm and welcoming Jewish community. If you are interested, or if you know someone who may be interested in learning more about Ohavay Zion Synagogue, please call the office at 859-266-8050 or email Rabbi.Smolkin@gmail.com. We would love to hear from you!

Condolences to:

The family of Kevin Mizell, brother of Mike (Regina) and uncle to Tori, Becky, and Eli.

The family of Alice Sondergard, mother of Mary (Bruce) Engel and grandmother of Danny and Lizzie.

HADASSAH SELLING MACY'S CARDS FOR YOUR GIFT SHOPPING



Make your gift giving easy, plus enjoy saving on gas and time while helping the Lexington Chapter of Hadassah raise funds for its valuable programs here in the US and

in Israel, by purchasing Macy's Gift Cards.

Macy's Gift Cards are available in \$25, \$50 or \$100 denominations. usable at any Macy's stores nationwide. If you need a larger order, it can be done. Just contact me to special order the amount you need.

They may be purchased by check payable to Hadassah. Send as gifts for all occasions or use yourself for that shopping you'll do anyway. There is no expiration date on the Gift Cards.

Macy's always has sales and discounts which will save you money.

Contact Odette Kaplan for your Macy's Gift Cards at okmkaplan@gmail.com or 859-271-8332.

ATTENTION PROUD GRANDPARENTS, PARENTS, & STUDENTS

We want to publish any original writing produced by our community's elementary and high school-age children. If you're proud of something written by one of our kids, either fiction or non-fiction, please email it to Barbara Goldman at shalom@jewishlexington.org.

Shalom

Newspaper of
The Jewish Federation
OF THE BLUEGRASS

Shalom is published 10 times per year. *Shalom* is produced by the staff of the Jewish Federation of the Bluegrass.

For website or email questions, please contact daniel@jewishlexington.org or (859) 268-0672.

The editorial staff has the right to edit, accept or reject all articles submitted for publication in *Shalom*. Articles should not exceed 500 words. The appearance of any advertising in this publication does not represent either a *kashruth* or any other endorsement on the part of the Federation or any other agency or organizations.

Opinions expressed in *Shalom* are not necessarily those of the *Shalom* editorial staff or the JFB or its constituent organizations.

Shalom is partially supported by the advertisements appearing in this publication.

Copyright © 2016, Jewish Federation of the Bluegrass. All rights reserved. For reprint permission contact Barbara Goldman, Editor-in-Chief, *Shalom*, at shalom@jewishlexington.org.

EDITORIAL BOARD

Barbara Goldman, Editor-in-Chief
Hanna Smith, Chairperson
Susan Cobin
Betty Nigoff

CONTRIBUTING WRITERS

Lisa Adkins
Dianne Bazell
Evalyn Block
Barbara Goldman
Judy Goldsmith
Mimi Kaufman
Reva Schottenstein
Hanna B. Smith
Rabbi David Wirtschafter

JEWISH FEDERATION STAFF & BOARD

Tamara Ohayon, Executive Director
Daniel Baker, Director of Marketing, Outreach, and Engagement
Mimi Kaufman, Director of Jewish Family Services
Talia Smolkin, Director of PJ Library and Outreach
Rabbi Sharon Cohen, Director of Adult and Youth Education
Kathie Kroot, Administrator
Kasey Hall, Marketing Assistant

*Evalyn Block, President
*Amy Faust Mayer, Vice President
*Dianne Bazell, Treasurer
*Gayle Bourne, Secretary
*Seth Salomon, At-Large
*Michael Grossman, At-Large
Marcia Blacker
Jane Chaput
Lorne Dechtenberg
Jenn Garlin

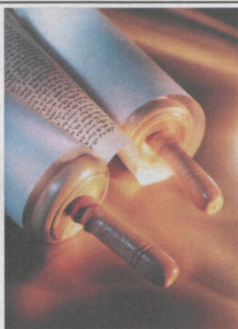
Mickey Hernandez
Angie Ornstein
Linda Ravvin
Ken Slepian
Marty Solomon
Paul Tillier
Elissa Weinstein
Sue Westerman
Judy Worell

* Executive Committee member.

To join the Federation email list, contact
daniel@jewishlexington.org
or visit jewishlexington.org.

Advertise Your Business!

Click here to download the rates sheet and see your ad in next month's *Shalom*.



Lunch and Learn with our Lexington community rabbis

September 27 with Rabbi David Wirtschafter

At 12 noon on the last Tuesday of each month, in the JFB office, rabbis, on a rotating basis, will be discussing the holidays, the Torah portion of the week, and other topics of interest. A dairy lunch is offered at a nominal charge. If you are interested in attending, please call Tamara at 859-268-0672 so we can order lunch for you.