

Shalom

Serving the Central Kentucky Jewish Community Since 1962

Newspaper of the Central
Kentucky Jewish Federation



NOVEMBER 2003

HESHVAN-KISLEV 5764

Teens Take Action in Preventing Drug Abuse

Workshop on Substance Abuse Prevention to be Held on Dec. 7

By Fran Morris, JFS Director

Jewish Family Services of the Central Kentucky Jewish Federation, in cooperation with the local congregations, is pleased to sponsor an informational workshop on drug and alcohol abuse prevention. We know that parents and teens alike are concerned about the dangers of using drugs and alcohol, and would like to learn more about what they can do to protect themselves.

The workshop will be held on Sunday

December 7, 2003 from 12:30 - 3:30 PM in the social hall of Temple Adath Israel. Join us after religious school for a complimentary lunch, and then an interactive discussion on this very important topic. We are pleased to have secured excellent speakers for the afternoon, including a representative from the Lexington Police Department and certified professionals from the Bluegrass Prevention Center. The afternoon is structured so participants will have the opportunity to

share their concerns and experiences in small group sessions.

Stay tuned to your mailbox for a personal invitation to this event. Please share the news about this program with anyone you think may be interested but may not receive a notice. Please reserve your space in the workshop by December 1, 2003. Call 269-8244 for more information, or send an email message to jfs@jewishlexington.org.

Ninth Annual Winter Dinner is on the Schedule

Community Activities Committee Plans Events for Coming Year

By Ruth Poley

A whole year of events is now in the planning stages as a result of the recent meeting of the Community Activities Committee of the Central Kentucky Jewish Federation. Starting with the Winter Dinner in December and ending with a tasting of local wines in June, many delightful events are in store for the Lexington Jewish community.



Winter Dinner photo from last year!!!

Our annual Winter Dinner, and this year a Hanukkah party as well, start at 6:00 PM on the evening of December 24 at the Four Points Sheraton on Newtown Pike near the I-75 interchange.

We will begin the evening with the lighting of the sixth candle of Hanukkah, and we're asking all families to bring a *chanukiah* and candles to participate in the candle lighting. We have a wonderful vegetarian menu planned (including *latkes*) along with musical entertainment

and supervised children's activities. This will be the ninth year for this popular event, and it's always a terrific evening. Relaxed socializing, enjoyable entertainment, and good food are the hallmarks of this party; if you haven't attended until now, make this year you join us. Look for the reservation

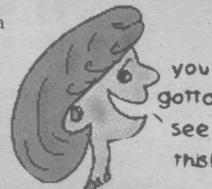
see Winter Dinner, page 15

Calling All Teens: We Want Your Opinions On Jewish Issues

By Rachel Belin

You may have heard the grumbles before. *Shalom is for old people. Nobody my age reads it. It's written for my grand (pause for effect) mother.*

Well, we here at Central Kentucky Jewish Federation have to concede—you have a point. It is an embarrassing fact that not only do local Jewish youth not regularly contribute to *Shalom*, but the vast majority of you don't even scan the headlines when it is delivered, free of charge we might grumpily add, to your house each month.



All that may be about to change. As of this writing, *Shalom* is putting all Jewish youth on official notice: We are willing to give you some serious space in this newspaper.

The idea is to give you a place to freely express some of your deepest thoughts on what it means to be Jewish in Central Kentucky. From anti-semitism to the value of Hebrew education to interfaith families to Middle East politics—no subject is off limits. If all goes according to plan, your space in *Shalom* will stimulate honest discussions

see Calling All Teens, page 10

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shalom

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Condolences to...

- John and Joy McDonald on the death of Joy's mother, Carol Boyle.
- The Stein family on the death of Ann Stein.
- To the families of the late Howard Eldot.

Mazel Tov to...

• Congratulations to Jason Heymann and Leah Martin for being chosen to represent Sayre School at the 2003 People of Color Conference. Leah and Jason will travel to Hawaii to join a diverse group of people to share the rewards and challenges central to their experiences in an independent school. The focus will be on strategies for success and leadership in the arena of equity and justice.

• National Merit Semifinalist Elizabeth (Becky) Grossman, a senior at Lafayette High School, is a 2004 National Merit Semifinalist. Her proud parents are Michael and Kathy Grossman.

Refuah Shlemah (Get Well Wishes) to...

- | | | |
|-----------------|---------------------|-------------------------|
| • Bea Milner | • Rose Rita Wurmser | • Sandy Berger |
| • Mark Halleck | • Ernie Cohen | • Francie Chassen-Lopez |
| • Larry Goodman | • Gail Cohen | • Larry Goodman |

Good News from Community Member...

My family, friends, and I want to wish you all a Happy New Year and tell you that I am doing better. I want to thank you for all the lovely cards, notes, presents, and flowers. It is impossible to personally write to everyone, so please accept my gratitude through *Shalom*. If you would like to visit me, please call Fran Morris at Jewish Family Services, 269-8244, to find out when I am accepting visitors.

Sincerely,
Bea Milner

shalom deadline

Deadline for articles for
the December *Shalom* is
November 10.

E-mail articles to:
shalom@jewishlexington.org

Articles submitted in hard
copy should be double-spaced.

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... On Preserving Freedom

By Elise Mandel and Di Sobel, Co-Presidents, Hadassah

On the eve of the American Revolution, the man who would become the second President of the United States, John Adams, received a letter from his wife, Abigail, in which she wrote, "I desire you would remember the ladies . . . We will not hold ourselves bound to obey any laws in which we have no voice or representation."

Her insightful and perceptive words were indeed prescient, but it was not until 1884 at the historic convention at Seneca Falls that the call for women's suffrage received national prominence. Then, it was only after a long and arduous struggle that women finally received the right to vote in 1920.

It is always surprising to us that voter turnout in the United States has traditionally been

lower than one would expect in a vibrant democracy such as ours. In recent years, this has been true among Jews, as well. Over the decades, Jews have been a vocal and participatory electorate. However, sociologist Steven M. Cohen suggests that "... where Jewish immigrants gloried in the chance to vote and have full citizenship rights, their grandchildren take these rights for granted."

We have worked too hard for our individual freedoms to let them dissolve and disappear before our eyes because of apathy. As the issues become defined and women's awareness and influence strengthens, we are increasingly aware that women's participation in the voting process can have a sizeable impact on the final decisions. We all have a responsibility to be part of the process and to

make our voices heard on the issues. Among them are a woman's right to choose; protecting the separation of church and state; protecting the abused woman and her children; and supporting legislation that will protect us against insurance and employment discrimination based on genetic information. Now more than ever, we must be well-informed and vocal participants in our nation's work as anti-Semitism and anti-Israel sentiments surge across the globe.

Brave women and men struggled to gain the precious freedom to vote in a free democracy. You have a vital responsibility to protect these priceless rights and hard-won legislative gains. As a woman, a role-model, an activist, a leader and a citizen, vote to make your voice heard.

TIKKUN LEXINGTON

JEWISH DAY OF GIVING

DECEMBER 25TH

Help us to give back to our community by signing up for one of a variety of Tikkun Volunteer Projects from the following:

*St. Joseph Hospital East
*St. Joseph Hospital West

Work in the giftshops
Deliver gifts to patients 9-3 PM

*Deliver "Meals on Wheels" dinners
2nd Presbyterian Church 11:15 AM to 12:30 PM
(5 routes available)

*Pack & Deliver Moveable Feast dinners
(Moveable Feast packs & delivers meals to shut-in AIDS patients)
St. Augustine Episcopal Church 5 PM



Tikkun Lexington is a program of the Central Kentucky Jewish Federation

Name _____

Phone _____

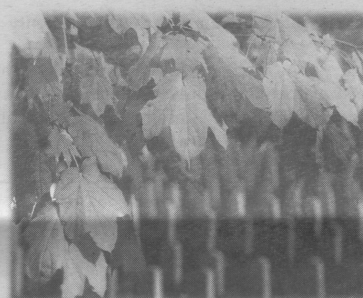
Age _____ Email Address _____

Shift A.M. _____ P.M. _____ Either/Both _____ What task would you prefer? _____ Any _____

Would you be willing to drive your vehicle? _____

SIGN ME UP!!!

If you are available to help, please contact Jana at 268-0672 ext. 4#
or tikkun@jewishlexington.org



BEAUTIFUL.

AND WE PLAN
TO KEEP IT THAT WAY.

The Lexington Cemetery is more than a pleasant cemetery. Many consider the grounds to be beautiful in their own right.

We are proud of this, and take seriously the responsibility of maintaining its natural and artistic beauty; that's why we insist on setting aside 60 percent of the cost of a burial site for perpetual care. It's one part of our commitment to keeping The Lexington Cemetery as beautiful and affordable in the future as it is today.

We invite you to visit, and to inquire about interment options, perpetual care endowments and interest-free financing for pre-need purchases of burial lots, mausoleum crypts and columbarium niches.

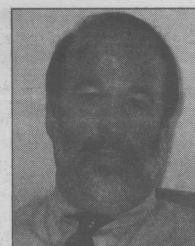
The Lexington Cemetery
Established 1849

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President's Message

David Feinberg



Calling all writers, editors, and newshounds. *Shalom* needs you! You could be the next Susan Stenberg or Nina Totenberg. Do you have strong opinions? Do you have a Daniel Schorr autographed picture in your room? Are local media personalities your idols? You might be the next Lisa Kaplan or Jerry Sanders. *Shalom* is offering the chance of a lifetime. We are looking for creativity and passion.

Among the issues discussed at the most recent CKJF Board meeting was the need for a teen or young people's page or section in *Shalom*. We have not done a very effective job of representing the interests, news, and opinions of our young people. While we are doing an increasingly effective job at reaching our adult readers, the lack of writing directed at our future community leaders is a problem.

It is very safe to assume that we have plenty of budding literary talent out there just waiting to be discovered. Certainly the recent *Shalom* articles by Andrew Grossman, Penina Goldstein and Becky Grossman illustrate that we have the talent. I am asking the

community to assist us to identify writers, reporters and editors for this new section. I'll bet there are already Jewish students who write for their school newspapers.

Should the writing come from our youth groups? Would it be better if the religious schools were the center of information gathering? Is a teen advisory board the way to go? Is it advisable for Hillel members to contribute articles on a regular basis? All ideas and perspectives are welcome in our process of developing a newspaper section that will be interesting and relevant to our young people.

Thus far I have met with a universally positive response to this idea. What needs to be worked out is the structure. I know that there are terrific writers out there among our young people. My experience has been that if you have a group of Jewish young people you have no shortage of opinions about the topics of the day. Who are you? You can let us know at the Federation office directly, or submit the names of others that may be too modest to nominate themselves.

What are some ways we can go about gathering our news and features articles? Would it be best if we had a reporter who would gather individual opinions and compile them as a topical issue? Is there interest in doing fashion or movie reviews? Should it be oriented to current events? Could we do a *Shalom* edition on interfaith dating or being Jewish in a non-Jewish community? The possibilities are endless. Our imaginations and willingness to work can make this happen. Do we have adults out there with a special interest in the problems and feelings of our youth? Should we do this new section every month or every other? Do we have the interest for a regular column? Other communities have web sites devoted to the thoughts and concerns of Jewish young people. Is there sufficient interest in Central Kentucky to have such a site? Mostly we need energy and ideas. Call us, we want to hear from you. Don't be shy!

LEISURE CLUB

coming up in 2003



Thursday, November 20th, 2003 – 12:15pm Bingo and pizza party
A Leisure Club favorite

Location: Ohavay Zion Synagogue, 2048 Edgewater Ct., Lexington –
off Alumni Drive between Chinoe Rd. and New Circle Rd.
Cost: FREE RSVP by November 18th, 2003

Thursday, December 18th, 2003 – 12:15pm Hanukkah Get Together
An annual Leisure Club event

Location: Temple Adath Israel; 124 N. Ashland Ave., Lexington –
near corner of Main and Ashland Ave.
Cost: FREE RSVP by December 16th, 2003

Thursday, January 15, 2004 – 12:15pm Lunch Outing
(weather permitting)

Location: The Coach House; 855 S. Broadway, Lexington –
near corner of Broadway and Red Mile Road
Cost: Your own lunch RSVP by January 13, 2004

Thursday, February 19, 2004 – 12:15pm Lunch and Discussion with Rabbi Kline
(weather permitting)

Location: Temple Adath Israel; 124 N. Ashland Ave, Lexington –
near corner of Main and Ashland Ave.
Cost: FREE RSVP by February 17th, 2004

November 29th, 1947

The United Nations approves the partition of British Palestine

After more than two decades of violence and counterviolence between Arabs and Jews in British Mandatory Palestine, the British government announced to the United Nations that they wanted out. The United Nations constituted a special committee known as "United Nations Special Committee On Palestine." This committee, chaired by the Uruguayan representative, was to review the situation on the ground and make a recommendation to the General Assembly.

At the time that the UNSCOP visited the British Mandate, a ship full of Holocaust survivors, known as "Exodus 1947," with a mostly American crew, was attacked by the British and sent back to Europe amidst strong

media attention. Many of these refugees ended up in the British prison camps on Cyprus. The UNSCOP, based on their findings on the ground, and probably influenced by the Exodus incident, presented a proposal for the partition of British Palestine into three areas: a Jewish State; an Arab State; and an international area including Jerusalem and Bethlehem.

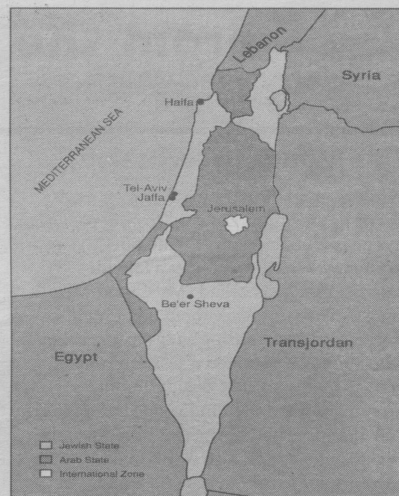
The proposed solution was neither unique nor original.

Prior attempts to solve the issue by peaceful means led to several proposals for partition, such as the Peel Commission recommendation of 1939. Also, in the Indian subcontinent, the British colony was divided between Muslims and Hindus, leading to the independence of India and Pakistan (which then included also Bangladesh).

The Zionist representative to the United Nations, Abba Eban, managed to secure a majority in favor of the partition, and on November 29th, 1947, the United Nations approved the recommendation. The resolution was met with guarded optimism by the leaders of the Jewish community in Palestine and the outright rejection of the Arab countries and the Arab community of Palestine. The Jerusalem Post (then called the Palestine Post) greeted the resolution with enthusiasm.

The resolution for partition was just the beginning of a long fight for the re-

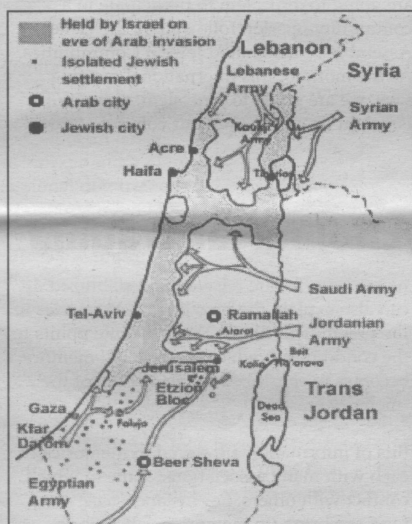
"The resolution for partition was just the beginning of a long fight for the re-establishment of an independent Jewish State..."



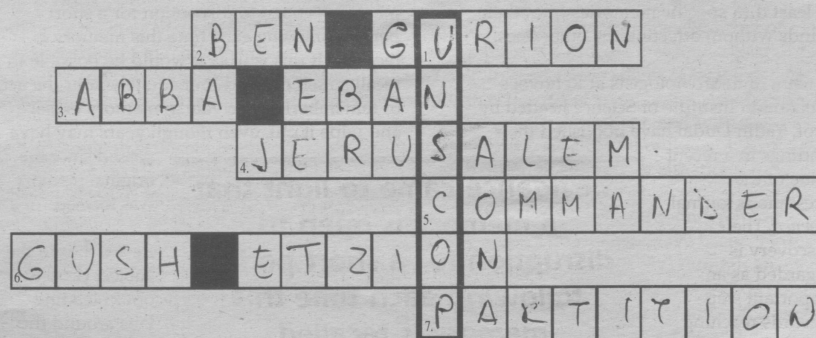
The Partition Plan, 1947
U.N. General Assembly Resolution 181

establishment of an independent Jewish State on the Land of Israel. To this day, the Palestinian Covenant states in Article 19 that "The partition of Palestine in 1947 and the establishment of Israel is fundamentally null and void..."—In spite of the fact that the PLO made a commitment to eliminate that article from its constitution.

The November 1947 resolution was followed by the armed invasion of the area allocated to the Jewish state by the armed forces of five Arab countries, yet Israel prevailed and after more than a year of war, was able to sign an armistice, in 1949 with the Arab aggressors. It would take 30 years for that armistice to become the first peace treaty between Israel and any Arab state.



CROSSWORD



On November 29, 1947, The United Nations voted on the partition of Palestine which resulted months later in the Declaration of Independence of the State of Israel, and the occupation of Arab areas by Jordan and Egypt.

- (down) Initials of the special committee of the United Nations which recommended the partition of the British mandate of Palestine.
- (David) Leader of the "YISHUV" (Jewish community in Eretz Israel) in 1947.
- Zionist Representative to the United Nations in 1947.
- City which, according to the partition plan, was to be under International control.
- Rank held by Yitzhak Rabin in 1947.
- Jewish community, south of Jerusalem, to be included in the International zone. Destroyed by Jordanian forces in 1948, was rebuilt in 1967.

Answers on Page 19

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From the Executive Director

Daniel Chejfec



This Month in Jerusalem

While growing up in Buenos Aires, I was active in the Youth Zionist Movement "Dror." In one of our activities, I remember the *madrich* (counselor) sharing with us a tale for discussion. It was called "My Grandfather's Ghost." The story was about a young Argentinean Jew, sitting in his living room, who suddenly received a visit from his grandfather's ghost. Considering his grandfather had died in Europe before World War II and he had never met him, the youth was frightened but also exhilarated at the opportunity to talk to him. So a dialogue between grandfather and grandson took place:

- "So Motl, how's life these days?"
- "I don't go by Motl, Grandpa - my name is Fernando."
- "Fernando Schmerando, how does a Jew live these days?"
- "Jews today are not very observant, but rather modern. Many of our people attended universities and earned degrees as doctors and lawyers,"
- "Jews allowed in gymnasiums? Wonderful! - So Jews are finally accepted and there is no

- anti-Semitism?"
- "Well, not exactly," -stammered the grandchild. "There are some anti-Semites on the loose, and some neo-Nazis."
- "What's a 'neo-Nazi'?"
- "Well, Zayde, it is a long story. After you died, this crazy German guy started a war to exterminate the Jews and dominate Europe. He killed 6 million Jews before he was defeated."
- "A German guy? Six million?"
- "Yes Zayde. His followers were called 'Nazis', so those who sympathize with his ideas today, are called neo-Nazis."
- "You mean they are still around?. Gevalt! How does a Jew survive?"
- "Well, not everything is so bad, Grandpa. We have now Israel."
- "Israel?"
- "Yes, a Jewish State."
- "You mean there is a place where the Czar is Jewish?"
- "Well, it is a Prime Minister, but yes, he is Jewish. So are the soldiers and the police and the manual workers and the scientists. Even the thieves are Jewish."

- "You mean Jews have a place of their own, where they are a majority and control all the affairs of society?"
 - "Well, yes."
- The ghost laughed and vanished.

Many times we are like Motl - Fernando. We have come to take Israel and the security it brings to Jews all over the world for granted.

This month, 14 members of our community will join thousands of others to make a statement, we don't take Israel for granted, and we support it because our destiny is a common one. We support the Jewish State and what it represents for Jews everywhere. We are going to Jerusalem to participate in a community mission followed by the General Assembly of the United Jewish Communities. As the motto of this international meeting says, we are going to Jerusalem, to be "With Israel, in Israel, shaping our common future."

New Memory Principle May Help Treat Psychological Trauma

Everyone has stored in his brain at least one traumatic experience, such as the death of a loved one, a horrific road accident, a terrorist attack, or a Holocaust experience. Now Israeli neurobiologists, working on rats and fish, have discovered a new principle that guides memory dynamics and may eventually make it possible for people to intentionally erase or at least dim specific memories from their minds without affecting the other ones.

A team of neurobiologists at Rehovot's Weizmann Institute of Science headed by Prof. Yadin Dudai have published their findings in a recent issue of the prestigious journal *Science*. Their discovery is regarded as an important step towards reaching the goal of wiping out or dimming unpleasant memories.

Every memory that humans and lower animals acquire undergoes a "ripening" process (called consolidation) immediately after it is formed. In this process, it becomes impervious to outside stimulation or drugs

that would obliterate it. Until recently, the accepted theory was that for each separate item of memory, consolidation occurs just once, after which time the window that allows for "memory erasing" closes usually about an hour or two after the memory is acquired.

But recently, evidence came to light that a memory is open to disruption for a short period following each time this memory is recalled. If this is true, it would be possible to recall a memory and immediately after the act of remembering, activate a "memory eraser" and wipe it out, even though years may have

passed since the original memory was formed.

Research into the subject carried out in leading labs around the world produced inconclusive

results: In some cases it was found possible to erase old memories upon recall, while in others no evidence for this was found.

But Dudai and colleagues have now identified a new principle guiding the activity of the brain's memory systems that sheds light on

how memories are recalled and stabilized. It can also explain the puzzling discrepancies in the previous findings. This principle points to the conditions in which the recalled memory becomes re-sensitized to the activity of the "memory erasers."

Bits of information are stored in memories, each with many associations, some of which conflict with others. For instance, a certain food can bring up memories delicious or distasteful; in another example, an individual can be remembered in pleasant or unpleasant contexts. When we next taste the food or see the person, all of the associated memories are called up in the blink of an eye, but in the end, only one of those memories will become dominant and determine the reaction to the recollection.

This memory will decide whether we will eat the food or reject it, or whether we will smile at our acquaintance or ignore him. Dudai's team found that only the recalled memory that won the competition for dominance was re-exposed to the time window of sensitivity to "memory erasers," and it is this memory that must be consolidated once again before being reinstalled in the long-term memory. In other words, the winner, in the appropriate

see *New Memory Principle*, page 15

...evidence came to light that a memory is open to disruption for a short period following each time this memory is recalled.

UK Children's Hospital Needs Your Help

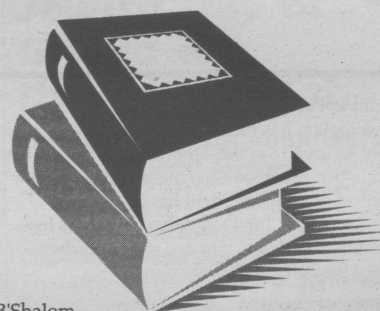
By Judy Baumann

To paraphrase a well-known axiom, **now is the time to come to the aid of the UK Children's Hospital Resource Center and Library!** It is imperative that we have volunteers to do this important work — the library can only be open when a volunteer is there. If you work part-time or do not work outside your home, please consider volunteering twice a month or one day a week — Monday through Friday — for approximately three hours. (Sundays are also a possibility).

The library is well-established; there are always requests for books from staff, patients, their siblings, parents, and other care-givers.

Volunteers are needed to stay in the library (UK Children's Hospital Library is on the 4th floor of the UK Hospital) and/or to take our much beloved library cart to patient rooms. It is difficult to express in writing the joy that we bring to children and the gratitude expressed by their parents when we appear in their rooms with our book cart, when we take time to read a story, or when we just stop to chat.

As the New Year just past reminded us to observe the Jewish tradition of *g'milut hassadim*, good deeds, I look forward to hearing from members of our community interested in being a volunteer at the UK Children's Hospital Library.



B'Shalom,

Judy Baumann,
Hadassah liaison with UK Children's Hospital
223-1299

Israel Is First to Develop Alzheimer's Guide Dogs

By ISRAEL21c Staff, October 5, 2003

Polly may look like a regular collie dog, but in fact, she represents a revolution. Polly is the first dog to be trained as a guide dog and companion for people suffering from early-onset Alzheimer's disease, the result of four long years of patient work by a team comprised of an Israeli social worker and a professional dog trainer. She is the first dog in the world to be trained specifically to improve the quality of life for Alzheimer's patients.

"(This) is the first dog in the world to be trained specifically to improve the quality of life for Alzheimer's patients."

Yehuda, 62, depends on Polly as a safety net for when his memory fails him. Polly accompanies Yehuda wherever he goes, as she has done for the past year. She knows his routine and his habits. If he becomes confused or disoriented, all he has to do is utter the word, "Home," and Polly leads him back to his house.

The concept of an Alzheimer's guide dog began when social worker Daphna Golan-Shemesh was introduced to professional dog trainer Yariv Ben Yosef.

"We sat in a room and talked about what we did and immediately a light bulb went off over our heads," recounts Ben-Yosef. "It was clear to us that Daphna's expertise in Alzheimer's and my expertise with dogs could result in something new. We asked ourselves why couldn't we train dogs to help these people, and not just as therapy dogs, but as real, practical, daily assistants."

Ben Yosef is confident that Alzheimer's dogs will some day be as common as guide dogs for the blind. For now, a second dog is being trained in upcoming weeks to be given to

another patient, and the pair hope to train 30 dogs annually.

Their personalities complement their professional partnership: Golan-Shemesh is maternal and nurturing, and Ben Yosef is energetic and driven. Golan-Shemesh was a pioneer in geriatrics when it was new in Israel. In 1989, she founded "House of the Sun" — a home for those suffering from Alzheimer's and dementia located in Petah Tikva that will soon move to new quarters and will house 90 patients.

According to world statistics, 10 percent of all elderly suffer from some degree of Alzheimer's, and as life spans increase, the number is rising dramatically every day. The goal of the Alzheimer's patient guide dog project is an attempt to make the patient's life easier, and in turn, to make life for the rest of his family more manageable.

In the beginning, the concept of an Alzheimer's guide dog seemed like an impossible dream. It had been tried unsuccessfully in the past. The biggest challenge was finding the right dog for the task. "We unsuccessfully tried this with many types of dogs, until we got Polly, who is a collie shorthair that came to us from Finland," said Ben-Yosef. "These dogs seemed appropriate for Alzheimer's because they have a calm nature, high intelligence, and are very sociable with an excellent sense of smell and good spatial sense."

But the main task of the service dog for an Alzheimer's patient is to bring

him home when the order "HOME" is given. If the patient forgets to say the order, and is so lost that he strays too far from the house or wanders into an unfamiliar area, the worried family can activate an electronic device that is installed on the dog's collar and works with a GPS navigation system. In this way, they can find the pair if they are lost. In addition, a special tone that can be heard by the dog can be sounded if the pair are not more than 50 kilometers from the house, and the tone also signals the dog to lead his patient home.

The dog remains responsible for the patient in the home: there is an alarm button in which the dog is trained to press, when his owner falls to the floor and doesn't get up after a number of minutes, or if he hears choking sounds. This alerts the primary caregiver if they are in another room or asleep.

The training of the service dog and pairing of dog and patient is a process that took a year and a half. In the various stages of training and practice, Ben Yosef spent hours and days with the dog, with the patient, and with the family members, teaching all of them how to cope with different emergency situations.

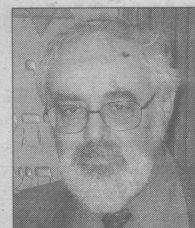
Golan-Shemesh and Ben Yosef found Yehuda (his name and his dog's name have been changed to protect their privacy) through an Alzheimer's support group. He was a good candidate, since he loves animals and had a dog. Before his illness, he was active and social, with many prominent social roles in the community. His wife still works most of the day, as do his children, and before receiving Polly, he had led a very constrained and isolated life.

After Yehuda and Polly became a
see *Alzheimer's Guide Dogs*, page 9



Rabbi's Corner

Rabbi H. D. Uriel Smith



Emil L. Fackenheim, rabbi, philosopher, theologian, has died. He died in Jerusalem, a city he loved, on the 22nd Elul, 19 September. So, when you read this, the *sh'loshim* (30 day) period of mourning will have passed. Nevertheless, I will continue to feel his loss, since I considered him one of my teachers, even though I never met him.

Fackenheim was born in Halle, Germany, in 1916. He started his rabbinic studies at the Hochschule in Berlin after the Nazis had taken over Germany, and was arrested by them on the night of November 9, 1938, as part of the *Kristallnacht* (Night of Broken Glass) assault on Jewish businesses, synagogues, and people. He was taken to the Sachsenhausen concentration camp, surviving its deliberate brutality for three months. Later he wrote that Sachsenhausen in 1938 was the "groundwork for Auschwitz."

For some reason, which he never understood, he was released in 1939. Fackenheim returned to the remnants of his teachers, and was ordained as a rabbi. He then fled to England. There, after the outbreak of World War II, he was held as an enemy alien, and sent to Canada.

After his release he served in Canada as a congregational rabbi and studied philosophy. He received his doctorate from the University of Toronto, where he served as professor of philosophy for thirty-six years, after which he and his family made *aliyah* and settled in Jerusalem. He wrote many essays in Jewish theology, later collected in *Quest for Past and Future* (Bloomington: Indiana University, 1968) and *The Jewish Return into History: Reflections in the Age of Auschwitz and a New Jerusalem* (New York: Schocken, 1978). Other books included *God's Presence in History* (New York: NY University, 1970), *Encounters between Judaism and Modern Philosophy* (New York: Basic Books, 1973), and *To Mend the World: Foundations of a Post-Holocaust Jewish Thought* (New York: Schocken, 1982 and [2nd ed.] 1989). He wrote many more works, all worthy of studying.

He considered Hegel to be the greatest philosopher of religion, a matter that made no sense to me in my early years, coming from a scientific background, for I found Hegel's dialectical thought to be self-contradictory and vacillating. Only now, after having developed a scientific perspective of the humanities, can I begin to understand the dialectics that each one of us produces, some which are reflected in Hegel.

Fackenheim teaches us to face the hardest questions unflinchingly. He demands a dialect

of both unvarnished truth and human morality. Piaget and Kohlberg have taught me that we can face these questions only on the level of sophistication that we have reached. Each one of us reformulates the questions into the patterns and categories that make sense to him. It may be that on the level we have reached we do not have philosophic answers. Then we need practical answers. Fackenheim came up with his "614th commandment" that we should continue to live, living as Jews, without forgetting the past through which we have survived.

With my science background I have a sharper feeling than most for patterns and structures. This helps me analyze the truth as best as it can be communicated. Elie Wiesel has showed me that sometimes truth can be communicated only in stories. Emil Fackenheim has showed me that we dare not limit ourselves to stories, for otherwise we will be hoodwinked by brilliant thinkers and writers like Heidegger and Edward Said, whose names will continue to rot for their deceit, and their support of inhumanity and death.

My discovery of the systemic structure of human freedom has helped me to recognize where people are not free. In many situations people are not free to escape from the horrors they are facing. Both the Israelis and the Palestinians are so crowded together that they cannot escape each other. The "enablers" of the Palestinians, both in Europe and in the Middle East, refuse to recognize that the Palestinians now have entered the stage of "transferring his son and daughter into fire" (Deuteronomy 18:10), and thus have transformed their Islam into Moloch worship. As a result, the Israelis have no choice but to hunt the messengers and teachers of this worship, the members of Hamas and Islamic Jihad; killing them if this is the only way to

stop them, but detaining them if this still is possible. Despite this, there are many "enablers" who support this worship with money, propaganda, and slander.

The outside "enablers" have the freedom to maneuver, and therefore the blood of the dying is reflected back onto them. They are trying to blame the Israelis for the deaths, but their self-deceit is palpable. The Israelis should follow the dialectical path of affirming both Prime Minister Sharon, and *B'Tzelem*. Guided by Sharon they must fight the Palestinians for the defense of Israel, yet, even as they fight them, they must recognize that the Palestinians are their cousins, made in the image of God. Fighting and building defenses are only temporary solutions. Affirming life, both Israeli and Palestinian, should be permanent.

There is no immediate escape from the horror of war (I write this with searing pain, almost smelling the fragments of the dead and the powder of war.). My question is this (helped by Fackenheim's work), why are so many Jews learning to practice these dialectics, living them, yet Christians and Muslims seem unable to do so. (Proof? Signing powerless verbal declarations just enables Moloch. Disconnected Israelis who pretend to represent Israel imply that disconnected Palestinians, such as Islamic Jihad, can represent Palestine. Lies support lies. Yet Europe supports the Swiss-enabled vapid agreement. The Israelis disdain it.) We, like our father Abraham facing his trials, continue to strive through our trials, and affirm life. Maybe this affirmation will help us to find the way to true *shalom*, peace and wholesome harmony.

LEISURE CLUB



Hanukkah Get-Together *Jfs*



Jewish Family Services

Thursday, December 18th, 2003 – 12:15pm Hanukkah Get Together

An annual Leisure Club event

Location: Temple Adath Israel; 124 N. Ashland Ave., Lexington – near corner of Main and Ashland Ave.

Cost: FREE

RSVP by December 16th, 2003



A Taste of Israel

Hadassah Program to Feature Israeli Products

On Saturday, November 8, at 8:00 PM, Hadassah is hosting a get together at the home of Steve and Judy Craft, in the Tanbark neighborhood. "A Taste of Israel" is the theme. This fun event will include Israeli wine and beer tasting and a virtual marketplace connection to Israeli-made products. One of our Chapter goals this year is to encourage everyone to support Israeli businesses, and the best way to do so is to find out what's out there that's made in Israel, and if it is locally available on the web. We'll do the legwork for you in time for Chanukah shopping.

Dr. Daryl Gildenblatt of Cincinnati, the keynote speaker from last spring's Hadassah Region Conference, will join us later in the evening to talk about Emergency Medicine in Israel. Dr. Gildenblatt,

along with 70 American physicians and more than 300 Israeli doctors, attended the first International Solidarity Medical Conference in Jerusalem last fall, and has much to convey that is both factual and personal about state-of-the-art trauma care in Israel during terrorist attacks. Those who heard him speak in the spring can attest that he is both passionate and articulate. Dr. Gildenblatt is not to be missed!



The event will cost \$5 to cover wine and food. All are invited: couples, Hillel members, Young Leaders from the Federation, Temple, Shul, Havurah... Come join us for a wonderful evening.

RSVP to Elise Mandel at 254-1799.

Gear Up for a Big Jewish Day of Giving on December 25th

Tikkun Lexington Volunteers Will Serve and Deliver

by Jana LaZur

Last year, the Tikkun Lexington Volunteer Corps of the Central Kentucky Jewish Federation delivered more than 100 meals and gifts on December 25th. It was a wonderful opportunity for the Jewish Community to send a positive message that we care. It is a gift not only for those who receive the service, but for those who are offering. When you see the form in Shalom, send it in early this year, and we will determine if we are able to reach more areas than last year. Let's continue to spread Tikkun Olam and make our world a better place.

The locations we are offering for service on December 25, our Day of Giving, are the following: Saint Joseph Hospital East and West, Meals on Wheels, and Moveable Feast. For only one to two hours of your time, you can make a difference to someone else. If you have any questions or would like to learn more about these opportunities, feel free to call Jana at 268-0672 extension 4# or email tikkun@jewishlexington.org.

JewLS does ESPRESSO DATING in Cincinnati

ESPRESSO DATING IS A FUN NEW WAY FOR SINGLES TO MEET!
IT'S A SPIN ON THE POPULAR 'SPEED DATING' IDEA.



Saturday, November 8, 2003
8:30 pm - 10:45 pm

at Rookwood Pottery in Mt. Adams,
1077 Celestial St., Cincinnati, OH

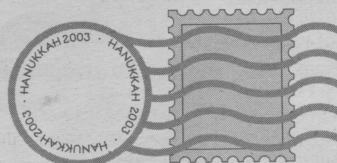
\$18 (cost includes entry & appetizers) drinks will be extra

call 859.269.8244 or jfs@jewishlexington.org to receive your personal "E-vite"

2003 Hanukkah Stamp

The Hanukkah stamp is now on sale. It is the same Hanukkah stamp as last year. Your local post office should have these stamps available no later than November 1st. If your local post office does not have them by then, request the postmaster to order them immediately.

For more up-to-date information on this year's Hanukkah stamp and any information on next year's Hanukkah stamp please visit the website: www.hanukkahstampquest.com



Alzheimer's Guide Dogs (from page 7)

success, Ben Yosef and Golan Shemesh joined forces with the Israeli Alzheimer's Association to promote the project. It is now being unveiled to Alzheimer's groups and dog training organizations around the world, and the reception has been enthusiastic.

Spellbinders Continue Learning

Workshops with Experienced State and National Storytellers

Spellbinders volunteers were busy with more learning activities. On September 22, our six volunteers joined together for a day-long workshop with renowned storyteller, Mary Hamilton. Based in Frankfort, Kentucky, Mary has been a professional storyteller for over 20 years. She tells stories at local and national conferences and also teaches other storytellers techniques of the trade. We were very fortunate to have Mary teach our group a method of peer evaluation as well as hone their current skills. At the end of the day, our Spellbinders felt rejuvenated and ready to tell once again stories in other settings.



Spellbinders at work.

Later that week, our Spellbinders volunteers were treated to another storytelling opportunity which involved carpooling to Cave Run Lake for its national storytelling festival. Here, experienced storytellers from around the state and country joined together to tell stories to children and adults alike. Our volunteers were given permission to be there on the day which was open to school children only. The volunteers thought this

was a very useful experience and hope to travel there again next year. Wease Kidd, a newly trained Spellbinder, stated, "Master storytellers in a pristine, natural setting on Cave Run Lake, gave us a lifetime of experience in watching and learning the art of storytelling."

Spellbinders is a joint initiative between Jewish Family Services, the Lexington Senior Citizen's Center, and Adult Services of LFUCG. It began with a single chapter in Denver, Colorado, in 1989, and by early 2003 had grown to over 17 chapters in the United States and Canada. Lexington is pleased to be the newest chapter to join the family of Spellbinders. The mission of Spellbinders is to create connections between generations through the art of storytelling in order to pass on the wisdom, values, humor and sense of community embodied in stories of all cultures and all times.

If you would like to learn more about Spellbinders or are interested in becoming a Spellbinder yourself, please contact JFS at 269-8244 or send an email message to jfs@jewishlexington.org.



Anna Hamilton and Evelyn Geller relax after a long workshop.

Leisure Club Sukkah Celebration

Last month the Leisure Club enjoyed a special program. We met at Ohavay Zion Synagogue to learn about Sukkot. What better way to learn than to sit and talk in the Sukkah itself? Rabbi Cohen told us about the meaning of the holiday and why

it is a mitzvah to eat a meal in the Sukkah. So eat we did. We enjoyed tea and dessert while



Enjoying our time in the sukkah.

about our annual Hanukkah party which will be held on December 18, 2003, at Temple

we shook the *lulav*, and held the *etrog*. In all, a very enjoyable and educational afternoon. Thanks CKJF!

Be sure to mark your calendars for our next Leisure Club event on November 20, 2003. We will meet at Ohavay Zion for the favorite bingo and pizza event at 12:15 PM; you will receive a notice in the mail prior to the event. Please RSVP by November 19, 2003. Also, don't forget



portofino

249 East Main Street • Lexington, KY 40507
859.253.9300



Manhattan Bagel Company

2644 Richmond Road
in front of The Chop House Restaurant
269-0403

Calling All Teens (from page 1)

among young people about Jewish life in the larger community.

To this end, we are in the process of putting together a youth-run editorial board. If you are between the ages of 12 and 18, you are cordially invited to attend an editorial open house. To learn more about how you can be a part of this new project and voice your opinions on the world at large, drop by CKJF Headquarters on **Wednesday, November 5 from 7-8 PM**. Munchies will be provided; but please leave your gripes about us old people at the door.

For more information, call CKJF 268-0672 ext 6.



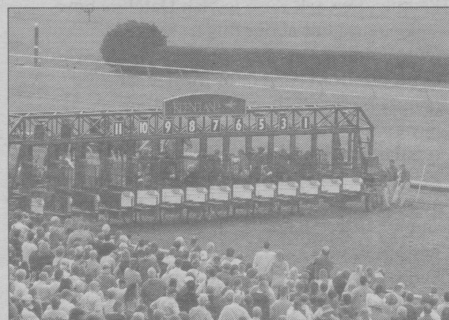
Rabbi Cohen tells us about Sukkot

Adath Israel. You won't want to miss the delicious holiday food and our musical entertainment. We hope to see you all there. Leisure Club is a program for older adults sponsored by Jewish Family Services of the Central Kentucky Jewish Federation.

JewLS Bets on More Great Programs

If you were not at the JewLS Keeneland event last month, you missed a fun-filled day. We met just before the races began and bought a block of reserved seats so we could all sit together. Some of our friends from Cincinnati and Louisville joined us; it was especially nice for them to experience an integral part of

Bluegrass culture. Some of us won, and some of us lost, and some both won and lost races! Those of us who won spent their winnings on dinner out with the group. We later carpooled to dinner and drinks. In all, a nice, social gathering for single Jews in and around the Lexington area.



And we're off!



Watching the races in good company.

We are now gearing up for a special program, called "Espresso Dating" on Saturday evening, November 8, 2003. Espresso Dating is a spin on the popular "Speed Dating" idea started by the group *Aish Hatorah*, which brings together Jewish men and women for an evening of multiple "dates". Emailed invitations called E-vites have already been sent out, and our space is limited, so if you did not receive

a personal invitation, please send a message to jfs@jewishlexington.org or call (859) 269-8244 ASAP. This event will take place at Rookwood Pottery in Cincinnati, beginning at 8:30 PM.

Be sure to mark your calendars for the JewLS annual Hanukkah party on December 20, 2003. Details will be forthcoming. JewLS stands for Jewish Lexington Singles and is a program sponsored by Jewish Family Services of the Central Kentucky Jewish Federation.

This group is free and open to the entire Lexington community.
*Bring a bag lunch. Coffee & cold drinks will be provided.

Please help us respect Jewish Dietary restrictions by not bringing meat or shellfish.

For more info., please contact:
(859) 268-0672 ext. 2 or jfs@jewishlexington.org

Sponsored by:

Alzheimer's Association
Greater Kentucky & So. Indiana Chapter

American Cancer Society

Bluegrass Area Agency on Aging

Hospice of the Bluegrass

Jewish Family Services of the Central Kentucky Jewish Federation

Got Support?

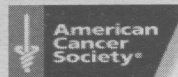
'Caring Givers Support Group'

A new resource for adults caring for their loved ones.

Upcoming Meetings:

November 20, 2003
December 18, 2003

Meetings are held on the last Thursday of each month from 12pm-1pm at the offices of the Central Kentucky Jewish Federation 1050 Chinloe Road, Suite 203 (Chinloe Center) Lexington, KY



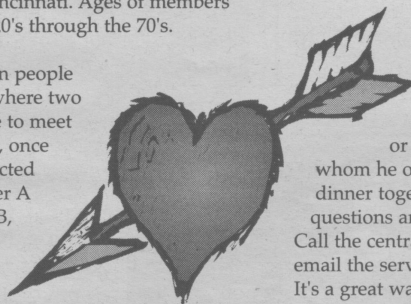
Wise Jewish Dateline Has Fans and Plans

People often ask Wise Jewish Dateline how singles find out about this tri-state, non-profit Jewish dating service. The answers: by word of mouth from current or former satisfied members; from advertisements they see in newspapers such as this one, which is a regular advertiser; from friends, relatives and neighbors who know about Dateline's successes and are thinking about that special single person they love; from hearing about it while having a manicure next to a bride who had met her future husband through the service; from talking to someone who is working out next to you; from one's synagogue or temple; from Dateline's website: www.wisejewishdateline.org

Dateline is an easily accessible service. Its central office is housed at the Isaac M. Wise Temple in Cincinnati. Satellite offices in

Columbus, Dayton, Indianapolis, and Louisville as well as Lexington have current books for members to see and from which to make choices. The satellite office in Lexington is located at Jewish Family Services. Dateline is partially funded by a grant from the Jewish Federation of Cincinnati. Ages of members range from the 20's through the 70's.

Another question people ask Dateline is where two members choose to meet for the first time, once they have connected (i.e. once member A selects member B, who in turn responds positively. Then, after



they shmoos on the phone, they are interested in meeting each other in a comfortable venue). We know that members who live in the same city have met at parks, art exhibits, have gone to concerts, and/or have met informally for coffee, brunch, lunch and dinner. Members living in two different cities often choose to meet at a point half way between the two. Sometimes it turns out that one of the two has a relative or friend in the other's city—with whom he or she can stay after having had dinner together. Dateline welcomes questions and inquiries about membership. Call the central office at (513) 745-9573 or email the service at: dateline@wisetemple.org. It's a great way to start the New Year!!

PLEASE SAVE THIS DATE

DRUG ABUSE PREVENTION WORKSHOP

For Teens in High School

Sunday, December 7, 2003
at Temple Adath Israel Social Hall

"12:30 - 3:00 PM"

LUNCH WILL BE PROVIDED

Guest Speakers will include:

Specialists from the Bluegrass Prevention Center

Local Rabbis

Survivors of Drug Abuse



This event is sponsored by

Jewish Family Services of the Central Kentucky Jewish Federation in cooperation with
Temple Adath Israel and Ohavay Zion Synagogue.

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American Jewish Community Remains Strong, Committed According to National Jewish Population Survey 2000-01

NEW YORK – Wednesday, September 10, 2003 – American Jews possess many strengths, face important challenges and exhibit notable diversity, according to the largest survey ever conducted of American Jewry, released today by United Jewish Communities (UJC):

The National Jewish Population Survey 2000-01 (NJPS) shows that a large number of Jewish adults have participated in an adult Jewish education class or other Jewish learning experience in the year prior to the survey; that the intermarriage rate is stabilizing after decades of increase; and that sharp differentiation exists between affiliated and unaffiliated Jews.

These findings and others are part of NJPS, sponsored by UJC, the umbrella organization representing local Jewish federations and communities throughout North America. NJPS contacted over 177,000 randomly selected Americans, interviewing over 9,000 of them, both Jews and non-Jews. The full report (*Strength, Challenge and Diversity in the American Jewish Population*), available online at www.ujc.org/njps, presents findings on demographic topics, Jewish connections and engagement, intermarriage, the elderly, immigrants and Jews living below the poverty line.

Most Jews participate in selected Jewish holidays, maintain strong social connections to other Jews and consider being Jewish very important, the survey reports.

Key demographic findings from NJPS 2000-01, some of which were previewed last October, include an estimated Jewish population of 5.2 million people that employs a definition of Jewish similar to the one used in the 1990 NJPS. In NJPS 2000-01, the population with stronger Jewish connections – represented by respondents who answered a long-form questionnaire – consists of 4.3

million people. (See UJC's report for full methodology.)

The survey's key findings among those with stronger Jewish connections include:

Of the 46% of American Jewish adults belonging to synagogues, 39% belong to a Reform synagogue,...

- Almost one quarter (24%) of Jewish adults participated in adult Jewish education programs in the year before the survey, while a greater proportion of Jewish children attend Jewish day schools than ever before.
- Of the 46% of American Jewish adults belonging to synagogues, 39% belong to a Reform synagogue, 33% Conservative, 21% Orthodox, 3% Reconstructionist and 4% other.

- Twenty-one percent of Jewish adults are members of a Jewish Community Center, 28% belong to another Jewish organization, and fully one-quarter volunteer under Jewish auspices.

- Five percent of Jewish households report incomes that fall below the federal poverty line, as do 9% of elderly Jews (65+).

Based on information from all respondents, 47% of Jews who married since 1996 have intermarried, and two-thirds of the children of all intermarried parents are not being raised Jewish.

Researchers for NJPS 2000-01 employed a definition of intermarriage as "the marriage of someone who is Jewish to someone who is non-Jewish at the time of the survey." This rate was calculated for current, intact marriages only, and applies to married individuals rather than to married couples.

In 1990, NJPS researchers reported an intermarriage rate of 52% for marriages between 1985-90, while NJPS 2000-01 reports

see *Jewish Population Survey*, page 14

JewLS Upcoming Events

SATURDAY, NOVEMBER 8, 2003

ESPRESSO DATING

8:30pm-10:45pm

at Rookwood Pottery in Mt. Adams in Cincinnati.

Cost is \$18 (includes entry and appetizers) -drinks will be extra.

Register at www.jstar.org

For more information, call (859) 269-8244.

SATURDAY, DECEMBER 20, 2003

JEWLS ANNUAL HANUKKAH PARTY

LEXINGTON, KY



Portabella's
ITALIAN WOOD OVEN & GRILL

115 N. Locust Hill Dr., Man O' War Place • Lexington, KY 40509

(859) 266-6836 • FAX (859) 266-8822

Jewish Population Survey (from page 13)

43% for the same time period. This difference is due to the fact that the 1990 statistic included people who were once Jewish but not Jewish at the time of that survey, while the 2000-01 rate only includes people who were Jewish at the time of this survey. These different definitions lead to a similar substantive conclusion, lending confidence to both studies. Tracking data from both studies reveals a significant stabilization of the intermarriage rate since the mid 1980's.

"NJPS reveals the many important and diverse ways that Jews are connected to their faith and their community," said Stephen Hoffman, president and CEO of United Jewish Communities. "Still, the study underscores that for too many, those ties are tenuous. We have a great deal of work to do to make being Jewish more meaningful and relevant for those on the edges."

Demographic data, some of which were previewed last October, show:

- The U.S. Jewish population numbers 5.2 million people, with a median age (42) that

is older than the median age of the total U.S. population (37).

- The Jewish community is very well educated – 55% of Jewish adults have received a bachelor's degree, and one in four Jewish adults has also earned a graduate degree.

Based on information from all respondents, 47% of Jews who married since 1996 have intermarried,...

- Sixty-one percent of Jews are employed full- or part-time, and the majority of these Jews (also 61%) work in management, business and professional/technical positions.
- Jews tend to marry at later ages relative to the total U.S. population. Jewish women

have, on average, fewer children than all American women and Jewish fertility rates are below population replacement levels.

- Children (17 or under) are 20% of the American Jewish population and the elderly (65+) are 19%.

Due to issues that were raised with respect to NJPS 2000-01, further releases were postponed to allow outside review of the data and methodology. The review, which was recently completed, validated NJPS data as useful and reliable.

"The rigorous review process prior to today's release of the data enabled UJC to be absolutely confident in its value," said Dr. Bernard Shapiro, McGill University Principal and Vice-Chancellor Emeritus, who oversaw the review process. "The study's accuracy holds tremendous importance for the Jewish community. I am certain the data will prove invaluable to community leaders and researchers – allowing for a very real assessment of how the community is developing, and what it needs to remain strong."



Join us for CKJF's 9th Annual

Winter Dinner

Wednesday, December 24, 2003

6:00 - 9:00 pm at The Four Points Sheraton on Newtown Pike

Bring your menorah and candles and celebrate the 6th night of Hanukkah with us. Your fun-filled evening will include musical entertainment as well as special supervised activities for the kids and great food. We will have potato latkes, a variety of vegetarian delicacies, and several delectable desserts. All created by Chef Walter Kuehn, formerly of the Mansion Restaurant.

There will be a private room with supervised activities for kids. The children's menu includes pizza and ice cream sundaes. Of course, they are welcome to eat from the main buffet as well.

As always, we are supporting God's Pantry. We ask that you bring two non-perishable food items for each person in your party. If you forget to bring food, you will be asked for a \$2 donation per person to be given to God's Pantry.

The cost is \$17 for adults, \$6 for kids 6-10, and no charge for children 5 and under. The price includes tax and gratuities, food, coffee, tea and soft drinks. A cash bar will be available.

Reservations, checks included, should be sent to CKJF using the reservation form below. Reservations are on a first-come, first-served basis. RSVP by December 12, 2003; space is limited.

This event is sponsored by the Central Kentucky Jewish Federation

Name(s) of adult(s) and kids over 10

Names of kids 6 to 10

Names of kids 5 and under (no charge)

of Adults _____ X \$17 = _____
of Kids _____ X \$6 = _____
Total _____

QUESTIONS?
CALL CKJF AT 268-0672 EXT. 4



Please enclose a check for the total, payable to CKJF and mail this form to:

Central Kentucky Jewish Federation
1050 Chinoe Road Suite 203
Lexington, KY 40502

* There will not be any tickets sent prior to the event this year. Your name will be placed on the reservation list at the door where you will be able to check in upon arrival.

Dinner and a MURDER at Max & Sophie's!

Whodunnit? I/We want to be...

- Super Sleuth:** \$40 per person (includes dinner catered by Eileen McCormack, drinks, dessert, and entertainment)
Inspector Clousseau: \$100 per couple (includes twice above PLUS recognition in the program)
Miss Jane Marple: \$150 per couple (includes above PLUS a bottle of wine)
Sherlock Holmes: \$250 per couple (includes above PLUS reserved parking space and a part in the show)

I would like to be seated with the following people:

I cannot come, but please accept my donation of \$:

I would like to contribute the following for the Silent Auction:

I will help solicit for the Silent Auction:

Please send check and response to: Mindy Heller, 1032 Watermill Lane, Lexington, KY 40515

New Memory Principle (from page 6)

circumstances, may lose all: the stability of the recalled memory is inversely correlated with its dominance. This discovery is likely to assist in the future in developing new methods of wiping out unwanted memories and thus of treating some kinds of psychological trauma.

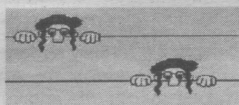
Research that deals with the physical basis of the processes and mechanisms of memory, especially those that involve chemical or other intervention, relies on animal subjects. The Weizmann team chose rats and fish because they are especially suited for this type of research. The rats learned to remember flavors; the fish learned to remember flashes of light, and in both instances, the animals were trained to associate them with conflicting memories. That is, the tastes were sometimes good and sometimes bad, and the

light sometimes signaled danger and sometimes didn't.

In both species, it was possible to show that the dominant memory, that which won out over other associated memories and determined subsequent behavior, was the only one that could be erased by giving the appropriate drug within a few minutes of the memory's recall. The closer we get to the "basic hardware" of memory, the more similarities exist between different animals, including humans, and this fact paves the way to the possibility that certain drugs found to be effective in eliminating memories in animals will also work on humans.

For more Middle Eastern news, visit www.jpost.com.

Central Kentucky Jewish Federation
Young Leadership presents...



Schmooze with Jews

An open conversation about being Jewish
in Central Kentucky

- WHO:** Adults ages 25-45
WHAT: Dialogue and dessert
WHERE: Joseph Beth Cafe
WHEN: Tuesday, December 9, 7-9 PM

Please R.S.V.P. by December 1 to Rachel Belin, 269-5675.

IF YOU FEEL . . .

- Dissatisfied with your relationships
- Too often angry and frustrated
- Disconnected and depressed
- Stressed or Anxious
- Displeased with your work situation

I can help you make changes that will improve your relationships and allow you the happiness you deserve. Please contact my office to schedule an appointment.

DAVID L. FEINBERG, Ph.D.

Individual, Marital & Family Counseling
520 E. Maxwell St. • Lexington, KY 40502

(859) 233-3390

Winter Dinner (from page 1)

form on page 14 of this issue of *Shalom*.

The committee is looking into an evening at Comedy Off Broadway for some time during the winter, probably February. More about this later.

The Women's Seder will be on either Wednesday, April 7 or Thursday, April 8, at Temple Adath Israel. This event requires a lot of planning and assistance from everyone in the community. Please offer your help either for planning the service, aiding with the food, or just general work on registration, setup, cleanup, etc.

We are planning to hold Yom HaAtzmaut at the Kentucky Horse Center again as it proved to be an extremely user friendly venue for us. Since this location offers protection from the elements, we do not have to be concerned with the weather. Consequently, we are holding it earlier in the year, Sunday, April 25 to be precise. This will eliminate the Mother's Day conflict and also will bring us much closer to the actual date of Yom HaAtzmaut, which is April 26. Put this one on your calendar now and, again, we need all the help we can get; please volunteer.

For our final event of the year we are looking into a tasting of local wines, to be held some time in June. We'll publish more as details become available.

To volunteer to work on any of these activities, or if you have suggestions for other events, please call Jana LaZur at 268-0672 ext. 4#.



**W•I•S•E
JEWISH
DATELINE**

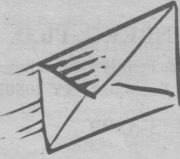
...an opportunity
for Jewish singles
to meet...

Partially funded by a
grant from the Jewish
Federation of Cincinnati

WISE JEWISH DATELINE
Providing a safe and relaxing dating environment.



Jewish Family Services of Central Kentucky Jewish Federation
(859) 269-8244
Dateline Main Office (813) 744-9978
www.wisejewishdateline.org - dateline@wisetemple.org



e-mail us at

shalom@jewishlexington.org





**Tikkun Lexington's
Stewart Home Visitation Schedule**

Thursday, December 18th 6:30 PM
Friday, February 13th 6:30 PM
Sunday, March 7th at 4 PM

**Come celebrate the festivals with Tikkun
and the Stewart Home Residents!**

Feel free to call Jana at 268-0672 extension 4#
or email tikkun@jewishlexington.org for any info.

We will ride together and caravan from the Chinoe
Shopping Center 45 minutes prior to start times

B'tay Avon

Ruth Poley

Corned Beef—It's Easier Than You Think

What's one reason why you don't make corned beef?

- a) It's too salty
- b) It's too fatty
- c) It's too much work
- d) All of the above

I'm going to give you a recipe for corned beef that will eliminate all of your objections. This will produce a dish that is low in salt, lean, and easy to prepare—and everyone will love it. It's good for a crowd, can be prepared a day or two ahead, can be served hot or cold, and will freeze well. It will work equally well in sandwiches or as the protein on a plate with vegetables and carbohydrates.

Buy corned brisket of beef (can be purchased in cryopak in the market; make sure it's brisket and not some other cut of meat) in whatever quantity you need. You should allow a half pound per person as it shrinks a lot in the cooking.

Open the package and rinse the meat. If there's a small package of seasoning included, set it aside for now. Put the meat in a large, heavy pot and add cold water to cover. Bring it to a boil on the stove and then turn it down and let it simmer for 1/2 hour. After 1/2 hour, pour off the water, cover the meat with fresh cold water, open the package of seasonings and add them now (If no seasoning came with the meat, put two or three whole bay leaves, ten peppercorns, and about four whole cloves into the water with the meat.) and return to the stove. We

have now eliminated the salt problem as the water you pour off will take most of the salt with it. If salt is not a problem for you, just eliminate the changing of the water and put the seasonings in when you start cooking.

Bring to a boil, reduce to a simmer and cook for about an hour for each pound of meat or until a fork slips in and out easily. If you have more than one piece of meat in the pot, you cook it for an hour per pound of each piece, not for the aggregate weight that is in the pot. (For instance, if you have six pounds of meat, one two-pound piece and one four-pound piece, you would cook each piece only until it is tender.)

When the meat is tender, remove from pot, allow to cool slightly, cover and refrigerate. After the meat is thoroughly chilled, take a sharp knife and cut off all the fat. The second problem is gone, the fat has been removed.

Now prepare a glaze by mixing together 1/2 cup of yellow salad mustard, 1/4 cup of brown sugar, and 1/4 teaspoon of ground cloves. Cover a baking sheet with aluminum foil, put the meat on the foil, spread the glaze on the meat, and bake in a 350° oven for 1/2 hour. Remove from the oven, slice thinly against the grain (you should not have long strings of meat in your slices), serve, and sit back and accept the compliments.

The third problem never was a problem; this is really a simple process. It's wordy because I've given a lot of detail, but once you make it you'll see how easy it is. I promise!

Ask JFS About....Pregnancy and Separation Issues

Ask JFS is a monthly advice column with questions from members of the community requiring assistance with a wide range of issues. If you have a problem or a concern that you would like addressed in this Shalom column, please send your queries to Ask JFS c/o Jewish Family Services, 1050 Chinoe Road, Suite 203, Lexington, KY 40502. You can also call in your confidential questions at 269-8244 or email them to us at: JFS@JewishLexington.org.

Dear JFS,

I am a 33 year old mother of a five year-old son, with another on the way. I recently left my husband because of his drinking problem, and now I am alone to deal with my child, and the issues related to my pregnancy. One question I have is regarding some tingling in my hand and arms that seems to have occurred since I became pregnant, but they did not occur with my first child. I am wondering if this is a problem I need to visit the doctor for, or if you think the sensations may go away as quickly as they appeared?

Pregnant Woman in Need

Dear Pregnant,

You should see your physician to see if the tingling sensation is carpal tunnel syndrome. The good news is that this is not uncommon for women to experience during pregnancy, as it is related to nerve conditions due to the changes your body undergoes at this time. I would also recommend that you consult your medical doctor before adding any supplements to your diet.

The not-so-good news is that you may be experiencing some additional difficulties at this time due to the stress caused by the separation from your husband. Studies show that men who abuse alcohol are also more prone to become perpetrators of domestic violence, and without knowing the particulars of your situation, I do not know if this was also an issue in your marriage. I strongly urge

you to make an appointment for a personal consultation.

Rest assured, there is support available in this community for you and your child. The local spouse abuse center is a good option, especially if you are in fear now that you are no longer with your husband. Research indicates that women who experience domestic violence are at a greater risk of abuse once separated. There are also very good private counselors available to help you with your situation, and I would be happy to provide you with appropriate referrals.

Please call for a confidential phone consultation or to set up an appointment. I can be reached at 269-8244, or send an email message to: jfs@jewishlexington.org.

JFS

WE ARE LOOKING FOR A FEW GOOD COLLEGE STUDENTS

* Holiday celebrations when you can't get back home.

* Hillel can be your home away from home.

* Need a ride, or the answer to a question?

* Don't feel like a stranger in a new place, or while you are on your own



* Get in on fun activities!!
(Shabbat dinners, hiking trips,
Hanukkah parties and more...)



If you would like to be added to Hillel's mailing list, or know of someone who would, please drop us a line at hillel@jewishlexington.org

All undergraduate and professional students at U.K. and other institutions of higher education welcome.

TEMPLE ADATH ISRAEL NEWS

124 N. Ashland Avenue • President, Judith Hersh • (859) 269-2979

The Kollel Study Group

The Kollel Study group meets Saturdays at 9:00 AM, on alternate weeks, alternating with Torah Study. These groups bring together people who love study and matters of the mind.

The Torah Study group is leisurely studying and discussing the five books of Moses... sentence by sentence. At present after many years it has reached the last book, Deuteronomy.

The Kollel group studies concepts and issues that lie close to the Jewish heart. At present this study centers upon the founding principles of the American Reform movement — the "Declaration of Principles of the 1885 Pittsburg Conference", drafted by luminaries such as Isaac Mayer Wise, Kauffman Kohler, and Emil G. Hirsch.

These principles were not plucked out of thin air but were the end product of a series of conferences held in France, Germany, and the USA beginning with the Sanhedrin established by Napoleon Bonaparte in the early 19th Century. They are being studied sentence by sentence.

The purpose of the Kollel group's study is not to assert these principles as eternal truths, nor to refute them, but to discover what wisdom lies in them and to expand upon them.

Feel free to attend any time, and join the lively discourse in a friendly, supportive environment.

Joe Engelberg
Phone: 266-2653 or
E-mail: engelber@earthlink.net

Please Don't Have A Yard Sale!!!

It is time to clean out the closets again and donate good used items to the Social Action "Ritzy Yard Sale" Silent Auction. The auction

will be held in conjunction with the Hanukkah Fair on December 21.

You can start bringing your things such as household items, decorative items, any items that you can no longer use (no clothes please) to Temple right away as the items will be picked up on a weekly basis by the committee. Many items have come in and we are looking for much more. We want this sale to be bigger than the last one, so please donate your items as soon as possible. As always, your items are tax deductible and a donation receipt will be available at the office when you bring your items in.

The Social Action Committee wishes to thank you in advance for your donations to this year's fundraiser.

Religious School Shabbat

As part of the Centennial Celebration, on Friday, November 14, 2003, we will honor all previous and current religious school principals, religious school teachers, and Hebrew school teachers at services and with a special oneg.

If you have previously taught in the Temple religious school, please contact the Temple office so that we can make sure that our list of honorees is accurate and complete. It would be helpful if you could also give us the approximate dates of your service on the faculty.

We encourage all members of the congregation to join us at services on November 14, 2003 as we recognize these most valuable individuals, our teachers.

PRESCHOOL NEWS

Laura Creamer—Director
Our Holiday Shopping Fair will be on

Sunday, November 9 from 10:15 am – 1:00 PM. We will have many businesses represented such as Partylite Candles and Gifts, Southern Living, Discovery Toys, and other local businesses. Come and get all of your Hannukah shopping done in one place! There are a few spaces left in our 3 and 4 year old classes.

Spread the word, and call Laura Creamer at the preschool, at 269-2979, for more information.

Community Bar/Bat Mitzvahs - TAI



Bat Mitzvah

MOLLIE MERISA GREENBERG

Please share our joy
as our daughter,

Mollie Merisa Greenberg

celebrates her Bat Mitzvah
on November 21 & 22, 2003

Mollie Merisa is the daughter of
Rick & Vickie Greenberg

The Friday service begins
at 7:30 PM
on November 21, 2003

The Saturday service begins at
10:30 AM on
November 22, 2003

Kiddush Luncheon will follow
the Shabbat morning service

Circle **DECEMBER 14** On Your Calendar

The Social Action Committee, with help from the Religious School, is once again sponsoring a Hanukkah carnival, yard sale, and silent auction to be held on Sunday, December 14, 12:30 P.M. at TAI.

Fun for singles and families, young and "mature." Spend your money for good causes and take home wonderful art objects, plants, tools, pottery, and much more.

OHAVAY ZION SYNAGOGUE NEWS

2048 Edgewater Court • President, Nancy Hoffman • (859) 266-8050

The heart of Fall has arrived and we are busy with lots of "cool" activities. We welcome newcomers to the community and wish everyone a very Happy Thanksgiving.

Culminating Program for Operation Noah:

Taking Care of Animals Week

During the last two Shabbatot in October, we study the stories of Creation and of Noah in the weekly cycle of Torah readings. Both stories remind us of the responsibilities we have to take care of the animals of our world. As a part of this special week, OZS has been collecting items to be donated to the Lexington Humane Society. We are calling this special program, "Operation Noah."

Join us **Sunday morning, November 2nd**, for a special culminating program for Operation Noah. During the morning we will celebrate the animals of our world and give special attention to our family pets who help to make our lives special. Call the OZS office for more information.

We say *yasher koach* to our Kadima youth group who will present a creative *D'var Torah* on the topic of animals during the Shabbat Morning service on November 1st. We also thank them in advance for taking on the mitzva of delivering the donated supplies collected to the Lexington Humane Society.

OZS Religious School News

The Religious School Service on Friday evening, November 7th, will be a very special one for our students as they celebrate Jewish Identity Night. Students have been interviewing or learning about someone in their family they wanted to know more about. The idea is to foster communication within families about their Jewish history and to enhance our students' Jewish identity by discovering Jewish family heroes. During the evening, family pictures and biographies will be on display. Everyone is invited to see the culmination of this wonderful experience for our children and to share memories with our OZS families.

Our **Junior Congregation** program continues on November 22nd at 10:30 am in the Music Room. The program is coordinated by Steve Davis-Rosenbaum and led by Penina Goldstein

with help from our Religious School Aides. We encourage parents to attend with their kids!

Our OZS and TAI Jewish study program for 11th and 12th graders, **Senior Chai**, will meet this month on November 12th, at 6:30 PM. Now in its 3rd year, Senior Chai offers our Jewish juniors and seniors the opportunity for monthly study and socializing in a warm and welcoming atmosphere. If you are interested in participating and need more information please contact Rabbi Cohen or Rabbi Kline.

Daily Minyan

Our daily minyan continues to meet each afternoon Monday-Thursday at 5:45 PM in the Sanctuary. Please come and help make a minyan!

Make A Difference: God's Pantry — Social Action

We are happy to have established an ongoing relationship with God's Pantry as we visit their facility the third Thursday of each month to help sort and bag food items for distribution to those in need. Come and join us with the whole family as we work together for this wonderful cause. Our next God's Pantry Night will be Thursday, November 20th from 6:00 PM — 7:30 PM. Call Ziggy Rivkin-Fish at 269-3990 to sign up.

Youth Group News

Our USYers and Kadima youth group members have been very busy this fall. USYers once again organized our yearly High Holy Day project, Operation Isaiah — during which they collected food for God's Pantry. We congratulate them on a job well done! In addition to several social activities during the month, USYers will lead a *Ruah* session (singing) following the *Oneg* on Friday evening, November 7th. Also, several of our chapter members will be heading off to Fall Kinnus in Cleveland on November 14th-16th. This month, Kadima

will be helping out with Operation Noah by presenting a special *D'var Torah* on animals on Shabbat morning, November 1st, and by delivering donated supplies to the Humane Society.

Shabbat at OZS

Celebrating Shabbat is always the focus of our weekly events here at OZS. We welcome in Shabbat during the Kabbalat Shabbat service each Friday evening at 6 PM. You are welcome to come "as-is" from work or whatever activities and join us for the spirited evening service before heading home for your Shabbat Dinner. On Friday, November 7th, the service will be led by our Religious School students as we celebrate Jewish Identity Night. A *Ruah* Session (singing!) led by our USYers will take place following the *Oneg*. Stewart Home will be here for their monthly Shabbat at OZS on Friday, November 28th.

Join us for our spirited Shabbat Morning Service each Saturday morning at 9:45 am. Kiddush Lunch follows each week.

Community Mission to Israel

We wish everyone traveling to Israel as a part of the CKJF Community Mission a heartfelt *N'SEE'A TOVA* — a good journey. As our Religious School students have begun a relationship with the children of Carmiel, Israel, we hope that those on the mission will have the opportunity to visit Carmiel and carry with them notes and gifts from the children of OZS. We know you will have a wonderful experience, and we look forward to hearing about your adventures when you return.

DO YOU WANT TO LEARN PIANO?



Svetlana Alkhasova is giving piano lessons for adults who would like to sharpen their minds, and for children at all skill levels. Svetlana Alkhasova was educated in Russia (St. Petersburg Conservatory). She taught at the college level for 20 years and has taught for four years at the University of Kentucky. If you want to schedule a lesson and/or get more information please call (859) 263-2327 or e-mail her at syalkh0@hotmail.com.

Answers to Crossword

- | | | | |
|---------------|--------------|----------------|--------------|
| 1. UNSCOP | 3. Abba Eben | 5. commander | 7. partition |
| 2. ben Gurion | 4. Jerusalem | 6. Kfar Etzion | |



AROUND THE COMMUNITY



CKJF - Central Kentucky Jewish Federation • 1050 Chinoe Road • Suite 203 • 268-0672 • David Feinberg, President

OZS - Ohavay Zion Synagogue • 2048 Edgewater Court • 266-8050 • Nancy Hoffman, President
Daily Minyan Mon.-Thurs. at 5:45 PM; Kabbalat Services Friday evening at 8:00 PM, except the fourth Friday of the month at 6:00 PM
Shabbat Services Saturday at 9:45 AM

TAI - Temple Adath Israel • 124 N. Ashland Avenue • 269-2979 • Judith Hersh, President
Shabbat Services Friday 7:30 PM; Worship Service Saturday 10:30 AM

HAD - The Lexington Chapter of Hadassah • Elise Mandel & Di Sobel • Co-Presidents

HAV - The Lexington Havurah • 269-4493 • Judith Saxe, President • Shabbat Services monthly. Call for schedule.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	November 1
2	Community Activities Committee	Election Day	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	December 1	2	3	4	5	6
7	8	9	10	11	12	13