

Remembering Dr. David Malinov

Dear friends,
It is with great sadness that last month, the Jewish Federation of Northeastern Pennsylvania lost its former Federation president and one of its most talented and gifted leaders – Dr. David Malinov – who passed away after a lengthy illness.

David was the first and, to date, the only leader from the Pocono Jewish communities in Pike, Wayne and Monroe counties to serve as president of the then newly-established Jewish Federation of Northeastern Pennsylvania 20 years ago and his active involvement continued until his tragic passing.

He was a unique and gifted

man whose foresight, dedication, vast organizational knowledge and experience, vision and especially his sense of humor not only assisted in strengthening the Jewish Fellowship of Hemlock Farms in Pike County for decades, but he mobilized his leadership and successfully encouraged many members of the Jewish Fellowship to become active participants in the Jewish Federation of Northeastern Pennsylvania.

On a personal note, over the past 20 years, David and I became close,



Dr. David Malinov

personal friends. Not only did he and his wife, Phyllis, join us for lunch and dinner on many occasions throughout the Poconos, but, for the past decade, they hosted my wife, Nancy, and myself as well as several of our adult children each year for a beautiful dinner at their home in Lords Valley

each *erev* Yom Kippur after which we attended Yom Kippur services together at the Jewish Fellowship of Hemlock Farms in Lords Valley.

In short, the Federation has lost one of its finest and gifted leaders

and, personally, I have lost a dear and trusted friend who was like a brother to me. He was a fine man and may his memory forever be a blessing.

I'm certain I speak for our Federation leaders past and present and for his many friends and colleagues throughout Pike, Wayne, Monroe and Lackawanna counties when I extend our collective condolences to his wife, Phyllis, and to his entire family. He will be missed by all of us. May he rest in peace. God bless.

Mark Silverberg
Executive Director Emeritus
Jewish Federation of Northeastern Pennsylvania

Weinberg Judaic Studies Institute to present lecture "Only in America?" on April 23

The Weinberg Judaic Studies Institute will present a lecture by Dr. David N. Myers, UCLA, on April 27, in the Pearn Auditorium at 7:30 pm. The title is "Only in America? Religion, State, and a Hasidic Town in Rural New York"

The presentation will discuss the remarkable case of Kiryas Joel, a town in New York state comprised exclusively of Satmar Hasidic Jews. What does this town of re-

ligiously observant Jews tell us about the "wall of separation" between religion and state of which Thomas Jefferson spoke? Has that Jeffersonian ideal given way to a new vision of religious liberties as the paramount constitutional right? These are some of the key questions at the heart of the debate over



Dr. David N. Myers

Kiryas Joel – and other strong forms of religious community – in the 21st century.

Myers is distinguished professor of history and holds the Sady and Ludwig Kahn Chair in Jewish History at UCLA, where he serves as the director of the UCLA Luskin Center for History and Policy. He

also directs the new UCLA Initiative to Study Hate. He is the author or editor of more than 15 books in the field of Jewish history, including, with Nomi Stolzenberg, "American Shtetl: The Making of Kiryas Joel, a Hasidic Village in Upstate New York" (Princeton, 2022), which was awarded the 2022 National Jewish Book Award in American Jewish studies. Myers also serves as president of the New Israel Fund.

Bais Yaakov of Scranton 5783

The Bais Yaakov began its school year with a bang! Orientation took place in school with a talk on *teshuvah* by Mrs. Elefant. Mrs. Elefant read a famous essay with the girls by the Chofetz Chaim, a great

leader of Torah Jewry in the early 1900s titled "Mah Lecha Nerdam," "Why are you sleeping?" In it, he enumerates various disasters that happened during his time, such as fires, floods, earthquakes and the

like. His message being that Hashem – the Almighty has many messengers that give us a wake up call to look introspectively and repent. The girls then went to Chapman Lake where they were hosted by Dr. and Mrs. Joel Laury, parents of four graduates of Bais Yaakov, for a barbecue and boating on the lake.

School started in full swing after Labor Day with all our classes and chesed community programs underway. Girls have been delivering small kugels and challahs throughout the community. These warm gestures are very much appre-

ciated. Daily visits to Elan Skilled Nursing and Rehab have resumed. For Sukkot, the students decorated Elan's sukkah in time for the holiday of Sukkot, while visiting with residents at the same time.

Our Mishmeres Program on refined speech and Our Bnos Melochim, Daughters of Royalty, Program on modesty in action and dress are also in full gear.

See "Bais" on page 5

SAVE THE DATE

Sunday, May 21, 2023

SCRANTON HEBREW DAY SCHOOL

75th Anniversary Dinner

at the Hilton – downtown Scranton

CANDLE LIGHTING

March 3	5:37 pm
March 10	5:45 pm
March 17	6:53 pm
March 24	7:01 pm
March 31	7:09 pm
April 7	7:16 pm

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Survey says...
An AJC survey finds half of Americans do not know how many Jews died in the Shoah.
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Elan Gardens Senior Living names Mauriello as admissions and marketing director

Cindy Mauriello has been hired as director of admissions and marketing at Elan Gardens Senior Living, A Jewish Senior Life Community.

In her role, Cindy will be a community liaison and develop outreach programs and activities. She will also oversee the often-challenging admissions process.

“We strive to make you feel at home at our home,” she said. “No matter the need – from personal care to memory care—Elan Gardens Senior Living is here for you.”

She has been a resident of Northeast Pennsylvania for most of her life. She graduated from St. Thomas Aquinas College in Sparkill, NY, with a degree in business and a minor in marketing.

Cindy began her healthcare career in 2006 at the Berwick Hospital Center as the Business Development professional and spent the past 16 years working with Commonwealth Health System in various roles, including sales and business development.

She also worked for several years in home health sales before coming to Elan Gardens in November 2022 as the Director of Admissions and Marketing. Cindy has two adult children, Carmen and Anntoniette, and is looking forward to becoming a grandmother in May 2023.

Elan Gardens Senior Living is a non-profit and community focused facility that provides quality care for residents in Personal Care and Memory Care.

All of our goals are focused on accomplishing our mission: to offer a supportive residential environment dedicated to maintaining each individual's strengths, abilities, and autonomy while providing the resources to further enhance the quality of their lives. We bring our mission to life with the support of our sister community, Elan Skilled Nursing and Rehab in Scranton, PA. Visit <https://elangardens.org> for more information.

Activity: a simple formula for better mental and physical health

◆ An Elan Skilled Nursing and Rehab blog

Staying active is as simple as moving more and sitting less. That simple formula may not always be as easy as it seems. Motivation is key – especially for seniors.

Elan Skilled Nursing and Rehab, A Jewish Senior Life Community, provides a variety of activities to promote senior activity. There are numerous studies that support the

benefits of activity not only for physical and mental wellbeing but an overall improvement of one's quality of life.

Quite simply activity is important. Your physical health is a key aspect to maintaining independence – strong muscles, solid balance, and stamina will help you bring groceries into the house, play with your grandchildren and allow you to be more resilient should you fall or have an illness.

Physical activity has immediate health benefits including better sleep and less anxiety. It can also help you feel better, improve your balance, and boost your brain health. It also reduces your risk of chronic conditions such as heart disease, Type 2 diabetes and depression.

Beyond the physical and mental health benefits of exercise, if you exercise outside your home it's a good opportunity to meet friends, provide social stimulation and avoid isolation.

◆ Any exercise is better than no exercise

According to the Centers for Disease Control, adults aged 65 and older need at least 150 minutes a week of moderate-intensity activity such as brisk walking, or 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running. Additionally, it is recommended that seniors practice activities that strengthen muscles at least two days a week, and activities to improve balance – such as standing on one foot – about three days a week.

One hundred fifty minutes might seem like an unreachable goal, but re-framing the weekly recommended guideline into a daily activity goal will make it more manageable and position you for success! A 15-minute walk both in the morning and afternoon along with a tai chi or

yoga session a few days a week can help you achieve the recommended activity guideline and boost your health. Small amounts of physical activity accumulated throughout the day adds up to provide you with the health benefits associated with increased activity.

◆ Moderate vs. vigorous aerobic activity

Everyone's fitness level is different. Your age, gender, current physical condition, diet, sleep habits, environment and even heredity all play an important role in physical fitness. Rather than focus on what “should” count as moderate or vigorous exercise, simply evaluate how different activities make you feel. Your perceived exertion level may be different than your friend or your neighbor's when doing the same exercise. Understanding that this is perfectly normal and exercising to your comfort level without overexerting yourself is what is important. Exercise will likely increase your heart rate and respirations (rate of breathing) – typically, the more intense the activity the higher your heart rate and breathing rate.

A rough gauge of intensity would be to evaluate your rate of breathing. Moderate-intensity activity increases your breathing to the point where you can still have a conversation, but can't sing. Whereas, with vigorous activity you are breathing hard and are unable to say more than a few words without stopping to catch your breath.

Your key to success is to avoid pushing yourself too hard. If you are short of breath, in pain or can't continue the activity as long as you planned you are probably exercising harder or higher than your current fitness level can accommodate. The best approach is to ease up and slowly build up your intensity. Overexertion often leads to injuries,

which can sabotage your health goals.

◆ What are good exercises for seniors?

Whether you go to a gym or work out at home, choosing activities that you enjoy is your key to success. You will be more apt to continue your exercise plan when the activity is enjoyable. Variety is also an important aspect of a good exercise plan. The ideal plan should include a combination of strength exercises, balance exercises, and aerobic activity. However, the best exercises are the ones that match your abilities and that you enjoy, ensuring that you stick with them and positioning you for ongoing success!

Some physical activity is better than none. Even routine activities that are part of our daily living, such as cleaning your house can be a good way to supplement your exercise. If you have trouble with daily activities, such as climbing stairs or walking, exercise is still important and might even alleviate some issues. Start with short time periods of activities that you can do, such as slow walking or going from a sit-to-stand position and progress from there as your strength, stamina and endurance improve.

If you have a health condition such as arthritis, diabetes or heart disease regular physical activity can improve these health outcomes, your quality of life and even reduce your risk of developing other conditions. But, you will want to be sure to talk with your health care provider before starting any formal exercise program.

◆ Balance activities

Working on your balance is an important part of preventing falls and improves your overall mobility. Nearly one in three adults over the

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The Reporter

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Executive Director: Daniel Chejfec

Executive Editor: Rabbi Rachel Esserman

Layout Editor: Diana Sochor

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HOW TO SUBMIT ARTICLES:

Mail: 601 Jefferson Ave., Scranton, PA 18510

E-mail: jfnepareporter@jewishnepa.org

Fax: (570) 346-6147

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E-mail: advertising@thereporter.org

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COMMUNITY NEWS

How Jews talk and talk and talk

We Jews are a people of many words. We like to talk, to argue, to yell. Whatever else, we are not a quiet people. Sometimes we talk too much and sometimes we say the wrong thing... but we talk. Jewish culture is inconceivable without the spoken word, the constant interactions among ourselves and with the world around us. Have you ever run into a quiet gathering of Jews?

The first chapter of the Torah advises us that the Almighty brought the world into existence through his word. And ever since, Jews have tried to live up to our partnership with the Almighty by talking among ourselves (and to everybody around us) nonstop. It does



FROM THE DESK OF THE EXECUTIVE DIRECTOR

DANIEL CHEJFEC, PH.D.

explain the success of Jewish stand-up comedians, for one. But in our American sojourn something different happened. We learned to create new realities through our speech. While Jewish politicians existed before in Europe, it never happened to the extent it did in America.

We took the most cherished values of our tradition and brought them to the public square – where the non-Jews did in fact listened! This is not Leon Blum minimizing his Jewish identity and becoming the Socialist prime minister of France (1936-1937) or Disraeli being baptized to succeed in politics, but it is Joe Lieberman elected to run as vice president on the ticket of a mainstream American party, and proudly displaying his Jewishness.

As Jews in America, we enjoy unparalleled freedoms as a minority. (In Israel, we also en-

joy those freedoms, but we are the majority.) Fighting for our rights as citizens and defending them against those who would take them away was one of the earliest manifestations of Jewish life beyond the synagogue in America. We not always agree what fighting for our

rights means (we are Jews after all), but we do agree that we need to fight for them and defend them. The American Jewish Community gave birth to many Jewish “defense” organizations – the Anti-Defamation League being the first, and later organizations including Jewish War Veterans, the American Jewish Committee, the American Jewish Congress, etc., etc. Standing up for our rights and for the society that allows Jewish life to flourish, is an important part of being a Jew in America.

And that is why the Jewish Federation of Northeastern Pennsylvania decided to recently re-constitute the local Jewish Community Relations Council (JCRC), asking all organizations to send their representative. That way we can sit around the table, look at the issues of the day, decide which one’s matter to us, try to find a consensus and speak to the general community from that consensus. It is an important part of being a Jew in Northeastern Pennsylvania. If you are interested in the work of the JCRC, or have an issue you feel we should address, please contact me at Daniel.Chejfec@jewishnepa.org or (570) 961-2300.

Congregation B’nai Harim collecting for the Women’s Resources of Monroe County

Congregation B’nai Harim is collecting items for the Women’s Resources of Monroe County during March.

We are collecting items needed by Women’s Resources of Monroe County, so that we can donate them for Women’s Month in March. You can drop items off at the temple or Mountain Top Lodge. Items needed are: journals, baby wipes, cleaning supplies, larger sized diapers, PJs (all sizes), underwear (all sizes), stretchy pants (all sizes) and gift cards (Walmart and gas).

Congregation B’nai Harim is located in Pocono Pines at Route 940 and Sullivan Trail. The building’s address is 5349 Pocono Crest Rd., Pocono Pines, PA. Its mailing address is P.O. Box 757, Pocono Pines, PA 18350. For

further information, call the message center at 570-646-0100 or visit the website www.bnaiharimpoconos.org.

DEADLINES

The following are deadlines for all articles and photos for upcoming *Reporter* issues.

DEADLINE	ISSUE
Monday, March 13	April
Monday, April 10.....	May
Friday, May 12.....	June
Monday, June 12.....	July

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Health

age of 65 will fall each year. It's no surprise that falls are the number one cause of injury among senior adults. The good news is that falls can be prevented with the right approach. Balance training, stretching and strengthening the back, abdomen and leg muscles can also improve balance. There are several exercises intended to improve balance, but below are a few simple ones that can be completed anywhere – such as your living room or bedroom: Walking backward, standing on one leg, standing marches, seated marches and sit-to-stand exercises

Good balance when standing is very important, but it is equally important to have good balance when sitting in a variety of chairs or on surfaces. Getting in and out of your bed and on and off the toilet are activities that create increased risk for falls because they require good balance.

When starting with balance exercises, keep a chair, wall, or countertop nearby to steady yourself in case you get wobbly. For more of a challenge, try closing your eyes as you balance on one leg. As you become more comfortable add some dual tasking to your routine. This would include any activities where you need to concentrate on a task while being mobile, like side-stepping while also counting backward from 10.

◆ Aerobic activity

Aerobic physical activity or “cardio” gets you breathing harder and your heart beating faster. This type of exercise can strengthen your cardiovascular system; improving circulation and lowering blood pressure. It also burns more calories. A few low-impact aerobic activities that you might consider are walking or hiking, some forms of yoga, bicycle riding (stationary or outdoors), water aerobics and tennis.

Cardio exercises can be anything that gets your heart rate up. You can break it down into 10 minute increments throughout your day doing things that are part of your normal routine; such as carrying in groceries, walking into the store or transporting your laundry between floors. The key is consistency. You

are more likely to be consistent in your routine if you enjoy what you are doing and if you are performing tasks that must be completed.

◆ Strength exercise has no age limit

As we age, muscle mass in our body generally shrinks resulting in decreased strength and power. This process can begin as early as 35 years of age and typically progresses at a rate of 1-2 percent each year accelerating once we reach age 60. Without regular strength training, we can expect to lose four to six pounds of muscle every few years. Weak muscles will only hasten the loss of independence creating challenges in completing our activities of daily living, such as walking, cleaning, dressing, grooming and running errands. Losing muscle also affects our ability to recover from serious illness or injuries.

Strength training is one way we can avoid losing muscle mass and weakening bones. Strength training can reduce our risk of osteoporosis, increase our metabolism and help us to better manage or even lose unnecessary weight. Feeling stronger also helps improve our mental and emotional health.

Strength training exercises are easy to learn and both safe and effective. The American College of Sports Medicine recommends weight training for all people over age 50 and tells us even those into their 90s can continue to benefit. You should check with your physician before beginning a formal strength training program.

To gain health benefits, you need to do muscle-strengthening activities to the point where it's hard for you to do another repetition without help. A repetition is one complete movement of an activity, like lifting a weight or doing one sit-up. Try to do eight to 12 repetitions per activity, which counts as one set. Try to do at least one set of muscle-strengthening activities, but to gain even more benefits, do two or three sets.

The activities you choose should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms). You may want to try lifting weights or working with

resistance bands, doing exercises that use your body weight for resistance (push-ups, sit-ups), heavy gardening (digging, shoveling) and some forms of yoga.

If you're exercising at home and don't have weights, get creative! Soup cans, water bottles, or a backpack with a few books in it can all substitute in a pinch. In fact, a one-liter water bottle weighs 2.2 lbs.

You should aim for three days per week of strength training on non-consecutive days. Monday – Wednesday – Friday or Tuesday – Thursday – Saturday routines help to give your muscles proper rest between strength workouts. You can also alternate between upper body and lower body exercises to avoid overworking the same muscle groups and allow proper rest between workouts. Incorporating your strength training into your daily schedule positions you best for success. Doing your strength exercise routine during your favorite TV show or with a friend may help keep you motivated.

◆ Is a gym right for you?

Some people enjoy going to a gym and find it gives them extra motivation to be consistent. It also provides access to a variety of fitness machines you may not have at home. However, finding a gym that is a good fit for your needs can feel overwhelming. When looking for the right fit, consider 1) A gym that provides supervision. Some gyms can be intimidating and participants can feel like they are on their own. Make sure the gym has trained staff who are available to assist and support you as you exercise. 2) A gym with staff who are knowledgeable and trained to work with seniors. The staff should understand the conditions of aging and be familiar with techniques that target maximizing function.

It is also wise to inquire about the gym's cleaning protocols. Regular sanitizing of equipment and surfaces to prevent the spread of COVID-19, influenza, and other illnesses and readily available cleaning supplies (spray bottles, wipes, and paper towels) for participants to wipe down equipment after using are also important considerations. Do your homework before making the final decision to join a gym or signing any contracts.

ABOUT ELAN SKILLED NURSING AND REHAB

Elan Skilled Nursing and Rehab, formerly the Jewish Home of Eastern Pennsylvania, provides high-quality care, dignified and compassionate services to all

. Continued from page 2

residents in need of rehabilitative care as well as long term care. Our rehabilitation program provides seniors with a formal plan to restore physical function to the greatest degree in the shortest time to assist with returning to their typical and usual environment and activities of daily living. Rehabilitation therapy may be used to treat injuries that macro traumatic in nature, such as falls, accidents, or other injuries or micro traumatic injuries that can occur from chronic use or overuse of muscles, joints, tendons or limbs.

We also treat a variety of conditions and traumatic injuries such as strokes, cardiac conditions, PD, MS and recent amputations that may affect your ability to perform basic self-care tasks such as feeding yourself, walking, stair climbing, and getting in and out of your own bath tub so you may be able to transition safely back to home or your community.

During a rehabilitation program, a therapeutic exercise program is established based on the individual's strengths, weaknesses, functional abilities, and goals.

According to Rehabilitation Director Melissa Gibblets, our modern and well-equipped therapy department staffed by licensed physical, occupational and speech therapists offers power trainer machines for non-impact arm and leg exercise; parallel bars and stairs to improve gait and balance; Dynamic Balance rebounder; ultrasound, electrical stimulation and diathermy for pain management, improvement of mobility and wound healing; Omni VR (virtual reality) system to enhance one's coordination, strength and mobility; client-centered, short-term programs for transitioning from a hospital stay or staying safe at home: Client Centered Rehabilitation Programming specialized for individuals with Dementia tailored to resident's cognitive abilities and current function.

We also offer a Nursing Restorative Program, featuring unique protocols tailored to each resident's needs, improving and maintaining ambulatory skills, building core strength, and fostering greater mobility. For more information on our rehabilitative and restorative nursing programs, contact Melissa Bednar at 570-344-6177.

We provide enriching experiences to older adults through a broad range of housing options and support services that reflect the spiritual, social and cultural values of their tradition. We are a faith-based nonprofit organization governed by a volunteer Board of Directors.



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Bais.Continued from page 1

Students attended the National Convention of Torah Umesorah in November as babysitters. While there they had the opportunity to hear inspiring lectures and attend session specially arranged for them. The next Shabbat, the two students heading the Mishmeres program where they again were privileged to hear from many renowned speakers including Rabbi Yitzchak Feigenbaum who came in specially from Israel.

◆ Chanukah with Bais Yaakov

The Bais Yaakov girls went to the home of Nettie Pinkus, who they visit regularly, to celebrate Chanukah. Mrs. Pinkus has been living in Scranton for over 75 years and has many stories to tell. They had a grand time playing dreidel and eating donuts. They also went to Elan Skilled Nursing and Rehab to celebrate and play dreidel.

◆ Bais Yaakov Chanukah Family Dinner and Carnival Huge Success

Many turned out, despite the inclement weather, for the warmth and fun of Bais Yaakov's annual Chanukah Family Dinner and Carnival at Machzikeh Hadas. Booths were run by the high school girls, assisted by alumnae and girls from the Scranton Hebrew Day School. A delicious meal was prepared by Mrs. Leah Laury and Mrs. Nancy Ben Dov. Toys were collected for the Chai Lifeline Toy Drive which are distributed to sick children and their families.

◆ Asara B'Teves-Fast of the 10th of Teves Program

Every year on the 10th of Teves, a fast day commemorating the siege of Jerusalem leading up to the destruction of the Temple and exile, Torah Umesorah's Zechor Yemos Olam Division has a Holocaust education program. The students saw a video, "Rescue and Neglect—The

Heroism of Two Great Men," about the efforts of Rabbi Michael Ber Weissmandel of Slovakia and Rabbi Solomon Schoenfeld of England.

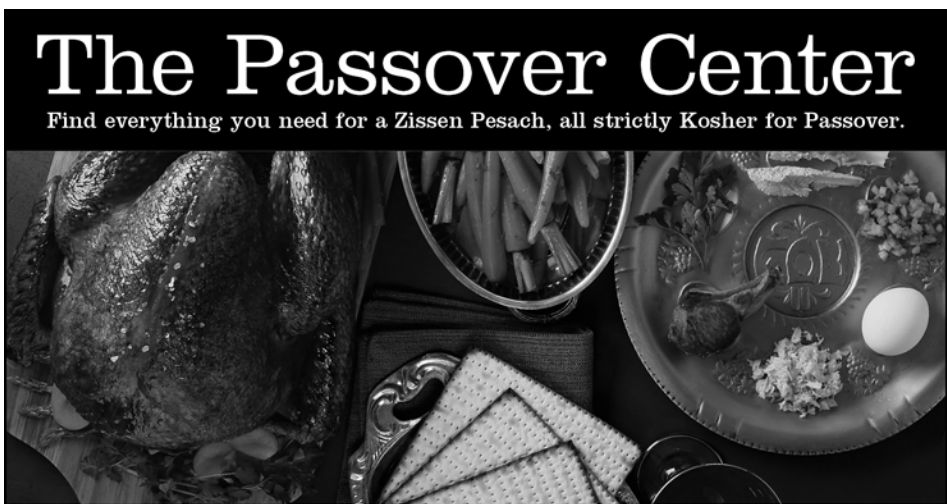
Rabbi Schoenfeld's brain child was the Kindertransports bringing thousands of children to safety in England where he found housing for them and eventually opened a boarding school to accommodate these orphaned children.

Rabbi Weissmandel, who jumped from a cattle car on route to Auschwitz and supplied the Allies with his own hand drawn map of rails to be bombed, unfortunately ignored, was instrumental in negotiating with the Nazis, offering bribes in exchange for Jewish lives. As a result of his efforts 140,000 Hungarian Jews were saved. Rabbi Weissmandel lost his wife and 10 children, but survived the war. He came to America determined to rebuild and re-established his yeshiva from Nitra, Hungary, in Mt. Cisco, NY, where it remains till this day. He felt that true revenge for the Nazis was the proliferation of Torah and Jewish Life.

◆ BNOS is Back!

After a long COVID break, Bnos Shabbos youth groups for girls in grades one-three are back. The Bais Yaakov girls tell stories, lead the groups in song, games and tell the groups in song, games and tell the *parasha*. The girls are treated with special Shabbos treats.

The Bais Yaakov Annual \$100,000 Sweepstakes Campaign began on February 1. The grand prize is \$100,000 with many other prizes. One ticket is \$100, two are \$180, three are \$250, etc. Check your computer for more information. Tickets can be purchased in honor of, in memory of, or any other message. Sponsorship opportunities are also available.



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Grains and veggies speak to Purim culinary tradition

BY ETHEL G. HOFMAN

(JNS) – This should be a fun-filled, over-the-top Purim this year; after all, it's exactly three years since the coronavirus turned our world upside-down. This year, the holiday begins on the evening of Monday, March 6 (the 14th day of the Hebrew month of Adar), and continues throughout the following day. For those who observe it, the fast of Esther takes place from dawn to dusk on Purim eve.

The celebration is linked to the survival of Jews in the Persian Empire in the fifth century B.C.E. when they were marked to be put to death in one day. They were saved, somewhat hesitantly at first, by Esther, a young Jewish woman who eventually put her fears aside to stand out among... well, women. The story told in the book of Esther, read from the Scroll of Esther (Megillat Esther), is that in the face of destruction, violence and the Haman the Agagite's dastardly plot, Jews not only survived but thrived. In glorious victory, they went from possible extermination to preservation.

And today, they go *l'dor v'dor* – “from generation to generation.”

On this holiday, almost anything goes. It's like a carnival, Fastnacht (Carnival of Basel) in Switzerland, April Fool's Day and the Philadelphia Mummers all rolled into one. Kids and adults alike dress up; you'll see Queen Esther (a favorite with little girls), King Ahasuerus, Mordechai and even the evil Haman. Purim is the only Jewish festival where it's actually encouraged to get so drunk that you can't tell the difference between “cursed be Haman” and “blessed be Mordecai.” This stems from a quotation in the Talmud attributed to Rava, a fourth-century rabbi. I prefer to think it means “devil may care” tipsy, not rip-roaring drunk.

In Israel, the holiday goes way beyond religious roots. Celebrations begin the day before. Dress up and go to work. In the streets, zombies, clowns, courtesans and bare-chested young men draped in fake fur jostle through the crowds. Pre-COVID, in the Machane Yehuda open-air market in Jerusalem, I

saw kilted Scots dancing on top of cars, music blaring (a nod to the large Jewish immigration from Scotland to Jerusalem). Young and old, everyone has a ball!

Queen Esther is said to have eaten a vegetarian diet in order to keep kosher while living in King Ahasuerus's palace. For Purim Seudah, the holiday feast, it's traditional to serve dishes that incorporate pulses (crops harvested solely as dry grains) such as peas, beans and nuts. Dining at Dvash, a Mediterranean restaurant in Boca Raton, FL, I was inspired to recreate a spectacular hummus dish topped with cubes of roasted eggplant. It's very easy and certainly better (and cheaper) than the store-bought kind. The eggy, vegetable tagine I tasted in Tunisia is similar to a frittata and baked in a round dish. In fact, tagine comes from the Greek tagame, meaning “frying pan.”

Queen Esther's Lentil Stew is what I call a forgiving recipe. A bit more or less still works well. Just season with cumin and oregano to taste, and substitute canned beans for cooked lentils. Lentils are a good plant-based source of protein, carbohydrates and fiber. Kids will have fun making Haman's Flea cookies, my “go-to” simple shortbread sprinkled with poppy seeds. For the hamantashen filling, be adventurous. Combine any crushed cereal with a nut butter such as Nutella. As for Rocky Poppy Buns, these are way fluffier and tastier than Hagrid's variety served to Harry Potter.

Chag Purim Sameach! HOMEMADE HUMMUS (PAREVE)

Makes 1½-1¾ cups

Cook's tips:

- ◆ Tahini is a Middle Eastern condiment—a smooth mixture of toasted, ground, hulled sesame seeds. Stir well before serving, as it tends to separate.
- ◆ Use fresh lemon juice, not bottled. One large lemon yields about 3 tablespoons of juice.
- ◆ Lemons at room temperature yield more juice.
- ◆ Drain canned chickpeas, but hold back 3 tablespoons to add to the mixture.

1 (15-oz.) can of chickpeas, drained (see tips)



Hummus and fried eggplant. (Photo courtesy of Dvash Mediterranean restaurant in Boca Raton, FL)

¼ cup tahini
2 to 3 Tbsp. liquid from chickpeas
3 Tbsp. fresh lemon juice
½ tsp. bottled minced garlic or to taste

¼ cup of extra-virgin olive oil (divided)

1½ tsp. cumin

Paprika or snipped parsley to sprinkle

In a food processor, place chickpeas, tahini, 2 tablespoons chickpea liquid, lemon juice, garlic, 2 tablespoons olive oil and cumin. Pulse and process to a smooth paste.

To make a creamier mixture, add the remaining chickpea liquid and process.

To serve: Spoon into a shallow dish, sprinkle with paprika or parsley, and drizzle with olive oil.

Serving suggestion: Top with Crisp Roasted Eggplant Cubes.

CRISP ROASTED EGGPLANT CUBES (PAREVE)

Makes 4 cups

Cook's tips: Eggplant may be sliced or cubed. Do not freeze; frozen eggplant breaks down and becomes mushy.

1 medium eggplant, ends trimmed and cut into 1-inch cubes

3 Tbsp. olive oil

½ tsp. kosher salt

½ tsp. fresh ground pepper

Preheat oven to 425°F. Spray a baking sheet with nonstick baking spray.

Add the cubed eggplant. Toss with olive oil, salt and pepper.

Spread on a baking sheet in one layer. Roast in a preheated oven, on the center rack, for 25 to 30 minutes. Toss after 15 minutes.

Eggplant is ready when it's nicely browned and soft when pierced with a sharp knife.

Serve hot or warm on a bed of hummus.

POTATO, PEPPER AND PARSLEY TAGINE (PAREVE)

Serves 6-8

Cook's tips:

- ◆ Do not add butter or milk to mashed potatoes for a pareve dish.
- ◆ Use white or brown bread. Pulse bread in a food processor to make breadcrumbs.

¼ cup extra-virgin olive oil

1 medium onion, thinly sliced

1 red bell pepper, trimmed, seeded and coarsely chopped

1 cup (packed) snipped fresh parsley

2 cups mashed potatoes

1 cup soft coarse white breadcrumbs

6 large eggs, beaten

1 tsp. bottled minced garlic

¼ tsp. dried pepper flakes

¼ tsp. salt

Preheat oven to 350°F.

See “Purim” on page 7

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Purim.

Spray a deep 8- or 9-inch round baking dish or 9-inch square baking dish with nonstick baking spray.

Heat the oil over medium heat in a medium skillet. Add the onion and red pepper.

Sauté for 3 to 4 minutes until the onion is softened. Stir in the parsley. Set aside

In a bowl, combine the potatoes, breadcrumbs, eggs, garlic, pepper flakes and salt. Add the onion mixture and stir gently. Transfer to the prepared baking dish.

Bake in preheated oven for 35 to 45 minutes, or until golden brown and the center is firm to the touch. Serve warm, cold or at room temperature.

QUEEN ESTHER'S FRUITED LENTIL STEW (PAREVE)

Serves 8-10

Cook's tips:

◆ Any combination of canned beans or corn (not creamed corn) may be used.

◆ One cup of dry lentils yields 3 cups when cooked.

◆ Substitute Bloody Mary mix or vegetable juice for tomato juice.

◆ For a hearty soup, add more tomato juice to desired consistency.

◆ Steamed, ready-to-eat lentils are available in some supermarkets.

3 Tbsp. vegetable oil

1 large onion, halved and sliced

2 cups frozen mixed vegetables

1 can (15.5 ounces) of white beans, undrained

3 cups cooked green or brown lentils*

1 cup pitted dry apricots, halved

2½ cups tomato juice

2 Tbsp. honey

1 rounded tsp. of bottled chopped garlic

3 tsp. cumin

1½ tsp. dried oregano

Salt and freshly ground pepper to taste

Heat the oil in a large pot over medium heat. Add the onion. Cook until the onion is beginning to brown, about 4 to 5 minutes.

Add all the remaining ingredients. Bring to a simmer.

Cover and cook for 15 minutes, stirring occasionally. Add more tomato juice if the mixture is too thick. Season to taste with salt and pepper.

*To cook 1 cup of lentils: Rinse in a wire sieve and remove any debris. Place in a large pot with 3 cups of cold water. Bring to a boil. Reduce heat to a simmer. Cover and cook for 20 to 30 minutes until tender, not mushy. Drain well and use as needed.

Note: Cooked lentils may be stored for 3 to 4 days in a tightly lidded container in the fridge. Use a large pot, as lentils tend to double or triple in size.

HAMAN'S FLEA COOKIES (DAIRY)

Makes 20-24 cookies

Cook's tips:

Store in an airtight container at room temperature for 2 to 3 days.

An electric hand mixer may be used for almost anything. No need for a countertop mixer.

2 sticks (1 cup) butter, softened

½ cup sugar

2 cups all-purpose flour



Queen Esther's Fruited Lentil Stew. (Photo by Ethel G. Hofman)

2 to 3 Tbsp. poppy seeds

Preheat oven to 350°F. Spray a large cookie sheet with nonstick baking spray.

In a medium bowl, cream the butter and sugar until light and fluffy, 1 to 2 minutes.

Add the flour, ½ cup at a time, beating well between each addition. Turn onto a lightly floured board.

Roll into a log, about 10 inches long. Cut half-inch-thick slices. Place on prepared cookie sheet. Sprinkle with poppy seeds.

Bake for 25 minutes or until golden brown at the edges. Cool for 10 minutes before transferring to a wire rack to cool completely.

QUICK CRUNCHY HAMANTASHEN (DAIRY)

Makes 6 hamantashen

Cook's tips:

◆ In a hurry? A prepared 10-inch pie crust works just fine.

◆ Use the rim of a glass to cut pastry rounds.

◆ Spread any leftover pastry thinly with jam, sprinkle with cinnamon and roll up as for a jelly roll.

For the filling:

1 Tbsp. crushed cereal

1 Tbsp. Nutella or nut butter

For a simple short-crust pastry:

1½ cups all-purpose flour

1 stick (½ cup) salted butter, chilled and cut into 8 slices

5 to 6 Tbsp. of ice water

Preheat oven to 350°F. Spray a cookie sheet with nonstick cooking spray.

Prepare filling: Mix the cereal and Nutella till combined. Set aside.

Prepare pastry: Place flour and butter into a food processor. Pulse until the mixture is about the size of baby peas. While pulsing, slowly drizzle water into the mixture until it begins to come together in clumps. If needed, add another tablespoon of water. Turn onto a floured board. Knead into a ball. Roll out to ⅛-inch thick.

To assemble: Cut out pastry rounds using a 3-inch cookie cutter. Place a rounded teaspoon filling in the center of each round. Brush edges with water and bring edges together to form three corners.

Bake in preheated oven for 15 to 20 minutes until the edges are golden brown.

ROCKY POPPY BUNS (DAIRY)

Makes 12 buns

Cook's tips:

Keep thin latex gloves on hand for items like

rubbing butter into flour. When done, just peel and discard.

Substitute raisins or candied citrus peel for currants.

1¾ cups all-purpose flour

6 Tbsp. butter, softened

3½ tsp. baking powder

¼ cup sugar

1½ Tbsp. poppy seeds

½ cup currants

1 egg, lightly beaten

About ¾ cup milk

Sugar to sprinkle

¾ tsp. orange or vanilla extract (optional)

Preheat oven to 425°F. Spray a large cookie sheet with nonstick cooking spray.

In a bowl, rub the butter into the flour to resemble coarse breadcrumbs. Add the baking powder, sugar, poppy seed and currants. Stir to mix.

Make a well in the center. Stir in the egg, orange or vanilla extract and enough milk to make a soft sticky dough.

Drop by rounded tablespoons onto the prepared cookiesheet, 1-inch apart. Sprinkle lightly with sugar.

Bake in a preheated oven for 15 to 20 minutes until golden brown.

Ethel G. Hofman is a syndicated American Jewish food and travel columnist, author and culinary consultant.



Rocky Poppy Buns. (Photo by Ethel G. Hofman)

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Jewish online resources

BY REPORTER STAFF

A variety of Jewish groups are offering educational and recreational online resources. Below is a sampling of those. *The Reporter* will publish additional listings as they become available.

◆ Maven will hold several virtual programs in March: “Jews of Iran: A Photographic Chronicle” on Tuesday, March 21, from 3-3:45 pm (<https://maven.aju.edu/events-classes/program/jews-of-iran-a-photographic-chronicle>); and “To Be or Not to Be: The Jewish American Paradox” on Tuesday, March 28, from 3-3:45 pm (<https://maven.aju.edu/events-classes/program/to-be-or-not-to-be-the-jewish-american-paradox>).

◆ The Florence Melton School of Adult Jewish Learning will hold “Yiddish: Wanted Dead or Alive” on Monday, March 20, from 1-2 pm. There is an \$18 cost to attend. Dr. Rachel Seelig will explore the fate of Yiddish culture since World War II. For more information or to register, visit <https://events.org/events/calendarcourse?tid=448d68b3-c734-40fc-9480-8575fe4e1fe8>.

◆ The Jewish Theological Seminary is holding its Spring 2023 Learning Series: “The Space In Between: Thresholds and Borders in Jewish Life and Thought” on Mondays from 1-2:30 pm. Classes include “Between Obligation and Free Choice” on March 6; “Jewish-American, American-Jew: The Complexities and Joys of Living a Hyphenated Identity” on March 13; “On the Margins: Conversos and the Question of Jewish Belonging Throughout History” on March 20; “Gender Identity in Rabbinic Literature” on March 27; “Between Marriage and Freedom: The ‘Chained Wife’ in Modern Hebrew Literature and Culture on April 10; “Defying All Categories: Witches in the Talmud” on April 17; “The Blasphemer in Leviticus: A Marginal Figure” on April 24; “Sarah’s Laugh: Doubt, Trust, and the Ambiguity of the Womb” on May 1; “Talmudic Writings on the Passage from This Life to the Next” on May 8; “Between Suns: Twilight in Rabbinic Sources” on May 15; and “Kiddush and Havdalah: Marking the Boundaries of Sanctified Time” on May 22. There is no cost to attend, but those attending at least three lectures are requested to make a donation. For more information or to register, visit www.jtsa.edu/news/spring-2023-learning-series-the-space-in-between-thresholds-and-borders-in-jewish-life-and-thought/.

◆ Maven will hold the two-part class “Why Is It Always the Jews? Combating Antisemitism” with Rabbi Jeffrey Salkin on Thursdays, March 16 and 23, from 3-4 pm. The cost to attend the sessions is \$36. Salkin will discuss the history of Jew hatred, and how to identify and combat the rising tide of antisemitism. For more information or to register, visit <https://maven.aju.edu/events-classes/program/why-is-it-always-the-jews>.

◆ Uri L’Tzedek, Orthodox Social Justice, will

hold the lecture “The Jewish Jail Lady and the Holy Thief” with Rabbi Mark Borovitz and Harriet Rossetto on Tuesday, March 28, at 3 pm. It will offer “a conversation about a feature-length documentary that follows the dark, troubled, often unbelievable pasts of Rabbi Mark Borovitz and Harriet Rossetto, as their journeys not only lead them to one another, but to the formation of Beit T’Shuvah, a one-of-a-kind recovery and treatment center known around the globe.” To register for the event, visit https://us02web.zoom.us/webinar/register/WN_zVuDv-eC-TUCZ3_dSqopuEA.

◆ The YIVO Institute for Jewish Research will present virtual programs based on a new Polish school of research into the Holocaust and antisemitism that is informed by critical theory and cultural critique: “Knowledge Under Siege | Irena Sendler: In Hiding” on Wednesday, March 15, at 1 pm (<https://yivo.org/KnowledgeUnderSiege2>); “Knowledge Under Siege | The Guardians of Fate” on Tuesday, April 11, at 1 pm (<https://yivo.org/KnowledgeUnderSiege3>); “Knowledge Under Siege | Night Without End: The Fate of Jews in German Occupied Poland” on Wednesday May 17, at 1 pm (<https://yivo.org/KnowledgeUnderSiege4>); and “Knowledge Under Siege | Philo-Semitic Violence: Poland’s Jewish Past in New Polish Narratives” on Wednesday, June 21, at 1 pm (<https://yivo.org/KnowledgeUnderSiege5>).

◆ Maven will hold the virtual program “Pre-State Photographic Archives and the Zionist Movement” on Thursday, March 9, from 5-5:45 pm. Rotem Rozental and Sagi Refael will discuss “the Jewish National Fund’s use of the Zionist photographic archive impacted Israel’s claim to the land from the early 20th century through today.” For more information or to register, visit maven.aju.edu/events-classes/program/pre-state-photographic-archives-and-the-zionist-movement.

◆ The Institute for Jewish Spirituality will hold “An Evening with IJS President & CEO, Rabbi Josh Feigelson, in Conversation with Best-Selling Author Rabbi Michael Strassfeld” on Wednesday, March 8, at 8 pm. Strassfeld will speak about his new book, “Judaism Disrupted: A Spiritual Manifesto for the 21st Century.” To register, visit <https://ijs.regfox.com/josh-in-conversation-with-michael-strassfeld>.

◆ The YIVO Institute for Jewish Research and the National Library of Israel announced the completion of the digitization of the papers of Chaim Grade and Inna Hecker Grade. The collection includes literary manuscripts and typescripts of prose, poetry, lectures, speeches, essays, newspaper clippings, galleys, personal notebooks, correspondence and photographs spanning the years 1910 to 2010. To view the collection, visit <https://archives.cjh.org/repositories/7/resources/556> or https://www.nli.org.il/en/archives/NNL_ARCHIVE_AL990026508670205171/NLI.

See “Resources” on page 9



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AJC survey: Half of Americans don't know how many Jews died in Shoah

BY JNS STAFF

(JNS)—Only 53 percent of Americans over the age of 18 answered correctly that approximately six million Jews were killed in the Holocaust, according to an American Jewish Committee public opinion survey released ahead of International Holocaust Remembrance Day on January 27.

“Lacking knowledge can open pathways to trivialization and denial of the Holocaust that can also contribute to rising antisemitism,” said AJC CEO Ted Deutch. “As we mark International Holocaust Remembrance Day, 78 years after the liberation of Auschwitz, it is imperative that Americans continue to learn about the most documented, planned genocide in modern history – the Nazi extermination of one-third of the Jewish people.”

Twenty percent of respondents to the AJC survey explicitly said they were not sure how many Jews

died in the Shoah, 2 percent said fewer than one million, 13 percent chose approximately three million and 11 percent said more than 12 million.

About three-fourths (76 percent) of respondents knew that the Holocaust occurred between 1930 and 1950. Ten percent were unsure of the time period, while 1 percent said it was between 1890 and 1910. Ten percent chose between 1910 and 1930, while 2 percent said it took place between 1950 and 1970.

When asked how Adolf Hitler became chancellor of Germany, 39 percent correctly said it was through a democratic political process, but 24 percent chose not sure. Thirty-four percent said he came to power by violently overthrowing the German government, 1 percent said it was through hereditary succession and 2 percent said it was by agreements with neighboring countries.

The great majority of respondents (85 percent) accurately described Auschwitz as a concentration and death camp for Jews. Twelve percent were not sure about its character, and 1 percent each said it was a school to train Germans in Nazi ideology, a political campaign designed by the Nazis, and a Jewish ghetto.

Only 26 percent of survey respondents answered all four questions correctly, while 30 percent got three correct and 25 percent had two correct.

According to the AJC, education is a key factor in Americans’ knowledge of the Holocaust. “Broadly, those who have completed higher levels of education (some college, college graduates, or more) are more knowledgeable than those who have a high school education or less,” the AJC found. “Overall, 34 percent of those with a college degree and 28 percent of those who have completed some college answered all four questions correctly, compared with just 17 percent of those who have a high

school degree or less education.”

On the question of how many Jews were killed, 42 percent of those with a high school degree or less education correctly answered approximately six million, compared with 62 percent of those who have completed at least some college and 59 percent of college graduates. Additionally, 76 percent of those who have a high school degree or less education correctly answered the question on Auschwitz, compared with 89 percent of those who completed some college, and 91 percent of college graduates.

The survey was conducted by the SSRS non-partisan public opinion research firm on a nationally representative sample of 1,004 general population adults ages 18 or older. It was included as part of a larger national AJC survey of the general U.S. population on antisemitism. This survey – alongside an AJC poll of American Jews – will be available in February as part of the AJC’s State of Antisemitism in America 2022 report.

Resources

- ◆ The Nosh and New York Jewish Week are offering a new free digital cookbook “Jewish Flavors of New York City.” The collection offers recipes from Jewish restaurants that will help readers make “restaurant-quality dishes” at home. For more information or to receive the e-book, visit www.myjewishlearning.com/jewish-flavors-of-new-york-city-10-classic-dishes-to-make-at-home/.
- ◆ The Jewish Theological Seminary will hold the book discussion “Between the Lines: ‘Shanda: A Memoir of Shame and Secrecy’” on Tuesday, March 14, from 1-2 pm. Author and activist Letty Cottin Pogrebin will discuss her new memoir. For more information or to register, visit www.jtsa.edu/event/between-the-lines-shanda-a-memoir-of-shame-and-secrecy/.
- ◆ Maven will hold two Tour Global events: Thessaloniki, Greece, on Tuesday, March 14, from 5-6 pm (<https://maven.aju.edu/events-classes/program/tour-global-jewish-life-thessaloniki-greece>); and Majorca on Thursday, April 27, from 3-3:45 pm (<https://maven.aju.edu/events-classes/program/tour-global-jewish-life-majorca>). The cost is \$21 per tour.
- ◆ Jewish Women’s Archive announced its Book Talks for spring 2023: “The Great Stewardess Rebellion” by Nell McShane Wulphart on Thursday, March 9, at 8 pm; “Freefall: One Mother’s

- Continued from page 8
- Journey Raising a Child With Special Needs” by Cindy Kaplan on Thursday, March 16, at 8 pm; “The Flying Camel,” a book of essays on identity by women of North African and Middle Eastern Jewish heritage, edited by Loolwa Khazzoom on Thursday, March 23, at 8 pm; and a poetry panel featuring Ann Bookman (“Blood Lines”), Irena Klepfisz (“Her Birth and Later Years”) and Joy Ladin (“Shekkinah Speaks”) on Thursday, March 30, at 8 pm. To sign up for the talks, visit <https://lp.constantcontactpages.com/su/vXRbSxM/JWABookTalks-March2023>.
- ◆ The Hadassah-Brandeis Institute will hold several virtual and hybrid events in March: “Mizrahi Feminist Art: A Multicultural Imagination” on Monday, March 6, from noon-1 pm; “Peak TV’s Unapologetic Jewish Woman: Exploring Jewish Female Representation in Contemporary Television Comedy” on Monday, March 13, from noon-1 pm; Sandra Seltzer Silberman HBI Conversations Series Featuring Paula Birnbaum, author of “Sculpting a Life: Chana Orloff between Paris and Tel Aviv” on Wednesday, March 15, from 7-8 pm; and “Preaching the Promised Land: Mary Antin’s American Religions” on Tuesday, March 28, from noon-1 pm. For more information or to register, visit www.brandeis.edu/hbi/events/index.html.

PASSOVER 2023 Greetings

April (Deadline: March 16)

Passover is traditionally a time for sharing with family, friends and strangers. While your seder table may not be large enough to fit all these people, you can share the warmth of this holiday with the entire local Jewish community by placing a Passover greeting in *The Reporter*. You may choose from the designs, messages and sizes shown here - more are available. You may also choose your own message, as long as it fits into the space of the greeting you select. (Custom designs available upon request.) The price of the small greeting is \$20 (styles C & D), the medium one is \$38 (styles A & B), and the next sizes are not shown. The next actual size is 3.22" x 2.958" and is \$57. The largest size is 3.22" x 3.95" and is \$74. To ensure that your greeting is published, simply fill out the form below and choose a design that you would like to accompany your greeting, or contact Kathy Brown at 1-800-779-7896, ext. 244; or e-mail advertising@thereporter.org. Checks can be made payable to *The Reporter* and sent to: *The Reporter*, 500 Clubhouse Rd., Vestal, NY 13850.

*Wishing you and your family
peace, health
and happiness
this Pesach*

Your Name(s)

Passover
Blessings

Your Name(s)

Style A • \$38 Actual Size: 3.22" x 1.975" **Style D • \$38** Actual Size: 3.22" x 1.975"

PASSOVER 2023 Greetings

April (Deadline: March 16)

Name _____

Address _____

City _____

State _____ Zip _____ Phone _____

Greeting Style _____

Message _____

How you would like it signed _____

We accept Visa Mastercard American Express Discover (if applicable)

Print Name on Card _____

Card Number _____

Expiration Date _____

Address, City, State, Zip (Registered billing address of card) _____

Checks can be made payable to *The Reporter*, 500 Clubhouse Rd., Vestal, NY 13850

**March 16
Deadline**

Your Name(s)

Style C • \$20
Actual Size:
1.5278" x 1.975"

Your Name(s)

Style F • \$20
Actual Size:
1.5278" x 1.975"

➡ Check out the Federation’s new, updated website at www.jewishnepa.org or find it on Facebook

Israeli-led study finds oldest evidence yet of cooked food

BY JNS STAFF

(JNS) – Fish remains discovered at Israel’s Geshen Benot Yaakov archaeological site appear to show that humans were cooking their food hundreds of thousands of years ago.

Until now, the earliest evidence of cooking is claimed to date back about 170,000 years. However, these findings, published in *Nature Ecology and Evolution*, indicate that the practice is much older, dating back as far as 780,000 years.

Researchers from the Hebrew University of Jerusalem, Tel Aviv University and Bar-Ilan University collaborated with the Steinhardt Museum of Natural History, Oranim Academic College, the Israel Oceanographic and

Limnological Research institution, the Natural History Museum in London and the Johannes Gutenberg University in Mainz on the research that produced this new theory.

Dr. Irit Zohar, a researcher at TAU’s Steinhardt Museum of Natural History and Dr. Marion Prevost at HU’s Institute of Archaeology, stated: “This study demonstrates the huge importance of fish in the life of prehistoric humans, for their diet and economic stability. Further, by studying the fish remains found at Geshen Benot Yaakov we were able to reconstruct, for the first time, the fish population of the ancient Hula Lake and to show that the lake held fish species that became extinct over time.”



Researchers at the Geshen Benot Yaakov archaeological site. (Photo by Hebrew University)

New technology connects ancient stele with King David – but not everyone agrees

BY ETGAR LEFKOVITS

(JNS) – Using state-of-the-art digital imaging techniques, researchers have concluded that the “Mesha Stele,” which dates to the ninth century B.C.E. and bears a Canaanite inscription in the name of King Mesha of Moab, does indeed contain a reference to the biblical King David.

The finding is the latest development in a decades-old debate within the archaeological community on whether the basalt stone slab, also known as the “Moabite Stone,” mentions the biblical monarch.

Discovered in 1868 in the Jordanian town of Dhiban (known as Dibon in biblical times) east

of the Dead Sea, the stele is inscribed with an account of King Mesha’s military victories over his enemies, including Israel, as mentioned in the bible in the Second Book of Kings. However, shortly after it was found, the roughly 2,800-year-old stone slab was broken into several pieces, with the damage making it difficult to decipher the ancient text, even though a paper-mache impression, or squeeze, had been made of the inscription.

The stele, which was eventually restored, is displayed in the Louvre in Paris. It measures about 3 feet tall by 2 feet wide, and contains 34 lines of text, with the possible “House of David”

reference appearing on the 31st line. The debate centers around five letters corresponding to “bt,” or “house of,” and “dwd” meaning David. While two of the letters were clearly visible in the past, three others were not.

To try to solve the mystery, the researchers, Andre Lemaire and Jean-Philippe Delorme, used a technique called Reflectance Transformation Imaging (or RTI), in which numerous digital images are taken of an artifact from various angles and then combined. The results, the researchers claim, confirm that the reference is indeed to the “House of David.”

See “Stele” on page 11

The Reporter

Published by the Jewish Federation of Northeastern Pennsylvania



Friends of *The Reporter* make big news!

The Federation is asking members of its communities to support its “Friends of *The Reporter*” Campaign which seeks to raise \$5,000 to assist in funding the newspaper.

The newspaper is delivered monthly to each and every identifiable Jewish home in Northeastern Pennsylvania.

The Reporter is the primary intercommunal newspaper of the Jewish communities of Lackawanna, Monroe, Pike and Wayne counties. Supplementing synagogue newsletters, bulletins and e-mails, *The Reporter* is issued to hundreds of Jewish households throughout our region. Over the past several years, the publishing cost of the newspaper has increased dramatically although the newspaper continues to be provided at no charge to members of our Jewish communities in northeastern Pennsylvania. The Federation has assumed the financial responsibility of funding the newspaper at a cost of \$23,990 per year and asks only that its readers assist it in raising \$5,000 as part of its “Friends of *The Reporter*” Campaign to offset a small share of these expenses.

Your gift to fund our regional Jewish newspaper matters a great deal to our readers and we would be very grateful for your financial support.

As always, your comments, opinions & suggestions are always welcome.

With best wishes,
Daniel Chejfec, Executive Director
Jewish Federation of NE Pennsylvania
601 Jefferson Avenue
Scranton, PA 18510

I will support continuation of our expanded Federation Reporter by contributing:

..... \$36\$54 \$100 other amt. \$ _____

Name(s) (as you wish to appear on our list of “Friends”)

Address: _____

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Check here if you prefer your name not to be published

Please write and send tax deductible checks to:
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NEWS IN BRIEF

From JNS.org

Jewish classical education master's to debut in fall

The Tikvah Fund and the University of Dallas have teamed up on a master's degree in humanities with a concentration in Jewish classical education. The program, of Tikvah's Lobel Center for Jewish Classical Education, is designed for "teachers, educational leaders and anyone interested in Jewish classical education." "Our aim is to form educated Jews with a true mastery of the classical arts of grammar, logic and rhetoric, and a deep understanding of Jewish, Western and American culture," the Lobel Center states on its website. Jewish

Stele. . . . Continued from page 10

"These insights... not only confirm that the Mesha Stele references the 'House of David' but also allow us to draw new conclusions about the various historical and biblical events described in the text, Lemaire and Delorme write in the Biblical Archaeological Review.

The finding has, not surprisingly, split the archaeological community and antiquities scholars, with some supporting the reading, others contesting it and some still uncertain.

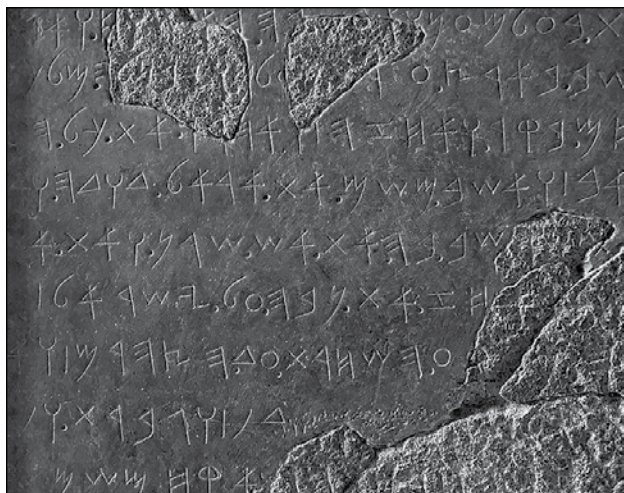
"Because of the broken nature of that part of the stele we have to be careful with the reading," said Dr. Joe Uziel, head of the Dead Sea Scroll Unit at the Israel Antiquities Authority. "It's possible, but I'm not certain," he added.

An earlier study, published by Tel Aviv University with the College de France, had found that the word which Lemaire and Delorme interpret as "House of David" refers instead to King Balak, a Moabite ruler known from the Book of Numbers.

Professor Israel Finkelstein, who co-authored that 2019 study, is standing by his previous conclusions. "I really can't detect what the authors of the BAR article see in Line 31 of the Mesha Inscription," he said.

Even as the scholarly dispute continues, Uziel said that new technologies, which he himself is using on the Dead Sea Scrolls, are helping scholars decipher ancient texts in ways that were impossible before. "All of a sudden we can see more," he said.

As imaging and technology continue to improve, Uziel is hopeful that both this and other ancient texts will come to life.



Detail of the Mesha Stele. The ancient basalt monument, also known as the "Moabite Stone," bears a Canaanite inscription documenting the victories of King Mesha of Moab. The stele is currently on display in the Louvre, Paris. (Photo by Mbzt via Wikimedia Commons)

classical education inspires young Jews of any background to understand foundational Jewish ideas, stories and texts, notes the center. It also helps young Jews understand how Jewish ideas shaped America and the West. "We want to draw Jewish students and Jewish families into this renaissance of learning," it states. The master's degree program will launch this fall with both full-time and part-time students.

ADL teams up with librarian group on anti-bias education

A new community-engagement partnership between the Anti-Defamation League and American Association for School Librarians will provide school librarians with access to ADL resources and programs. That includes "informational webinars and professional development on how to educate about bias, antisemitism and the Holocaust to student-centered activities like mini-lessons, peer training or our featured No Place for Hate program," Dennis Nelson, the ADL's national education partnerships manager, told JNS. No books will change hands between the ADL and the association, which is a division of the American Library Association. But the ADL will recommend literature "by way of our Books Matter series and highlight some dynamic children's authors through our Read

Aloud series," said Nelson. "It is our hope that school librarians can become a leading voice for positive school climates by introducing students, educators and administration to our resources," he added. "As mentioned, the AASL network is not mandated to utilize ADL resources, but we believe our values are aligned in ensuring that all students have access to a quality and equitable educational experience."

Jewish Federations, JDC raise money for Turkey

The Jewish Federations of North America and American Jewish Joint Distribution Committee have launched fund-raising campaigns to provide humanitarian aid to people in Turkey after the devastating earthquakes Feb. 6. Thousands have been killed in what officials are calling the worst quake to hit the region in decades. The initial one registered at a magnitude of 7.8 on the Richter scale, causing massive damage to buildings, homes and medical facilities in Turkey and Syria. An aftershock, which registered more than 7.5, exacerbated the destruction. "We remain in close contact with our disaster relief partners on the ground and are mobilizing our communities to raise funds to support their life-giving work," said Julie Platt, JFNA's board chair.

P A C E

Perpetual Annual Campaign Endowment

Your gift to the Annual Campaign DOES A WORLD OF GOOD.

*Endowing your gift allows you to be there for the
Jewish community of NEPA forever.*

A Perpetual Annual Campaign Endowment (PACE) is a permanent fund that endows your Jewish community Annual Campaign gift as a lasting legacy. A PACE fund will continue to make an annual gift in perpetuity on your behalf.

To determine the amount you need to endow your entire campaign gift, multiply your current annual gift by 20.

You can fund your PACE by adding the JEWISH FEDERATION OF NORTHEASTERN PENNSYLVANIA to your will, or by making the Federation a beneficiary of your IRA. All contributions to establish a PACE are tax deductible.

Let your name be remembered as a blessing.

Endowments can be created through a variety of vehicles, some of which do not necessitate funding during your lifetime yet still provide your estate with considerable tax benefits.

They also enable you to perpetuate your commitment to the Annual Campaign in a way that best achieves your own personal financial and estate planning goals.

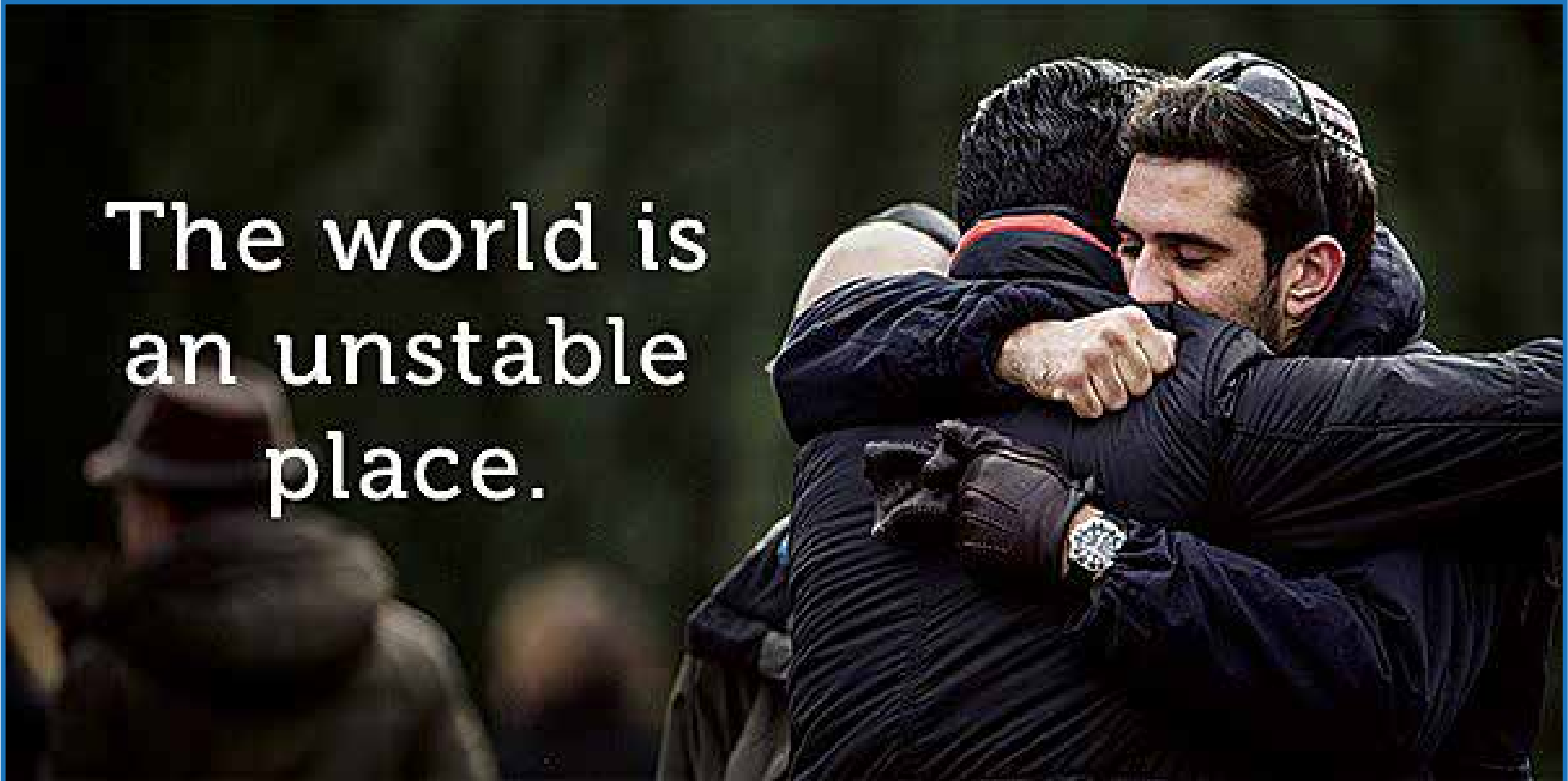
Examples Of Ways To Fund Your Pace Gift Are:

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Using appreciated property, such as securities or real estate, affords you the opportunity to eliminate the income tax on the long-term capital gain, will in some instances generate a full income tax charitable deduction and will remove those assets from your estate for estate tax purposes.

For more information contact Daniel Chejfec at
Daniel.Chejfec@jewishnepa.org or call 570-961-2300, ext. 1.)

➡ Check out the Federation's new, updated website at www.jewishnepa.org or find it on Facebook



The world is an unstable place.

We bring security.

Throughout Europe, violent attacks target Jewish people and Jewish institutions. Security is posted at synagogues. At Jewish day schools, five-year-olds file past armed guards to get to the playground. Jewish students arriving at college encounter toxic anti-Israel slogans.

Your UJA gift will help restore a sense of security. With your help, we can share expertise and funding to keep children safe at schools, and stand up against hatred so that Jews everywhere can walk without fear - into a synagogue or simply down the street.

That's why there's UJA and the Federation. And that's why we need you.

The mission of the Jewish Federation of Northeastern Pennsylvania is to rescue the imperiled, care for the vulnerable, support Israel and world Jewry, and revitalize and perpetuate Jewish life in Northeastern Pennsylvania.

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____ I'm enclosing a gift of \$ _____ I'll pledge \$ _____ *

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**2023 UJA Campaign
Jewish Federation of Northeastern Pennsylvania
601 Jefferson Avenue, Scranton, PA 18510
Telephone: 570-961-2300 (ext. 3)**

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- ____ My company (_____) has a matching gift program.
I'll obtain the form and forward it.

Authorized signature

Date

**CANTOR VLADIMIR ARONZON AND MILA ARONZON, CO-CHAIRS OF OUR 2023 UJA CAMPAIGN.
THANK YOU FOR YOUR SUPPORT.**