

Exciting new programs at the Jewish Resource Center of the Poconos

The Jewish Resource Center of the Poconos (1210 N. 5th St., Stroudsburg) is delighted to present an exciting lineup of weekly programs designed to engage the mind, uplift the spirit and strengthen community connections. With offerings for every age group, our center is a place where learning, culture, wellness and friendship thrive side by side.

Mondays begin with “Nostalgic Recipes” at 10 am, led by Sally Fine-man, where cherished dishes and the stories behind them come to life. Later in the day, at 4:30 pm, Rabbi Halberstadt leads “Torah Study,” guiding participants through the weekly Torah portion and exploring how these timeless teachings can be applied to modern daily life.

Tuesdays are alive with creativity



and curiosity. Alternating Tuesday mornings at 10 am feature “Movement and Creative Writing with Megan,” paired with “Garden Tours at Bryant Park” with Ellen Phraner. In the afternoon, from 4:30-7 pm, children in grades K-8 can join the Junior Scholars Club, an innovative three-part program combining Hebrew, Judaism, science, music and art.

Wednesdays offer a full day of enrichment. Start at 10 am with “Wellness Circle” led by Alla Leybinsky, followed by “Zumba Gold” with Amanda at 11 am for a

lively workout. At 12:30 pm, Rabbi Salkow presents “Wisdom for All Times,” exploring the words of King Solomon from the Book of Proverbs. Later, at 4 pm, Rabbi Salkow returns

for “Talmud Study,” a deep dive into Jewish legal theory and the logical arguments of our sages – where no question is off limits!

See “JRC” on page 4

CAMPAIGN OPENING EVENT

SAVE THE DATE

SUNDAY
OCTOBER 19TH
VIP EVENT: 1 PM
SHOW: 2 PM
SCRANTON JCC

MAGICIAN & MENTALIST

SHLOMO LEVINGER

INSIDE THIS ISSUE

Camp scholarships

The JCC of Scranton received funds for camp scholarships.

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High Holidays

Holiday recipes for Rosh Hashanah to Sukkot; a few holiday resources online are highlighted.

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Biblical blue dye

The search for the biblical blue dye is told in a new visitors center.

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CANDLE LIGHTING

September 5	7:10 pm
September 12	6:58 pm
September 19	6:46 pm
September 22	6:41 pm
September 23	7:41 pm
September 26	6:34 pm
October 1	6:26 pm
October 3	6:23 pm
October 6	6:18 pm
October 7	7:17 pm

PLUS

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Happy

Rosh Hashanah 5786

L'Shanah Tovah Tikatevu

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Daniel Chejfec, Ph.D. Executive Director

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Embracing wellness in your golden years

BY DR. KEN SEBASTIANELLI

As we age, maintaining wellness becomes increasingly important to ensure a high quality of life. Wellness for seniors encompasses physical, mental and emotional health, and involves a holistic approach to living a balanced and fulfilling life. Here are some key aspects and strategies to promote wellness in seniors:

PHYSICAL WELLNESS

Ensuring physical health is crucial for seniors to maintain independence and vitality. Here are some components to consider:

REGULAR EXERCISE

Engaging in regular physical activity can help seniors improve strength, balance and flexibility. Exercise can also reduce the risk of chronic diseases such as heart disease, diabetes, and osteoporosis. Recommended activities include:

- ◆ Walking: A low-impact exercise that promotes cardiovascular health.
- ◆ Yoga: Enhances flexibility and balance.
- ◆ Swimming: A gentle, full-body workout that is easy on the joints.
- ◆ Strength training: Helps maintain muscle mass and bone density.

NUTRITION

A balanced diet is essential for

maintaining energy levels and supporting overall health. Seniors should focus on:

- ◆ Fruits and vegetables: Rich in vitamins, minerals, and antioxidants.
- ◆ Whole grains: Provide fiber and essential nutrients.
- ◆ Lean proteins: Such as fish, poultry, beans, and nuts.
- ◆ Hydration: Drinking plenty of water to prevent dehydration.

REGULAR HEALTH SCREENINGS

Frequent medical check-ups are important to catch any potential health issues early. This includes:

- ◆ Blood pressure and cholesterol checks.
- ◆ Bone density tests.
- ◆ Vision and hearing examinations.
- ◆ Cancer screenings as recommended by healthcare providers.

MENTAL AND EMOTIONAL WELLNESS

Mental and emotional health is equally important for seniors. Maintaining cognitive function and emotional well-being can significantly impact one’s quality of life.

COGNITIVE ACTIVITIES

Keeping the brain active is vital.

Seniors can engage in:

- ◆ Puzzles and games: Such as crosswords and Sudoku.
- ◆ Reading and writing: Stimulates the mind and enhances cognitive function.
- ◆ Learning new skills: Taking up a new hobby or learning a language.

SOCIAL CONNECTIONS

Staying socially active can prevent feelings of loneliness and isolation. Encourage:

- ◆ Community involvement: Joining clubs or groups.
- ◆ Volunteering: Gives a sense of purpose and connection.
- ◆ Family gatherings: Regular interactions with family and friends.

STRESS MANAGEMENT

Managing stress is crucial for emotional well-being. Techniques include:

- ◆ Meditation and mindfulness: Foster relaxation and clarity.
- ◆ Deep breathing exercises: Help reduce stress and anxiety.
- ◆ Art and music therapy: Creative outlets for expression and relaxation.

TECHNOLOGY AND RESOURCES

Utilizing technology can enhance

safety and independence:

- ◆ Medical alert systems: Offer peace of mind in case of emergencies.
- ◆ Smart home devices: Such as voice-activated assistants for convenience.
- ◆ Online resources: Access to health information and virtual social connections.

Wellness is a lifelong journey, and making informed choices can greatly enhance the experience of aging. By focusing on these areas, seniors can lead a healthy, active and fulfilling life for many years to come.

Dr. Ken Sebastianelli has served as medical director for Elan Skilled Nursing and Rehab, a Jewish Senior Life Community, since 2012. Dr. Sebastianelli is a board-certified internal medicine practitioner with the Prime Med Medical Group, and is affiliated with Geisinger Community Medical Center and Moses Taylor Hospital. He is also a member of the Medical Executive Committee at Geisinger Community Medical Center.

September is Prostate Cancer Awareness Month

Seniors and prostate cancer – what you need to know

BY DR. KEN SEBASTIANELLI

Prostate cancer is a significant health concern for men, especially as they age. Awareness of this condition is crucial for early detection and effective treatment. In this guide, we will cover the essentials of prostate cancer, including risk factors, symp-

toms, and preventive measures.

UNDERSTANDING PROSTATE CANCER

Prostate cancer originates in the prostate gland, which is a small walnut-shaped gland in men that produces seminal fluid. It is one of the most common types of cancer among men, but with early

detection, the chances of successful treatment are high.

RISK FACTORS

Several factors can increase the risk of developing prostate cancer:

- ◆ Age: The risk increases as men get older, particularly after age 50.
- ◆ Family history: Having a father or brother with prostate cancer more than doubles a man’s risk.
- ◆ Race: African-American men are at higher risk compared to men of other races.
- ◆ Diet and lifestyle: A diet high in red meat and high-fat dairy products may increase the risk.

SYMPTOMS

In its early stages, prostate cancer may not present noticeable symptoms. However, as it progresses, some signs may include:

- ◆ Difficulty urinating or a weak urine stream.
- ◆ Blood in urine or semen.
- ◆ Discomfort in the pelvic area.
- ◆ Bone pain.

It’s important to note that these symptoms can also be related to other non-cancerous conditions.

EARLY DETECTION AND SCREENING

Early detection through screening can significantly improve treatment outcomes. Common screening methods include:

- ◆ Prostate-Specific Antigen (PSA)
- See “Cancer” on page 6



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COMMUNITY NEWS

Defining ourselves by what we do for others

This is for me a strange column to write. I'm writing it on the 7th of Av (August 1). So many issues connected with the date and so many things going on in my life...

I'm writing this column in Buenos Aires. Originally, I was coming for the unveiling of my father's grave, which I had scheduled for August 17. Yet, of course, as the Yiddish saying goes "Man plans and God laughs." I had to leave earlier to attend to a health emergency with my mother. Upon arrival, I found out that the situation was far worse than I expected. While for now her physical life is not in danger, her intellectual one is. It seems that my father's passing in March triggered a rapid decline in intellectual faculties and that highlights, in my mind, how much we define ourselves by our relations with others and what we do for them. In my mom's case, not having my dad around meant she did not have to keep an eye on him, so the main purpose of the last 75 years of her life is gone. Her sense of self changed dramatically and led to serious disorientation and intellectual decline.

The situation led me to think about how, as a community, we also define ourselves by what we can do collectively for others. It made

me feel grateful for the opportunity to serve at the Federation, where supporting others and supporting local Jewish community partner organizations define what the Federation is all about. We help Jewish people all over the world, be it in Northeastern Pennsylvania, elsewhere in America, in Israel or in other parts of the world where Jews are in need or in danger.

And then there is Tisha B'Av, starting on Motzei Shabbat on August 2. No other day in the Jewish calendar is so full of warnings and

the outside, as well as from the inside. From the outside, we are facing an explosive surge in antisemitism around the world to an extent unseen since the 1930s. The Jewish state of Israel is facing isolation in the world stage and an ongoing war against terrorist forces and enemy countries. From the inside, the obvious dangers are internal polarization in our community and the exclusion of Jews from many groups – especially in liberal circles – unless Jews cancel themselves by denying their connection with the people and the state of Israel. The fragmentation and internal conflicts in Israeli society are today at their highest levels ever.

And there is one internal danger that is not about the "physical" Jewish community, but a spiritual danger. As we begin feeling under siege by external and internal dangers, there is the temptation to lash back – including desensitizing ourselves to the suffering of others and using our energies to focus single minded on our own safety and wellbeing. There are multiple cases in the Talmud where conflicting interpretation of the *halachah* are resolved in the form of "gam zu v'gam zu," meaning that more than one interpretation is possible. In the same vein, I believe that more than one concern can occupy our minds and energies.

Yes, we need to prioritize our people, but in the words of Hillel, "If I am only for myself, what am I?" Caring for those who are not part of our own Jewish family is part of what it means to be a Jew. Understanding the suffering of others makes us better Jews and better human beings.



FROM THE DESK OF THE EXECUTIVE DIRECTOR

DANIEL CHEJFEC, PH.D.

lessons. Tisha B'Av marks the destruction of both Temples; the expulsion of Spain, the Roman killing of the 10 martyrs and numerous massacres in Jewish history. Probably the destruction of both Temples is what is today at the top of my mind. The rabbis reflected extensively on the reasons for the destruction. They concluded that the main reason was the transgression of meaningless hate. As Jews spent much energy hating each other, they were unable to confront their enemies: be it the Babylonians or the Romans. That same waste of energies in internal fights shows up again and again in our history.

Today, we are faced with multiple threats from

Local funds support JCC Camp Daleville Scholarship Program

The Jewish Community Center of Scranton would like to thank the Bruce Schoenberg Memorial Fund and the Eileen "Elky" Baine Scholarship Fund for their generous grants toward the JCC Camp Daleville's scholarship program!

Every year we reach out to local organizations and donors to help make camp available for youth in need. Due to grants like these we were able to provide a fun and exciting summer day camp. See "Camp" on page 5



DEADLINES

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

DEADLINE	ISSUE
Friday, October 14	November
Friday, November 11	December
Monday, December 12	January
Monday, January 12	February


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EOE

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Jewish online resources

BY REPORTER STAFF

◆ The Hadassah-Brandeis Institute will hold the hybrid program “Hiding in Holland, An Afternoon of Remembrance with Shulamit Reinharz” on Wednesday, September 10, from 4-5:30 pm. Reinharz will discuss her latest book, “Hiding in Holland: A Resistance Memoir,” which was a finalist for the National Jewish Book Award. For more information or to register, visit www.brandeis.edu/hbi/events/index.html.

◆ Siegal Lifelong Learning will hold the virtual class “Judaism and the Environment: The Ethics of Care and Responsibility” on Monday, September 15, from 7-8:30 pm. The cost to attend is \$10. The class will “explore our obligation in response to the ongoing ecological crisis that threatens the future of human life, with a focus on Judaism’s perspective.” For more information or to register, visit <https://case.edu/lifelonglearning/lectures/judaism-and-environment-ethics-care-and-responsibility-remote>.

◆ The Museum of Jewish Heritage will hold the virtual book talk

“Unstoppable: Siggi B. Wilzig’s Astonishing Journey from Auschwitz Survivor and Penniless Immigrant to Wall Street Legend” on Monday, September 29, at 7pm. For more information or to register, visit <https://mjhnyc.org/events/unstoppable-siggi-b-wilzig/>.

◆ Uri L’Tzedek will hold the virtual book talk “Going Out with Knots: My Two Kaddish Years with Hebrew Poetry” on Tuesday, September 30, at 6 pm. The cost to attend is \$18. Rabbi Dr. Wendy Zierler will speak about her new book, which looks at her literary and personal Jewish mourning journey in the aftermath of familial loss. For more information or to register, visit https://us02web.zoom.us/webinar/register/WN_iES2nLoyS2GwX5d-Bi9RbPg#/registration.

◆ The Blue Dove Foundation offers resources on “Sanctifying Social Media: Doomscrolling and Mental Health” at <https://thebluedovefoundation.org/sanctifying-social-media-doomscrolling-and-mental-health/>. The site says, “This resource is designed to help you find your own sense of

kadosh [holiness] as you navigate staying informed and enjoying social media, while also drawing boundaries to give yourself space.”

◆ The Institute of Jewish Spirituality will hold “Shalem: A Monthly Mindfulness Affinity Space for People with Disabilities” once a month on Wednesdays, September 17, October 22, November 19, December 17, January 21, February 18, March 25, April 15, May 20, June 17 and July 22, from 1:30-2 pm. The group is for people living with disabilities and/or chronic illness and pain. For more information or to register, visit www.jewishspirituality.org/get-started/free-resources-from-ijs/shalem-a-monthly-mindfulness-affinity-space-for-people-with-disabilities.

◆ The Qesher Book Club will discuss “Rakiya – Stories of Bulgaria” by Ellis Shuman on Tuesday, September 9, at 3 pm. Shuman “will share how he came to Bulgaria in the first place, how he grew to love the country, and how he was compelled to tell the story of Bulgarian Jewry during World War II.” For more in-

formation or to register, visit www.qesher.com/rakiya/.

◆ Roundtable will hold the virtual course “Carole King: A Modern Jewish Songwriter” on Fridays, September 19-October 3, from 11 am-noon. The cost to attend is \$132. Jane Eisner, the author of the forthcoming Carole King biography through Yale’s Jewish Lives series, will discuss the life and work of musician, songwriter and New York native, Carole King. For more information or to register, visit <https://roundtable.org/live-courses/music/carole-king-a-modern-jewish-songwriter>.

◆ The Yiddish Book Center will offer two virtual programs in September: “The Tourist’s Guide to Lost Yiddish New York City” with Henry H. Sapoznik on Thursday, September 18, at 7pm (www.yiddishbookcenter.org/events/upcoming-public-programs/tourists-guide-lost-yiddish-new-york-city-henry-h-sapoznik); and “Letters from the Afterlife: See “Online” on page 12

JRC Continued from page 1

Thursdays begin with “Chair Yoga” at 11 am, followed by the Lunch Club for Seniors at noon, and spirited games of mahjong in the afternoon. At 4 pm, Rabbi Salkow teaches Hebrew reading, writing and language.

At the Jewish Resource Center, we are committed to creating meaningful connections, celebrating Jewish culture and providing engaging educational opportunities for all. Whether

you join us for a cultural celebration, an insightful class, a social gathering or a music-filled event, there’s always something happening.

For details or to sign up, contact Rabbi Moshe Halberstadt, director of programming, at mlh@poconojr.org, or Maggie Augugliaro, Senior Citizen Program coordinator, at maggie@poconojr.org or call 570-517-0815. Come for the fun, stay for the friendships!

The Jewish Federation of NEPA is excited to offer local, community organizations the opportunity to post events to our Community Calendar. Published events will be included in our weekly Ma Nishma NEPA email.

MA NISHMA NEPA

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Step 2

Click the button (top right)

SUBMIT YOUR COMMUNITY EVENT

Step 3

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Step 4

Include your event details and submit the form. Events will be published once approved.

We reserve the right to edit the content of the event submissions and approve or deny publication of events.

www.jewishnepa.org 570.961.2300

Are you on the Jewish Federation’s email list?

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Dassy.ganz@jewishnepa.org

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

Breakthrough in Israel’s plant conservation efforts

BY JNS STAFF

(JNS) – One of Israel’s rarest plants – the spear-leaved dogbane – is currently blooming in the Jerusalem Botanical Gardens after its extinction from the Negev Desert. The species, which now survives only in isolated areas along the Carmel coast and in the Acre Valley, was once far more widespread, including in En Avdat National Park in the Negev.

The plants currently blooming in the Botanical Gardens originate from specimens collected decades ago at En Avdat by Atai Yoffe, director of the Botanical Garden at Kibbutz Netiv HaLamed-Heh. As part of the conservation initiative, researchers have been propagating the plants under controlled conditions in the Jerusalem Botanical Gardens, with the explicit goal of reintroducing the spear-leaved dogbane to En Avdat National Park in cooperation with the Israel

Nature and Parks Authority.

According to Noam Bar-Shai, curator of the Jerusalem Botanical Gardens in Givat Ram, conserving these plants is particularly significant. This species typically thrives in cooler, more temperate regions than Israel, whereas the now-extinct Negev population likely developed unique genetic adaptations that enabled it to survive the harsh desert climate.

Until it is returned to the Negev, visitors can admire the plant’s beauty at the “refuge” pond at the Botanical Gardens’ northern edge, where clusters of small, bell-shaped flowers, delicately patterned with stripes on their pink petals, can be seen alongside other rare species.

“Each success reinforces our efforts to preserve Israel’s unique plant diversity,” says Nurit Hibsher, director of the Central Region Forestry Department at

Keren Kayemeth LeIsrael–Jewish National Fund. “The spear-leaved dogbane presents a dual challenge: conserving a species at severe risk of extinction while attempting to reintroduce a vanished population, and preserving its distinct genetic traits developed under desert conditions. Our progress with this species represents another step forward in saving many more.”

The experiences and protocols developed through the initiative will be published in an upcoming digital book titled “Endangered Plants in Israel: A Guide to Propagation and Cultivation.” It provides practical guidelines for cultivating and propagating some 500 rare plant species, designed to make essential knowledge available to conservationists, gardeners, researchers and nature enthusiasts.



Spear-leaved dogbane (Photo by Ori Fragman-Sapir)

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Cancer Continued from page 2

Test: Measures the level of PSA in the blood, with higher levels suggesting a greater likelihood of prostate cancer.

- ◆ Digital rectal exam (DRE): A physician examines the prostate for abnormalities.
- ◆ Men should discuss with their healthcare providers about the benefits and risks of screening, especially if they have risk factors for prostate cancer.

PREVENTION AND HEALTHY LIFESTYLE CHOICES

While there is no sure way to prevent prostate cancer, certain lifestyle choices can help reduce the risk:

- ◆ Maintain a healthy diet: Focus on a diet rich in fruits, vegetables, and whole grains while limiting red meat and high-fat dairy products.
- ◆ Exercise regularly: Physical activity can help maintain a healthy weight and reduce the risk of various types of cancer.
- ◆ Regular Check-Ups: Routine health check-ups can aid in early detection of potential issues.

SUPPORT AND RESOURCES

For those diagnosed with prostate cancer, support is available

through various organizations and communities. These resources offer information, counseling and support groups to help patients and their families navigate through the journey:

- ◆ American Cancer Society
- ◆ Prostate Cancer Foundation
- ◆ Us TOO International Prostate Cancer Education and Support Network

Increasing awareness about prostate cancer is crucial in promoting early detection and supporting those affected by this disease. By understanding the risks, symptoms and preventive measures, individuals can take proactive steps toward better health.

Dr. Ken Sebastianelli has served as medical director for Elan Skilled Nursing and Rehab, a Jewish Senior Life Community, since 2012. Dr. Sebastianelli is a board-certified internal medicine practitioner with Prime Med Medical Group, and is affiliated with Geisinger Community Medical Center and Moses Taylor Hospital. He is also a member of the Medical Executive Committee at Geisinger Community Medical Center.

To get Federation updates via email, register on our website www.jewishnepa.org



Pledge or Donate online at www.jewishnepa.org/donate

Sea of Galilee level edges closer to lower red line

BY JNS STAFF

(JNS) – A significant drop in the level of the Kinneret (Sea of Galilee) was recorded on August 18 following an extreme heatwave that swept through Israel the week before, bringing it closer to the lower red line, Hebrew media reported.

“The Sea of Galilee has lost several centimeters since the start of the severe heatwave last week,” Kinneret Department Manager at the Water Authority Firas Telhami said, according to Ynet. “The evaporation rate, especially in the last two days of the peak of the heatwave, increased by tens of percent compared to normal summer days,” he added.

As of August 18, the Sea of Galilee stood at a level of 212.595 meters (almost 700 feet) below sea level, which is only 40.5 centimeters (about 16 inches) above the lower red line, Ynet reported. Due to the water’s evaporation, the little island located opposite of Kibbutz Ma’agan at the southeast of the Kinneret can now be seen above the water.

In an average summer month, the

Sea of Galilee loses 30 to 35 centimeters (around 11 to 13 inches) of its water level, Telhami said.

The Water Authority has reduced pumping from the Kinneret to the bare minimum in light of Israel’s dry year, he went on to say, but with another heatwave such as the one recently experienced, its levels will only continue to decline.

Idan Greenbaum, chairman of the Union of Kinneret Cities, a regional body responsible for managing the beaches and surrounding areas of the Sea of Galilee, was quoted as saying, “Every day we follow with concern the sad state of the Kinneret, seeing how it loses a few cubic meters every day, how the famous island opposite Kibbutz Ma’agan, which has become a symbol, is growing [taller] before our eyes. We hope and wish that we will have a winter with blessed rains alongside the beginning of the flow of desalinated water.”

The Kinneret is Israel’s largest freshwater lake. It is the lowest freshwater lake on earth and serves as a popular tourist destination. Its

See “Sea” on page 14



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Scouts..... Continued from page 5

All participants in the Caravan are members of the Tzofim (Israel Scouts), a 60,000-member youth movement that is part of the larger International Scouting Movement.

The JCC would like to thank the JCC Association's Yamim Grant Program, supported by Israel's Ministry of Diaspora Affairs, for sponsoring this incredible experience.





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New traditions for a new year, from Rosh Hashanah to Sukkot

BY ETHEL G. HOFMAN

(JNS)Ready or not, Rosh Hashanah begins on the evening of Monday, September 22, and lasts through sundown on Wednesday, September 23 – the first two days of Tishrei in the Hebrew calendar. It coincides with Shabbat this year, so an especially grand festive meal is in order. But between now and *erev* Rosh Hashanah, there’s still plenty of time to plan dishes and stock up on convenience items ahead of time. To make dishes sparkle, include some of the newer combination spices, like Moroccan spices or seven spice seasoning, which eliminates the need to have a variety of items on hand.

Rosh Hashanah is one of my favorite holidays. Meals are steeped in tradition and symbolism. Childhood memories of sweet, finger-licking ingredients such as honey are used abundantly with the prayer that the coming year will be filled with sweetness. Sour or bitter foods are not served. For Ashkenazi Jews, the first items to be eaten are apple wedges in honey. Ripe, juicy pears are in season, so tuck in a few wedges of those as well or even firm plum slices as dipping tools. Sephardic Jews may start Rosh Hashanah with a seder. The origin of a Rosh

Hashanah seder is said to have started more than 1,500 years ago, linked to a short passage in the Babylonian Talmud where foods such as squash, leeks and chard are mentioned. These vegetables grow quickly, relevant to growth in the New Year. A recipe for Braised Leeks is included below.

Everyone has a tried-and-true recipe for traditional dishes like brisket and kugels. But this year at Rosh Hashanah tables everywhere, there are sure to be those who are strictly vegetarian and even vegan, especially among the younger set. Some basic rules to follow: Those who follow a vegan diet abstain from the use of animal products (honey included). Their diet is based on fruit, vegetables, grains, nuts and food made from plants. Vegetarians typically omit meat, poultry and fish, though dairy and eggs are eaten. Some vegetarians do eat fish (pescatarians).

To meet the needs of varied guests, add something different to the menu this year. For vegans, serve dishes like the “Lentil” Liver with toasted pita bread and glasses of refreshing Pomegranate Gazpacho. An added bonus, these are best prepared one to two days ahead. Maple syrup may be used instead of honey. Finish off the meal with Halvah-Stuffed Dates. Sprinkle with chopped pistachios, make ahead and freeze, then remove to room temperature for two to four hours before serving. These may become a year-round favorite for cocktail hour.

As for the glorious round challah – the symbol of eternal life – save time and buy loaves from a good kosher bakery or market.



Brush with egg whites or olive oil, and sprinkle with a variety of seeds and dried herbs, symbolizing Israel’s Seven Species. Warm it in a preheated 350° oven for 10 to 15 minutes before serving. No one will ever know that it’s not home-baked.

Incorporate these items for Sukkot meals as well, which can be enjoyed heated or at room temperature outside in the sukkah, and also celebrate the bounty of the season. This year, the Jewish holiday of Sukkot starts on the evening of Monday, October 6, and lasts until sundown on October 13.

L’shanah tovah – to a sweet, happy and healthy New Year!

POMEGRANATE GAZPACHO (VEGAN, PAREVE)

Serves 4
Cook’s Tips:

- ◆ Ingredients may be halved.
- ◆ Juice of two pomegranates equals half a cup.
- ◆ Serve in stemmed wine glasses.

½ cup pomegranate juice (fresh-squeezed or bought)

1 rib of celery, cut into 1-inch pieces

1 cup watermelon chunks

1 cup pineapple chunks

¼ orange, seeded, unpeeled and cut into chunks

Place all ingredients in a blender jar or food processor. Blend or process until smooth.

See “New 1” on page 11

NEW YEAR GREETINGS

May this New Year be a time of peace & joy for you and all those you love.

Lisa & Eric Seeuwen

L’shanah
Tovah
Tikatevu

May you be inscribed in the Book of Life for good health, peace and prosperity, and a good year.

Gary S. Davis

L’shanah Tovah

Rabbi Rachel Esserman

May this New Year be a time of peace & joy for you and all those you love.

Kathy Brown
- Advertising Representative

New 1.....Continued from page 10

Serve chilled. CHOPPED 'LENTIL' LIVER (VEGAN, PAREVE)

Makes 3 cups
Cook's tips:
◆ Substitute 3 cups of cooked, drained lentils for store-bought.
◆ Sumac has a tart flavor similar to lemon juice.
◆ Store-bought Moroccan spice is a blend of spices such as cinnamon, cumin and turmeric.
◆ May be made one to two days ahead of time.
Cover and refrigerate.

1 package (17 oz.) steamed lentils
¼ medium Vidalia onion, thinly sliced
3Tbsp. freshly squeezed lemon juice
1½ tsp. sumac
1 tsp. Moroccan spices
1 tsp. ground pepper
Salt to taste
Lemon zest or dried dill to garnish (optional)
Place the cooked lentils, onion and lemon juice in a food processor; process until almost smooth.

Add the remaining ingredients; process to blend.

Spoon into a serving dish, cover and refrigerate until needed.

Garnish with lemon zest or dried dill before serving (optional)

ROASTED APPLES AND BRUSSELS SPROUTS (PAREVE)

Makes 4-6 servings
Cook's tips:
◆ If you have an air fryer, use it to roast apples and onions to better hold their shape or may roast them separately.



Roasted Apples and Brussels Sprouts (Photo by Ethel G. Hofman)

◆ Save cleanup. Line a baking sheet with aluminum foil.
◆ For vegan, substitute maple syrup for honey.
◆ If using fresh Brussels sprouts, make a ¼-inch cut in the base, rinse in water and microwave for 2 minutes before roasting.

1 (12-oz.) package of frozen Brussels sprouts
2 large apples, peeled, cored and cut into 1-inch chunks

1 Vidalia onion, cut into ¾-inch chunks
3 Tbsp. olive oil
2 tsp. sesame oil
1 Tbsp. honey or maple syrup, warmed
Salt and freshly ground pepper to taste
2 Tbsp. sesame seeds
Preheat oven to 415°F.

Spray a large baking sheet with nonstick baking spray.

Arrange frozen Brussels sprouts, apples and onion on a baking sheet. Drizzle with olive and sesame oils, and then honey (or maple syrup). Toss to coat evenly. Sprinkle with salt and pepper.

Roast in preheated oven until sprouts are beginning to brown, about 20 minutes. Sprinkle with sesame seeds.

Serve hot.

BRAISED LEEKS (PAREVE)

Serves 6
Cook's tip:
◆ Wash leeks well. Trim so that only the lightest green part and the whole white part remain. Cut in half, vertically. Rinse inside well with cold

water; pat dry. May store wrapped in damp paper towels in a Ziploc bag; refrigerate for three to five days before cooking.

1 bunch (4-6) leeks, washed well
1½ cups vegetable broth
2 Tbsp. olive oil
1½ tsp. dried thyme
Kosher salt and freshly ground pepper
Paprika to sprinkle (optional)
Arrange leeks in one layer in a large skillet. Pour the broth over top.

Cover and bring to a simmer over medium heat. Reduce to low. Simmer for 10-12 minutes. Leeks should still be firm.

Preheat oven to 350°F.
Spray a large baking dish with nonstick cooking spray. Arrange the leeks in a single layer or slightly overlapping in prepared dish. Pour the broth over top. Drizzle with olive oil. Sprinkle with salt, pepper and thyme.

Place in preheated oven. Bake for 30-35 minutes or until a knife inserted slides out easily. Sprinkle with paprika.

Serve hot.

CITRUS TABOULEH WITH QUINOA, CHICKPEAS AND PEPPERS (VEGAN, PAREVE)

Serves 4-6
Cook's tips:

◆ Chop peppers using a food processor.
◆ Can substitute the orange for lemon.

½ cup quinoa
1 cup water
3 Tbsp. olive oil
Juice and zest of 1 orange or lemon
2 teaspoons Dijon mustard
½ each yellow and red pepper, seeded, coarsely chopped

1 (15.5-oz.) can chickpeas, drained
1 (2.25 oz.) sliced black olives, drained
½ cup shredded mint leaves, loosely packed

Salt and freshly ground pepper to taste



Citrus Tabouleh With Quinoa, Chickpeas and Peppers (Photo by Ethel G. Hofman)

Cook quinoa and water according to package directions.

While quinoa is cooking, in a cup whisk the olive oil, orange juice and mustard. Set aside.

Place cooked quinoa in a large bowl. Add the remaining ingredients.

Pour the olive-oil mixture over; toss to mix. Transfer to a serving bowl.

Serve chilled or at room temperature.

See "New 2" on page 12

Jewish holiday online resources

BY REPORTER STAFF

◆ The Jewish Grandparents Network will hold the virtual program "Grandparenting with Grace: Organizing Your Home and Heart for the Jewish New Year" on Wednesday, September 10, from 7-8 pm. The event will help attendees "explore how to prepare our homes and hearts for the New Year with purpose by embracing Jewish values like *chesed* (loving-kindness), *hachnasat orchim* (hospitality) and *kavanah* (intention/presence)." For more information or to register, visit <https://jewishgrandparentsnetwork.org/event/grandparenting-with-grace-organizing-your-home-and-heart-for-the-jewish-new-year>.

◆ The Jewish Theological Seminary will hold the three-part course "Standing Together: Prayer, Presence, and the Power of Community: A JTS High Holiday Webinar Series" on Mondays, September 8, 15 and 29, from 1-2 pm. There is a suggested donation requested depending on how many classes attended. For more information or to register, visit www.jtsa.edu/news/standing-together-high-holidays-learning.

◆ Jewbelong offers a free pamphlet with information about Rosh Hashanah that can be read online, downloaded or printed at <https://get.jewbelong.com/roshhashanah-booklet>.

New Year Greetings from these Community Institutions

Temple Hesed wishes the entire Jewish community a happy and healthy New Year.

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The Reform Congregation of Scranton

Rosh Hashanah Greetings from

THE REPORTER GROUP

Happy Rosh Hashanah

TEMPLE ISRAEL OF SCRANTON

Wishes you and your family
Shanah Tovah
A New Year of Peace, Health, Joy, and Prosperity

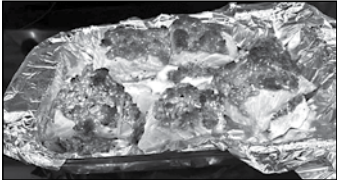
For a full schedule of our services and community events please visit our website
templeisraelscranton.org

Temple Israel of Scranton
918 East Gibson Street | Scranton, PA 18510 | 570-342-0350

New 2.....Continued from page 11

STUFFED SALMON FILLETS, ISRAELI-STYLE (VEGETARIAN, PAREVE)

Serves 6
Cook's tips:
♦ Filling and top-
ping may be pre-
pared ahead and re-
frigerated.
♦ Substitute any *Israeli-Style* (Photo by
nuts for pistachios. *Ethel G. Hofman*)
6 salmon fillets, 5-6 ounces each
Filling:
2 green onions, sliced
1½ cups parsley with stems, packed
1 tsp. bottled chopped garlic
3 Tbsp. olive oil
2 Tbsp. fresh lemon juice
1 tsp. freshly ground pepper
¾ tsp. salt
1 cup nuts such as cashews
Topping:
2 Tbsp. tahini
2 tsp. mustard
1 Tbsp. olive oil
1 Tbsp. honey
¾ cup pistachios
½ teaspoon each salt and pepper
Rinse salmon in cold water and pat dry. Set
aside.
Prepare filling: Place all filling ingredients



Stuffed Salmon Fillets,

in a food processor. Process finely. Set aside.
To prepare Topping: Place all ingredients in
a food processor, and process to a coarse con-
sistency. Set aside.
To Assemble: Preheat oven to 415°F. Spray
a 9×13-inch baking dish with nonstick baking
spray. Place 3 salmon fillets in the dish, 1 inch
apart. Press about ½ cup filling over each spread-
ing to the edges.
Top with remaining fillets. Spread about ¼
cup topping over each and press lightly.
Bake in preheated oven for 25-30 minutes.
Flakes should be opaque when separated with
a knife. If browning too quickly, cover loosely
with aluminum foil.
Cool 10 minutes before cutting each fillet in
half. May be served at room temperature.
CLOVE-SCENTED PINEAPPLE (VEGETARIAN, DAIRY)
Serves 6
Cook's tips:
♦ Use canned pineapple instead of fresh. Pat
dry first.
♦ For *pareve*, substitute margarine for butter.
♦ Can swap maple syrup instead of honey.
♦ Make a parfait. Layer in glasses with vanilla
ice-cream or nondairy frozen yogurt.
3 cups pineapple chunks
1 Tbsp. butter or margarine
2 Tbsp. honey or maple syrup

4-6 whole cloves
Pat pineapple chunks with paper towels to dry.
Heat the butter and honey over medium-high
heat. Add the pineapple and stir to coat with
honey mixture. Increase heat to high.
With a spatula, turn pineapple chunks as they
brown, 1 to 2 minutes.
Insert cloves into the pineapple. Transfer to
a serving dish.
Serve warm or at room temperature.
HALVAH-STUFFED DATES (DAIRY)
Makes 10-12
Cook's tips:
♦ Medjool dates are
large, sweet and soft,
originally grown in Mo-
rocco and now grown in *Medjool Dates* (Photo
Israel, the United States by Pictavio/Pixabay)
and the Middle East.
♦ Halvah is a sesame-seed confection.
♦ For *pareve*, substitute orange juice for yogurt.
3 Tbsp. halvah, crumbled finely
1 tsp. plain yogurt
Pinch nutmeg
1 package (8 oz.) pitted Medjool dates
6-8 pistachios, finely chopped (optional)
In a cup, mix the halvah, yogurt and nutmeg.
The mixture should be stiff.
Open the dates to flatten them as much as
possible. Spoon 1 teaspoon of the halvah mixture
into each. Press to partially close.
Sprinkle with pistachios (optional).
Serve at room temperature or chilled.



Medjool Dates (Photo

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



Quick Reference Guide to Planned Giving

Use this planned giving quick reference guide to help determine the best strategy
for achieving your philanthropic and financial goals.
For more information or to discuss these planned giving options, please contact Daniel
Chejfec, Executive Director, Jewish Federation of NEPA, 570-961-2300 (x1) or
daniel.chejfec@jewishnepa.org.

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Receive secure, fixed income for life while avoiding market risks	Purchase a charitable gift annuity or create a charitable remainder annuity trust	Tax advantages & possible increased rate of return
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Online.....Continued from page 4
The Post-Holocaust Correspondence of Chava Rosenfarb and Zenia Larsson” with Goldie Morgentaler on Thursday, September 25, at 7 pm (www.yiddishbookcenter.org/events/upcoming-public-programs/letters-afterlife-post-holocaust-correspondence-chava-rosenfarb-and).
♦ The Center for Israel Education has launched a reimagined resource hub at https://israeled.org/. “The platform features more than 3,000 curated and searchable documents, maps, videos, timelines and lesson plans. The content is available in multiple languages and built for educators, students, journalists, clergy, and anyone seeking credible, classroom-ready resources.”
♦ Roundtable will hold the virtual class “Ancient Synagogues in the Land of Israel” on Friday, September 12, from 11 am-noon. The cost to attend is \$44. The cost will explore “the art and architecture of ancient synagogues in the land of Israel, from their earliest beginnings to the seventh century.” For more information or to register, visit https://roundtable.org/live-courses/history/ancient-synagogues-in-the-land-of-israel.



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The Reporter

Published by the Jewish Federation of Northeastern Pennsylvania

Archaeologists decipher ravaged scenes in Negev after Oct. 7

BY JNS STAFF

(JNS) – Public tours at a new exhibition portraying the events of the October 7, 2023, Hamas-led massacre in southern Israel – as seen through the eyes of archaeologists – will open in August in Jerusalem. This is the first time that the involvement of the Israel Antiquities Authority (IAA) in the Swords of Iron War will be presented to the public.

In the wake of the war, the official body found itself operating in the scene of modern destruction, using its arsenal of archaeological tools and experts to decipher the ravaged scenes in the western Negev. “Professionals who developed their skills and tools to engage in interpreting ancient archaeology found themselves digging amongst the rubble of just-destroyed houses, and through their unique expertise were able to see and identify the scant human remains, and thus restored their faces, names and memory,” said project director Leora Berry.

Researchers operated in ravaged *kibbutzim*, burnt houses, charred roads and cars, and the open-air Nova music festival complex, the IAA noted.

Bereaved families were afforded closure thanks to the work of the archaeologists, who, in cooperation with the army, managed to locate 16 missing persons whose whereabouts had been unknown.

Personal objects were found that helped to reveal the fate of the victims. For example, Stav Miles has regained jewelry that her late mother, Yona Fricker, had made – which Miles will wear on her wedding day, according to the IAA. The family of the late Shani Gabay also received definitive evidence about her fate, after her necklace with a pendant was discovered, right at the spot where she was now understood to have been murdered.

IAA Director Eli Escusido said, “We deliberately chose to open the ‘Rising from the Ashes’ exhibition precisely around this period when the nation of Israel marks the fast of Tisha B’Av – the ninth day of the Hebrew month of Av, the day of the destruction of both the First and Second Temples – which corresponds to and reflects the savage destruction suffered by the Gaza Envelope communities in our own time.”

He went on to remark, “It is our duty as the Israel Antiquities Authority to preserve, document, and ensure the survival of the memory of the most difficult episodes in our history, from which we must grow and learn. The Jewish people have always known how to rise from pain, even after the most severe destruction.”

The IAA, in cooperation with the Ministry of Heritage and the Tekuma Directorate, has also established a national documentation

project that reproduces the Gaza Envelope destruction sites. For this purpose, the project created 3D models, or “digital twins,” using modern and extensive technologies originally developed to document and present major ancient archaeological sites.

“The Gaza Envelope documentation project ensures that the horrors of October 7 will remain engraved in our collective memory, and that the evidence will never be lost,” even as the region recovers and revives, the IAA announced.

The multi-layered use of audio-visual media, narration and live visual presentation enables visitors to experience the story not only as a testimony, but as a personal and collective journey of documentation and memory, according to the IAA.

The Alejandro Weinstein Crenovich Exhibition, “Rising from the Ashes: Archaeology in a National Crisis,” will be on display at the IAA’s Jay and Jeanie Schottenstein National Campus for the Archaeology of Israel in the country’s capital. The exhibition is not intended for children and is open only to groups of adults. Each tour is accompanied by professional guidance.

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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
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The Reporter
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(JNS) – KFAR ADUMIM, Israel – It was four decades ago that three childhood friends from New Jersey who had immigrated to Israel heard of a young Jerusalem rabbinical student who was looking for scuba divers who could help him find snails off the Mediterranean coast. The three young men knew nothing about snails or the centuries-old search for the biblical blue known as *tekhelet*, but it was an adventure that would change their lives.

that tuned into a mission,” Baruch Sterman, who took part in the sea outing 40 years ago, told JNS recently.

Sterman, 63, from Efrat, went on to found the Ptil Tekhelet nonprofit in this Jerusalem bedroom community on the road to the Dead Sea. It obtains snails to produce the biblical dye.

The search for the source of the dye used for the biblical blue goes back centuries and weaves together archaeology, chemistry and biblical scholarship involving chemists, marine biologists, a great Chassidic rabbi and a former chief rabbi of Israel who is the grandfather of the state's current president.

For about 1,400 years following the Muslim conquest of the land of Israel in the seventh century, the identity of the sea creature used to make the dye was lost to the world. This after two millennia when the purple and blue dyes derived from snails were used as a sign of royalty, coloring the robes of the kings and princes from Media and Babylon to Egypt to Greece.

Until that expedition four decades ago, no one wore the biblical blue on the fringes of their white prayer shawls other than a small group of Chassidim who followed the opinion of Rabbi Gershon Henoch Leiner (1839-1890), the first to



be known as the Radzyner Rebbe, who thought he had found the source for the *tekhelet* from a squid, Sterman said.

But a 1913 University of London doctoral dissertation by the chief rabbi of Ireland, Rabbi Yitzhak HaLevi Herzog, who would go on to become the Ashkenazi chief rabbi of Israel, and subsequent laboratory testing of material he sent for analysis found that the dye from the squid was inorganic and synthetic, a manufactured

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elevation oscillates between 215 and 209 meters
(705 and 686 feet) below sea level, depending
on rainfall.

From 2016-18, the Kinneret's level declined below the lower red line, which stands at 213 meters (~699 feet) below sea level. Its lowest point in those years was 324 meters (1,063 feet) below sea level. The Sea of Galilee's levels rose from the second half of 2018 and remained relatively high until 2024, after which a year of drought ensued.

According to meteorological records, this past winter was the driest in nearly a century, triggering alarm across the country's agricultural and environmental sectors, Israel's Channel 12 News reported in June.

“We noticed the waves breaking over the island again,” said Asaf Griewald, a nature photographer from Kibbutz Ma’agan, in an interview with the outlet. “The water level has dropped so much that you can now stand on it,” he said.

“This situation hasn’t been seen in nearly 100 years,” said Idan Barnea of the Society for the Protection of Nature in Israel. “In normal years, water flows over the region’s dams. Now they’re dry. Israel must act quickly – build agricultural reservoirs in the Hula Valley and connect the region to the national water system.”

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color created by the chemicals used in the labs and not by the sea creature.

For about two centuries, researchers continued to search for the source of the traditional biblical blue, a marine animal known, according to rabbinic literature, only as the hillazon.

A French zoologist found three mollusks in the Mediterranean Sea in 1858 that produced purple blue dyes, and identified one, the *Murex trunculus* (nowadays known as the *Hexaplex trunculus*), a medium-sized sea snail, as the source of the biblical blue, but they were not the pure blue described in ancient Jewish sources.

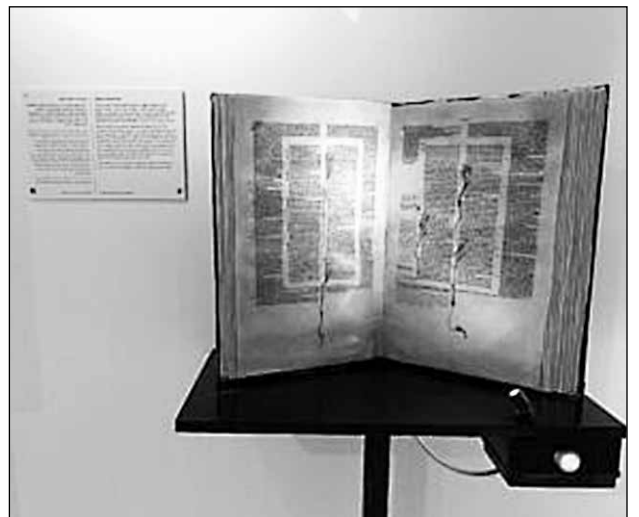
Researchers consulted at Washington's Smithsonian Institution in 1979 also couldn't figure out how to get the coveted sky blue from the sea creature.

The mystery was finally solved in 1985, when Professor Otto Elsner at Israel's Shenkar College

of Fibers, who was researching ancient dyes, discovered that when exposed to sunlight, the snail's dye was blue after all.

This led Eliyahu Tavger, the young Jerusalem rabbinical student, to enlist the three New Jersey men on their snail expedition on Israel's northern coast. "By the time we got there, we had fallen in love with the idea, having learned all the history in the drive up north," Sterman, who had learned how to scuba dive during his student days at Columbia University, recalled.

They succeeded in taking a few hundred snails from the Mediterranean, producing five sets of tzitzit, ritual fringes attached to the corners of Jewish prayer shawls. The snails produce tiny amounts of the coveted dye, requiring as many as 40 to color the fringe of one garment.



The sixth-century edict of Roman Emperor Justinian I, which made possession of tekhelet by commoners a capital offense. (Photo courtesy of Ptil Tekhelet)



The "ME'IL"—the robe of the High Priest, made entirely of tekhelet. (Photo courtesy of Ptil Tekhelet)

Four decades and hundreds of thousands of Jewish prayer garments later, a small visitor center telling the story of the mystery of the biblical blue is being launched at the end of this month, at Ptil Tekhelet's factory, located a 20-minute drive east of Jerusalem in the Judean Desert.

The enterprise, which was founded in 1991, sells cotton or wool Jewish prayer shawls with the biblical blue attached to one of the fringes, for about \$50 each.

The snails used to make the dye are brought to Israel exclusively from abroad, including Europe and the Mediterranean countries, since they are a protected species in Israel.

The factory has already attracted Jewish and Christian tourists over the years, leading found-

ers to press ahead with setting up an educational center at the site.

(A blue and white Israeli flag with the biblical dye used in the factory was presented to U.S. Secretary of State Mike Pompeo by Prime Minister Benjamin Netanyahu during President Donald Trump's first term in office.)

The visitor's center tells the story of *tekhelet* from ancient times to the present and its rediscovery, along with a view of the dyeing process. "We felt it was not just a goal to provide *tekhelet* for people who want to wear it," Sterman said. "We believe that this is an incredibly inspirational story bringing together science, Torah, spirituality and our culture all wrapped together."

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