



THE GREATER DES MOINES

Jewish Press

Published as a Community Service by the Jewish Federation of Greater Des Moines online at jewishdesmoines.org • volume 29 number 2

HAPPY HANUKKAH



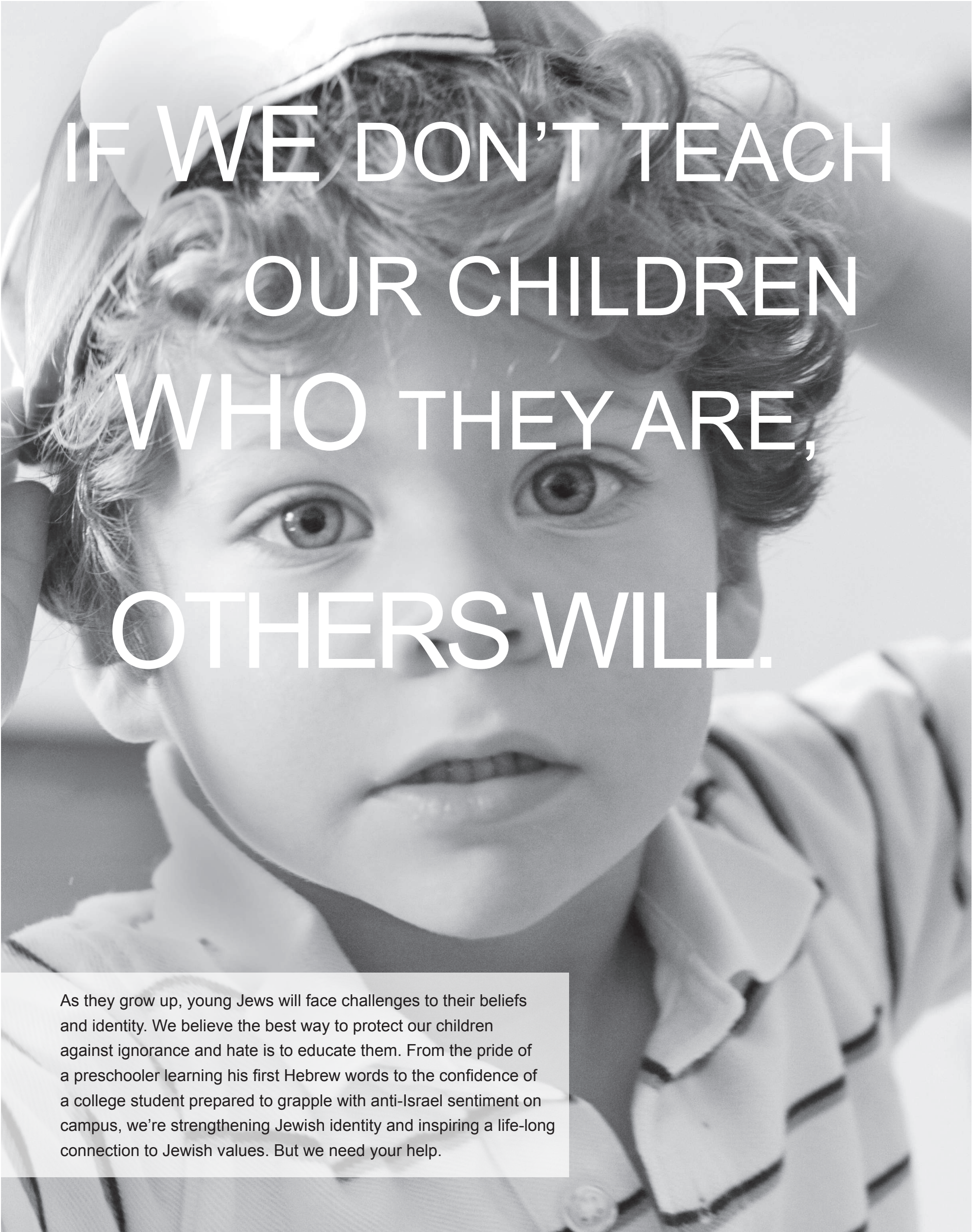
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IF WE DON'T TEACH OUR CHILDREN WHO THEY ARE, OTHERS WILL.

As they grow up, young Jews will face challenges to their beliefs and identity. We believe the best way to protect our children against ignorance and hate is to educate them. From the pride of a preschooler learning his first Hebrew words to the confidence of a college student prepared to grapple with anti-Israel sentiment on campus, we're strengthening Jewish identity and inspiring a life-long connection to Jewish values. But we need your help.



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THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.

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The Absolute Of Freedom: Hanukkah Lessons For Today's World



Barb Hirsch-Giller
President

I want to picture all of you at this moment sitting down to read your recently arrived edition of the Jewish Press. I see you at the end of a long, chilly day, in your hand a cup of tea (or perhaps a cocktail—go ahead, it's fine!). You are opening the first page and, voila, here we are together, you and me. You begin reading: yup, yet another message about Hanukkah. You think: OY! Is it yet another Hanukkah/Christmas dilemma dissertation? I respond with an emphatic no! This is about serious stuff. It is not about menorahs versus trees; it is about the very clear **moral of the story of Hanukkah**.

Nearly lost in the extravagant display of all things December is the distant memory of the Hasmoneans, the family of Mattathias, also known as the Maccabees. In 164 BCE, the local ruler, Antiochus, sent a small force to quell a rebellion by Jewish resistance fighters who refused to be forced to sacrifice to pagan gods. In fighting for liberation from religious oppression, Mattathias and his five sons murdered a Greek official and subsequently annihilated both the small force sent to suppress the rebellion and the powerful Greek army that arrived to assist. We know the famous part of the story, that Jerusalem was retaken by the Maccabees, the Temple purified, and with the oil that burned far longer than expected, Hanukkah was born.

But the most important part of this story, its lasting and potent lesson, should be that the Maccabean event is but one courageous fight for freedom in the history that is Judaism. From these ancient hills surrounding Jerusalem to the ghettos of Warsaw to the borders between Sderot and Gaza, we fight and die for the right simply to be Jews, to survive, to worship and live in our own way.

This imperative and experience has caused us to empathize with the plight of other disenfranchised, persecuted populations throughout our history. The populations may change but the reality for them and for us remains the same: freedom of religion, the right to safe haven and adequate sustenance are basic human rights that all humans deserve and for which we must labor, forever.

In the Nuba Mountains, in the new country of South Sudan, a horrific tragedy against innocent Sudanese civilians is taking place. The rogue government of the National Congress Party (NCP), led by President Omar Bashir, has brought new meaning to the term **war crimes**. The indigenous people of the region experience daily aerial bombings, murders, rapes, and village raids. The families, stricken by starvation and poverty because of the policies of this jihad-driven Arab government, watch as their crops are torched. They watch as their babies' stomachs swell. They wait for the humanitarian supplies that never arrive because they are blockaded by the Bashir government. This genocide is waged against a Christian and Islamic civilian population, which just happens to sit on a rich reserve of oil.

Yet as we sit together on this chilly, early winter evening, we know that, even if the rest of the world stands by in silence, the Jewish world will raise its voice in protest. This past August, the United Sudanese and South Sudanese Communities Association (USASSCA) was formed at a meeting in Des Moines. This umbrella organization combines the efforts of these Diaspora populations under the local leadership of Rabbi David Kaufman, your Jewish Federation, and leaders from numerous Christian congregations. It is with pride and gratitude for the wisdom and courage of this leadership that we recall the true moral of the story of Hanukkah. (see page 9)

The brilliant and courageous theologian, Reinhold Niebuhr issued this warning: "Evil is not to be traced back to the individual but to the collective behavior of humanity." As we light every candle in our menorahs this year, may we pray from the depth of our hearts with purpose and bravery: that WE will be today's Maccabees, that we will never forget our past, that we will be that collective voice for the people of Darfur, the Nuba Mountains, and wherever justice has hidden its face.

Happy Hanukkah!

KEEP IN TOUCH!

If you are not yet receiving program information from us by e-mail, or you have updated your e-mail address, let us know! Send us a message at jcrc@dmjfed.org

UPDATE ON SEARCH FOR EXECUTIVE DIRECTOR

At the time of printing, the Federation Search Committee is pleased to share that the process of identifying the new Jewish Federation & Foundation Executive Director is in motion. We have reviewed a large number of applications and have narrowed the pool of candidates through a series of phone discussions and Skype interviews. We will be bringing in a handful of candidates for interviews after the High Holidays. Should you have any questions about the search process, please contact President of the Federation Board, Barb Hirsch-Giller.

— Federation Visioning and Search Committee

CALLING ALL COOKS!!
We Need Your Recipes!!
Iowa Jewish Historical
Society Cookbook
Honoring the 100th Anniversary
of the Des Moines Jewish Federation

We need recipes from you that have been passed down by your family, special holiday recipes, or those that are simply family favorites that you'd like to share with the community. Send your recipe to Karen Engman at aengmandsm@yahoo.com or mail it to the Jewish Federation at 33158 Ute Avenue, Waukee IA 50263

THE GREATER DES MOINES

Jewish Press

Published 6 times annually by
the Jewish Federation of Greater
Des Moines under the auspices
of the Jewish Community
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submissions.

The Greater Des Moines Jewish Press
33158 Ute Avenue
Waukee, IA 50263-7538
515-987-0899 jcrc@dmjfed.org

Volume 29, No. 2
November/December 2012

JEWISH FEDERATION COMMUNITY SCHOOL

NOVEMBER IS JEWISH BOOK MONTH

A BRIEF HISTORY OF JEWISH BOOK MONTH

In 1925, Fanny Goldstein, a librarian at the West End Branch of the Boston Public Library, set up an exhibit of Judaic books and used it as a focus for what she called Jewish Book Week. In 1927, with the assistance of Rabbi S. Felix Mendelsohn of Chicago, the event was adopted by communities around the country.

During its first fifteen years, the annual date of the program coincided with the holiday of Lag B'Omer, traditionally regarded as a scholars' festival. In 1940, the event was moved to the days and weeks preceding Chanukah in order to promote the purchase of books of Jewish content as holiday gifts. Over the years, Jewish Book Week became so popular and so filled with activities that it was extended to a one-month period in 1943.

This year, National Jewish Book Month runs from November 7 – December 7, 2012

If you are interested in searching for books with Jewish content, please visit the Federation website, www.jewishdesmoines.org/jfcs to find links.

Make Celebrating Jewish Book Month a Family Tradition

Parents today can give themselves a pat on the back if their children's fingers are curled around the edges of a paperback instead of a game system controller. In today's amazing era of technology, parents who push reading as a leisure activity are doing a private and a public service by keeping non-digital entertainment from going the way of other simple pleasures.

The facts can't be ignored! Reading has been proven to boost success both academically and socially. Flipping through ink-on-paper worlds boosts imagination and helps children to think outside the box. Recent studies in neuroscience have demonstrated that reading aloud to young children actually stimulates brain growth. In short, encouraging reading in the home is one of the greatest gifts that a child can be given. It has also been shown that a disconnect from books often leads to a disconnect from culture: Literary readers are more likely than non-readers to engage in positive civic and individual activities – such as volunteering, attending sports or cultural events, and exercising.

But with over 32 million books in the Library of Congress, the art of reading can assume variant forms. If reading is such a life contouring event, shouldn't we pay attention to what shape our children will be assuming? We need to attend to what our children are reading above and beyond our contentment with the fact that they are reading at all.

Reading Jewish books helps to promote Jewish identity in children of all ages.

There are a great number of books that help to cultivate positive core values in our children. Encouraging these is the first crucial step in helping our children to connect with enriching and fun literature. And as Jews who are people of the book, we need to consider how we can also nurture our children's Judaism through the powerful medium of good reading.

With so many influences in the world vying for our children's attention and sense of identity, it is vital that parents grasp all strings Jewish and tie them tightly to their children. Reading Jewish books helps to promote Jewish and religious identity in young people. Anyone who has observed the interaction between Jewish children and Jewish books has seen the transformations that can occur as a result of connecting with an idea or a character in a book. As quoted from the New Jewish Values Finder from the Association of Jewish Libraries; "The epiphanies that come with reading can't be anticipated because they are different for every reader...To encounter, consider and witness the effects of Jewish values in the pages of books, through the experience of characters, in settings sometimes distant and strange and sometimes familiar, is to grow as a human being and as a Jew."

Many parents savor memories of cozy nights reading to their young children, looking at beautiful illustrations, and appreciating the cadence of a story told well. Those moments connect children not only to their parents, but also to a love of reading so vital to literate, inquisitive young minds.

The explosion of smart phones, Facebook, Twitter, YouTube, iPods, email, texting, and screens – now installed in cars, cabs, elevators, grocery stores, lobbies, and malls – is changing the way our children spend their time. Bombarded with appealing choices, many are typing texts while watching YouTube and then checking their Facebook pages. How many are choosing to linger over the pages of a book?

November's National Jewish Book Month is a wonderful time to reflect with as a family about how books can add so much to our creative and intellectual lives.



where's my brick?



Show your children; your grandchildren; your community that you value Jewish education.

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For information contact: Lyanna Lindgren - 515-987-0899 ext 232 or jfcsdm@gmail.com.

CAMP RAMAH SCHOLARSHIP BENEFIT NOV 4

The community is invited to a buffet luncheon hosted by the Camp Ramah Scholarship Committee on Sunday, November 4th from Noon to 2:00 p.m., at Tifereth Israel Synagogue, 924 Polk Blvd, Des Moines.

Students who studied abroad and attended a six-week seminar for Ramah Israel, will be sharing their experiences through a slide show presentation, a Broadway production of Mama Mia in Hebrew and discussions about their feelings and thoughts, as well as a little Jewish music by the Java Jews, to further stimulate the soul and entertain you.

Please contact Barb or Patrick to RSVP. We look forward to seeing you there!



**Tichon
Ramah
Yerushalayim**
TRY & USY HIGH

תיכון
רמה
ירושלים

Making Connections

Rabbi Steven Edelman-Blank of Tifereth Israel Synagogue



During religious services, I have asked participants to get up and go meet someone else in the room that they did not already know. I have been grateful that my congregation has been willing to indulge me in this matter. Fortunately, I have received much positive feedback about this practice. The children in the congregation seem to particularly enjoy it. Usually, I have to ask the congregation to return to their seats and quiet down again. Most people have smiles on their faces as they sit down.

I would like to explain why I do this, particularly during religious services. I do not see these moments as “breaks” from the services, though we all like the opportunity to get up after sitting so long. I actually view them as an essential part of the service.

Though private prayer is considered valuable, Judaism tends to prefer that people worship together instead of in isolation. Some of our most important prayers, including Barchu and Kaddish, can only be said in the presence of a minyan (in our synagogue, defined as ten Jewish adults). The confessionals we say during Yom Kippur are written in the plural instead of in the singular. The coming together of a community creates the conditions in which Jews can engage in holy worship. I figure that, if everyone in a room is supposed to be praying with each other, it only makes sense for them to know the names of the other people in the room.

However, I think we need to take this idea a step further. Perhaps, the joining together of community members does not only set the stage for us to do the religious work we need to do. Rather, the creation of community is a holy act in itself. I am no expert on Martin Buber’s book *I and Thou*, but I do think there is something holy when people honestly connect with each other. Something special seems to happen. At the very least, most people seem to feel more content and at ease when they sense that they are part of a larger group that cares about them and supports them.

Unfortunately, modern American society seems to provide fewer and fewer opportunities for us to feel this way. For good or bad, it seems that we are on the move all the time. Building connections becomes difficult. It is hard to bond with others when we are so often changing things: changing jobs, changing houses, and changing interests and activities. Connecting with others takes time. It involves developing trust as we feel more and more comfortable sharing parts of our own lives. It takes going through experiences together, both joyful and sad. Our connections grow deeper over months, over years, and yes, even over generations.

I believe that one of the central roles of a synagogue, temple, or shul is to serve as a place to connect. We connect not only with our Maker, but with each other. The need for community is one of the needs that Jewish congregations can most effectively fulfill. I do not see this changing in the future.

It is possible to ask, “What is so special about a synagogue, a temple, or a shul? Can’t I just join a country club or some other local institution?” I would argue that a Jewish congregation is an ideal place to find community because its members are not just working together to learn a particular skill or complete a specific project. They are working together to be better people. A proper congregation does not only focus on one particular topic, such as business or politics. It helps each congregant learn how to live his or her own life as well as possible. Furthermore, much of congregational life centers on lifecycle events, such as births, deaths and marriages. These events are often when we most need the benefits of living in a strong community. They also often create the type of experiences and memories that allow us to connect with others. Finally, social scientists have discussed for years how rituals help members of a group link together. Tell me, who is better at performing rituals than a Jewish congregation?

So ... I am going to make the same request again. Get up out of your seat. Go to a Jewish house of worship.

capture lasting memories with a gift that lasts forever...

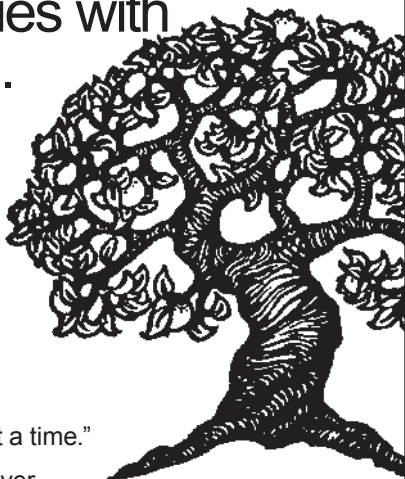
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- CELEBRATE YOUR CHILDREN
- REMEMBER YOUR LOVED ONES

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but a community can plant a forest one tree at a time.”

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For \$36, a tree certificate will be mailed to the recipient. Your \$36 goes toward the purchase of trees, care and maintenance.



Fall line-up:

Thursday, Nov 8 — Wine Tasting Class

6:00 - 7:30 pm Learn how to evaluate wines like an expert. **Beth and Sheldon Ohringer** will lead a fun and informative wine tasting class. Cost: \$12 each at door, \$10 each in advance, \$9 each for groups of 5 or more. Reserve your spot. Call Tom at 987-0899 ext. 222.



Thursday, Dec. 13 — Jazz Concert

7:30 - 9:00 pm **Eric Vloeimans & Florian Weber**

Dutch trumpeter Eric Vloeimans and pianist Florian Weber for “a tuneful show that manages to be both cutting-edge and rich with jazz classicism.” Their recent recording, *Live at the Concertgebouw* is one of the year’s most hauntingly beautiful recordings, a high point in Vloeimans’ discography



and a tremendous introduction to the clearly underexposed Weber, who has recorded with Lee Konitz. Tickets are \$30 in advance and \$35 at the door. Contact Abe Goldstien at 515-279-6452 or abe@trilixgroup.com.

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Usage of The Caspe Terrace is limited to the Jewish Federation of Greater Des Moines, its employees, Jewish Federation Members and to United Way affiliates. Events are limited to Federation community programming; for Members of the Federation for occasions that are significant life stage events and religious in nature. A maintenance fee shall be charged to individuals to cover costs incurred of these events.

senior news

Wanting to get out more and socialize? Needing assistance with transportation to senior luncheons, doctor appointments, grocery store, and other appointments? Seeking information regarding services you need in the home?

GIVE US A CALL at Jewish Family Services and a staff member or volunteer will assist you with these services. Please call Pat Nawrocki, Jewish Family Services Manager, at 515-987-0899 ext 210.

Upcoming Luncheons:

Thursday, November 15,
12:00 Noon, at Temple B'nai Jeshurun.

Move into the computer age! Learn basic computer skills to keep in touch with your family and friends, share news and photos and bring the world into your home by using the internet. Computer whiz Steve Lipshutz will demonstrate that it is never too late to learn.

We will also have an opportunity to listen to taped Israeli folk and classical music

Thursday, December 13,
12:00 Noon, at Beth El Jacob Synagogue.

Come and celebrate Hanukkah! We will enjoy music by the Zarnow Fund in honor of Abraham, Regina, Paul, Sidney, Silvia and Ralph Zarnow. After lunch we are delighted to have Rabbi Bolel entertain with Hanukkah songs on the guitar.



In Good Hands



Thelma Kardon having a routine blood pressure check by Lara Dillon, a Jewish Senior Life Center nurse

Did you know that most of the time, high blood pressure is "silent" – which means you may feel no symptoms. That's why people can have high blood pressure and not even know it. One in three Americans has high blood pressure; if left untreated, it can lead to other serious health problems.

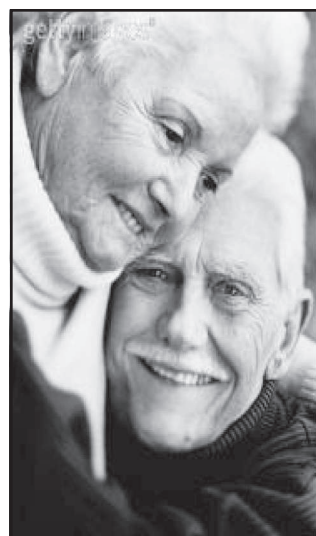
We are fortunate to have nurses from the Jewish Life Center faithfully attend our Senior Luncheons. They provide Blood Pressure clinics for the Seniors that attend and we want to thank them for their dedicated service. Lara Dillon, Admissions Coordinator for the Iowa Jewish Senior

Life Center states "It is of high importance to have blood pressure checked regularly and to closely monitor medications taken." Lara also said it's important to take blood pressure medicine at same time every day for it to be most effective.

Here are some comments from our Seniors: Thelma Kardon said "Having my blood pressure taken makes me feel twice as good." Barb Geller stated "The nurses are warm, charming and caring and it is so convenient. I appreciate having them at our luncheons." Charlotte Raush commented that when she sees the nurses "her face lights up and her blood pressure goes down."

That's what the Senior Adult Program is all about: deeds of kindness, reaching out and helping someone in need.

Pat Nawrocki
Jewish Family Services Manager



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Israel

Israel To Build Model Farm In South Sudan

By Abigail Klein Leichman for Israel21c.org

Israel is planning to build a model agricultural village in the new nation of South Sudan, aimed at teaching local farmers how Israel's breakthrough agricultural methods and technologies can help the fledgling African nation survive and thrive.

The idea took shape when Deputy Foreign Minister Danny Ayalon got to talking with South Sudan's Minister of Agriculture, Betty Ogwaro, at the Agritech 2012 expo in Tel Aviv last May.

"The idea is first to help supply vegetables, a very basic food of which there is a shortage so they have to import everything," says Koren. "They simply need it for their survival."

Building a new agricultural industry

The problem is not a lack of arable soil or of water – South Sudan is blessed with an abundance of both thanks to the nearby Nile River and a relatively long rainy season – but a lack of expertise.

"Basically it's a society of shepherds and cowherds, not farmers," Koren explains. "They are not qualified to deal with farming."

As it happens, many Sudanese refugees who sought better lives in Israel over the past few years were placed on kibbutzim where they learned advanced Israeli methods of farming and drip

irrigation. Now that many of these refugees are being repatriated to South Sudan, the Foreign Ministry is hoping to integrate them directly into running the new agricultural project.

Koren was planning to escort the first group of Israeli experts in September to assess the scope of the project and draw up a budget proposal to present to the Israeli government."

The ambassador has assigned as project manager Dr. Yossi Baratz from MASHAV, Israel's international development agency. Baratz, a physician, formerly served as the agency's representative in Kenya, and in 2010 oversaw the inauguration of an Israeli-built emergency room at Kisumu East District Hospital in that African country.

Contributing to nation-building

Koren is hopeful that the farm can be started at the beginning of 2013, and will eventually involve Israeli agricultural experts from the private sector. "The idea is approved and now we need to make it come true," he says.

The project budget will come entirely from the Israeli government, and is intended as the first of several agricultural projects in South Sudan.

"We have strong bilateral relations," says Koren. "It is the youngest country on earth, only one year old, and still coming out of a very difficult situation."

My Brother's Keeper by David Friedgood



After their fall from grace and expulsion from the Garden of Eden, we are told that: “The Man (i.e. Adam) knew his wife Eve, and she conceived and bore Cain.” (Genesis 4:1) Eve names her son with a word from the Hebrew root CNH, meaning ‘to produce’ or ‘to acquire’. She says: “I have gained a male child with the help of the LORD.” (4:1) Next, she delivers a second son, Abel, whose name mean ‘vapor’ or ‘nothingness’ in Hebrew. (Does this name portend the fate of the younger brother?) Cain became a farmer and Abel a shepherd, tending sheep. In Biblical times farms, became agricultural cooperatives and were the foundation of the first cities. Urbanization brought government, rules, and regulation to society. People who worked for the collective prosperity were valued over individuals, as individual rights and liberties became subservient to what was seen as the greater good. Shepherds lived apart from the general populace. They were frequently alone with their flocks for long periods of time, and often at odds with the demands of the new city states. “In the course of time”, the Bible tells us, “Cain brought an offering to the LORD from the fruit of the soil; and Abel... brought the choicest of the firstlings of his flock.” (4:3) God favored Abel and his offering. Cain was ignored. This is the first example of two common trends in the Bible. First, the younger is often favored over the older sibling (Isaac, Jacob, Joseph, and Solomon for example). Second, shepherds are typically portrayed as free thinkers, more perceptive and God-fearing than urbanized farmers. They are often favored by the Almighty and chosen as leaders of the people (Abraham, Jacob, Moses, and David are examples).

Now Cain was distressed by God’s lack of attention, and “his face fell.” (4:5) He was sad and depressed. Here was a man who followed convention. He was the first-born, entitled to greater respect than his younger sibling. He did what was expected, though perhaps not with the willing spirit of his brother. Yet his LORD favored the non-conventional Abel. God seeks to comfort Cain and says: “Why are you distressed, and why is your face fallen? Surely if you do right, there is uplift. But if you do not do right, Sin couches at the door; its urge is toward you, yet you can be its master.” (4:7) Cain is faced with the common dilemma of mankind. Just as his parents (the first human beings) had the free will to choose right from wrong, so Cain is faced with a choice. Within him are two entities, a disposition for virtue, - or Yetzer Ha Tov in Hebrew; and a demon called Sin - the disposition for evil - Yetzer Ha Rah. It is his choice to make. Will he do right, or give in to the urge - the Sin crouching at the door?

The next verse begins with: “Cain said to his brother Abel...” (4:8) The statement ends here and the words of Cain are left unstated. Next we learn that when the two brothers are in the field (alone), Cain kills his brother Abel. And, “The LORD said to Cain, “Where is your brother Abel?” And he said, “I do not know. Am I my brother’s keeper?” (4:9) This question, posed at the beginning of the Torah, is answered over and over again in the Bible. The answer - a resounding ‘YES.’ You are your brother’s keeper, as am I, and the rest of humankind. Ultimately we are all responsible for each other. We are after all, brothers and sisters; each created in the image of God. Also, unlike Adam and Eve, Cain does not acknowledge his wrongdoing and face up to his mistakes. As Martin Buber states: “He refuses to face the demon on the threshold; he thus delivers himself up to the latter’s ‘desire.’” Cain’s horrific act of fratricide is compounded by his subsequent lie and indecision. He has acquiesced to the evil ‘Sin’ which will permeate his soul for eternity. God punishes Cain. The soil he used to work is now contaminated with the blood of his brother. It will never again produce for Cain. He is to be a “ceaseless wanderer on earth”(4:12), eventually settling in the land of Nod (Hebrew for wandering).

Cain’s God, however, is a forgiving master. He senses repentance in Cain, though this is difficult to ascertain from the text. Abel’s death, after all, is the world’s first murder; and, Abel was the first recorded human death. Perhaps Cain did not fully comprehend the significance of his actions. When he pleads with his LORD: “My punishment is too great to bear!” (4:13), God places a mark on Cain for his protection. Anyone who kills Cain will be subjected to sevenfold vengeance. Protected by God’s Providence, Cain goes on to have a family and founds the first city, which he names after his son Enoch.

Unfortunately, as is often the case, the evil initiated by Cain permeates throughout his offspring for generations. The Bible recalls a poem authored by Lamech, Cain’s 5th generation grandson: “O wives of Lamech, give ear to my speech. I have slain a man for wounding me, and a lad for bruising me. If Cain is avenged sevenfold, then Lamech seventy - sevenfold.” (4:23) Lamech is boasting about his power, and his ability to kill at whim, recalling his ancestor Cain - the 1st murderer. Eventually Cain’s line is destroyed by the great flood, and humankind is perpetuated through Adam and Eve’s 3rd son. His name is Seth and Noah was his 10th generation offspring - and Noah walked with God.” (6:9)

continued on page 19



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Janelle Jaskolka



Jewish Press: Janelle, you've been widely commended for your work as the Administrative Assistant to Lyanna Lindgren, the Director of the Jewish Federation Community School and Engman Camp Shalom.

Janelle Jaskolka: Thank you.

JP: Janelle, how long have you worked for the Federation?

JJ: I've worked for Lyanna for four years. I started part time from home and it grew from there.

JP: What have you learned personally from your experience?

JJ: I've learned time management. As a parent of three young children, I have a limited amount of time and have had to

learn to structure the time to get my work accomplished.

JP: What are the best parts of your job here?

JJ: Well there's the variety. Some days I'm shopping. Some days I'm making pizzas. Some days I'm writing articles for the Jewish Press. Some days I'm taking pictures. It's never the same. And I enjoy working as a team with Lyanna.

JP: As to the challenges?

JJ: Like everything else in life, the job is not without its challenges. It takes a bit of diplomacy because people have special needs, and that's fine.

JP: Janelle, tell us a bit about your background.

JJ: I was born and raised in Lincoln, Nebraska, where I met my husband Eric. My husband and I were married in 1995 at the Temple in Lincoln, and I converted to Judaism at the end of 1999. I was pregnant and wanted my daughter to be born Jewish.

JP: Where'd you go to school and what did you major in?

JJ: I have a bachelor's degree in English from the University of Nebraska in Lincoln. It took me ten years to get it because I had a motorcycle accident in the middle. I have minors in history

and political science and I qualified for three other minors. (I liked school.) And I worked my way full time through college.

JP: You worked your way through school....

JJ: I worked as a grocery store manager, from the time I was in high school through my college years. I worked for Radio Shack for seven years. I worked for a student loan servicing company in accounting. As far as employment goes, I was just willing to plunge in and figure out how to make it work! For a period of four years, I stayed at home with my children.

JP: What brought your family to Des Moines?

JJ: Eric got a job with the Des Moines Register in sales, marketing and customer service. Since then he had moved over to Sears and then to Hoffman Enterprises, which is the parent company of Sears.

JP: Where within the Jewish community does your family feel most connected?

JJ: Our children fell in love with Rabbi Steve Edelman-Blank at Tifereth Israel Synagogue, and that connection is very important to us. Our daughter will have her bat mitzvah at Tifereth in July of 2013!

JP: Do you and your husband and children have hobbies?

JJ: Yes. My husband is a runner and is currently preparing to run a marathon. Eric also just received notification that his collection of X-Men memorabilia (comic books, toys, etc.) has been accepted by the Guinness Book of World Records as the largest of its kind. He runs, but this collection has been his passion for longer than I have known him. I like photography, scrapbooking, and writing. At present, my hobbies have been pushed aside. I'm a mom. I have two children who will be dancing in the Nutcracker this year with Ballet Des Moines. My older son runs 5k races, and I spend my time carting them around! Shayna's 12, Eli's 10 and Logan's 7.

JP: What do you think about Des Moines?

JJ: I love living in Des Moines. It's been an amazing experience. I think a lot of people don't know how lucky they are to live here. There are a lot of advantages and opportunities to living here that I think people overlook. And I like the Jewish community. I like the people, all the choices and all the activities.

JP: Well thank you very much indeed for the interview, Janelle. We wish you and your family all the best!

JJ: Thank you.

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Effort To Help Sudanese Gives Birth To U.S. Group



Rabbi Kaufman and coalition partners head up the Walk Against Genocide

The Des Moines area apparently has the largest per capita Sudanese population in the United States -- that and the significant ability of diverse, local Sudanese leaders to work together accounts for the success in building a new national organization of pro-democracy Sudanese Americans.

Really the first such organization anywhere, the newly formed United Sudanese and South Sudanese Communities Association (USASSCA) seeks to unite the disparate American Sudanese sub-communities to educate and advocate for peace between Sudan and South Sudan. There is massive starvation and food insecurity in the region, with humanitarian aid being blocked and air attacks targeting civilians by the forces of the Sudanese government in Khartoum. The president of Sudan, Omar al Bashir, is currently wanted by the International Criminal Court on charges of genocide.

Behind the effort to establish USASSCA for members of the Sudanese diaspora is a local humanitarian organization, Help Nuba, a coalition which itself was formed in April of 2012. Co-chairs of Help Nuba are Rabbi David Kaufman and Kristen Anderson, from United to End Genocide. Help Nuba, online at helpnuba.net, is guided by an Executive Council, which organized the conference in August at which USASSCA was founded. USASSCA itself is online at sudansouthsudan.com.

The USASSCA conference was attended by over 200 representatives of Sudanese regional communities from across the United States. Leaders came representing their home regions of Darfur, Nuba Mountains, Blue Nile, Beja, and three provinces in the newly established State of South Sudan.

Help Nuba presented programming featuring guest speakers including Ms. Hawa Salih, a hero of Darfur and recipient of the International Women of Courage Award conferred by Secretary of State Clinton. During the two-day conference many leaders of the Sudanese diaspora spoke along with representatives of American non-governmental human rights organizations. Speakers from the Jewish community included Rabbi Kaufman and JCRC Director Mark Finkelstein, a member of the Help Nuba Executive Council. Additional members of the Jewish community including Heidi Moskowitz, Melanie Sandler, Diane

and Jessie Pratt served as volunteers. Members of the community attended the educational workshop conducted by Help Nuba, and thanks are extended by Help Nuba to our volunteers and participants.

As part of the programming, held both at the State of Iowa Historical Building and at Temple B'nai Jeshurun,



Rabbi David Kaufman thanking one of the guest speakers



Heidi Moskowitz, a volunteer for Help Nuba, with a representative from the Blue Nile, Sudan

a walk against genocide took place at the Capitol, organized by the United Nations Association of Iowa. It is believed that the walk drew more participants than similar walks held in Washington D.C. and New York City. Many of the Sudanese were visibly moved by the proceedings. Several commented to the effect that they had never met anyone from one or another of the regions in Sudan, or that they never believed it possible for people from the different regions to work together.

A special thanks to Todd Steinberg for taking photos at the evening event.

To get involved with Help Nuba, contact jrcr@dmjfed.org -- Mark Finkelstein, JCRC

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Iowa Jewish Senior Life Center 80th/25th Anniversary Celebration

The Iowa Jewish Senior Life Center hosted its Anniversary Celebration on Sunday, September 9th. This year's fundraising event was in honor of two very significant milestones for The Life Center: 80 Years of Service to the Community, and 25 Years at their current home on Polk Boulevard.

The festivities took place at The Caspe Terrace. Music was provided by The Belin Quartet during the cocktail & hors d'oeuvres hour and by harpist Mary Foss during dinner. It was a wonderful opportunity for our Community to come together in support of a great cause – the final phase of Project Transformation.

Since 2008, thanks to the support of our Community of Donors, we have been able to completely renovate the bathing spas, update our Central Atrium, transform all of the private Resident rooms downstairs, and open a new Memory Support area.

Our Community of Donors contributed over \$68,000, enabling The Life Center to continue aesthetic improvements on Resident activity and dining areas. We will continue to improve the aesthetics of these areas over the next several months. We hope all our donors understand what their continuing generosity means to our Residents and their families.

We would like to extend a very special thank you to our Event Planning Committee, chaired by Sharon Goldford and Shelley Brody. This year's celebration would not have been so successful without the Committee's guidance and support! We are also appreciative of Imre Torok and Matt Uittermark from The Embassy Club for making the Event so special.



Belin Quartet

photos by Laurie Wahlig



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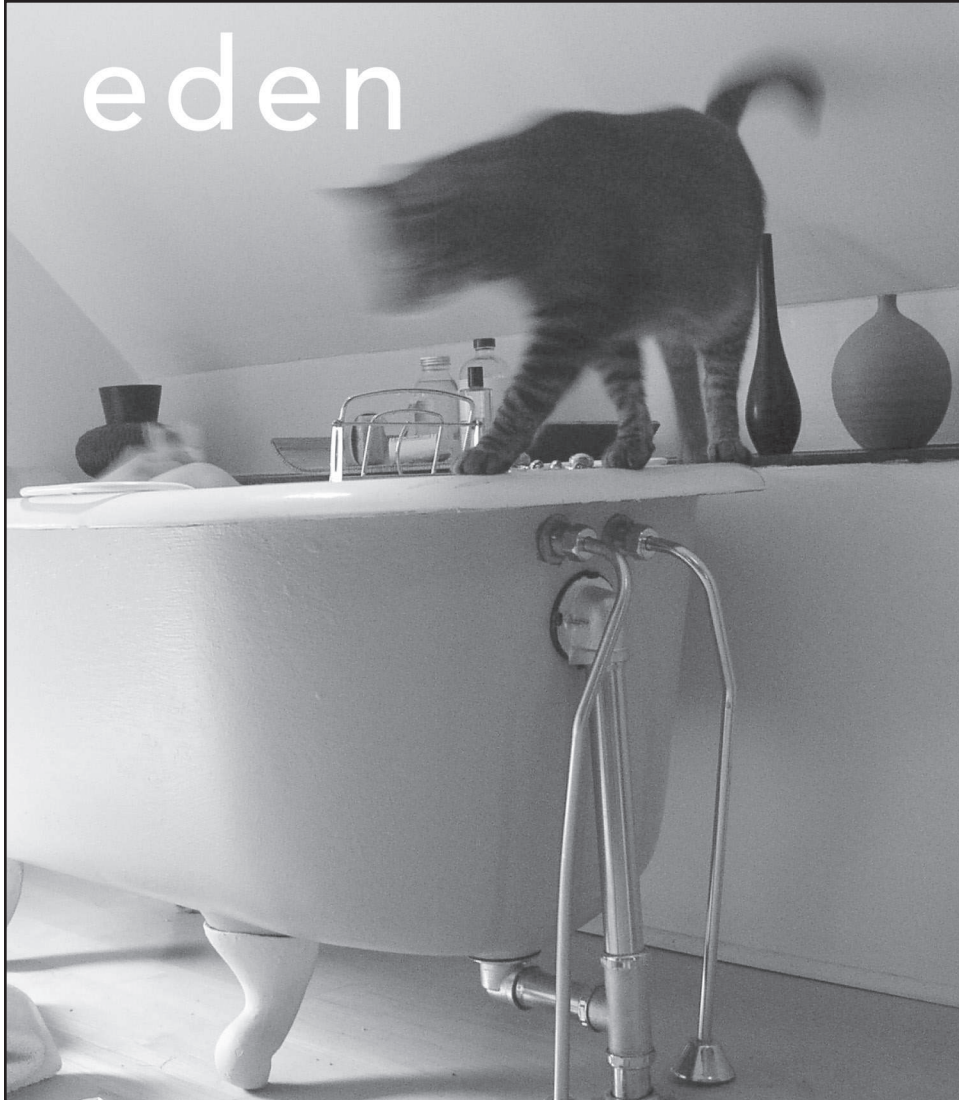
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[the pesky diner]

Are You Getting Enough Live And Active Cultures?

by Jarad Bernstein



Local blogger Jarad Bernstein is The Pesky Diner, online at www.thepeskydiner.com

By now you likely know about the latest trend in cold confections: pay-by-the-weight self-serve frozen yogurt. If the last time you went out for froyo was at a TCBY circa 1988, it's time you venture to one of a handful of Des Moines-area shops that generally have a fruit in their name: CherryBerry, Lemon Tree, Orange Leaf, or Menchie's.

What's that? You've never heard of the rare Israeli menchie fruit? Kidding aside, all you really need to remember is Menchie's, located at 4825 E. P. True Parkway in West Des Moines. (They are soon to open another location at 2105 Ingersoll Avenue in Des Moines). While the others all follow the sevenish-year-old coastal trend of coming up with a fruity name, setting out ultra-mod furnishings, serving up about a dozen wild yogurt flavors and even more toppings, CherryOrangeLemonShop, or whatever they want to call themselves, is missing something: Menchie's.

Now some of you may have already found your non-Menchie's favorite, and that's ok. The others out there are not bad. They are just not as good. Menchie's flavors tend to be richer, more creative, and leave no sour aftertaste. Some of my favorites have been roasted pistachio, sweet Georgia peach, green apple tart, and pecan praline. The topping selection, which is half the fun, always seems a bit stronger at Menchie's. Most of these stores carry a wide variety of fresh fruit, nuts, candies, and sauces, but as of my most recent visits, only Menchie's carried peanut butter sauce. Trust me on this one—you've got to try it.

So what's with the name Menchie's? Is it really Jewish? Word on the street is that while the local franchisees are not Jewish, they get this question on occasion. All of the yogurts are certified kosher and are even labeled "Chai (in Hebrew), I'm kosher!" (Take your non-Jewish friends out for a treat and impress them with your mad right-to-left Hebrew reading skillz!) The name for the store, according to the *San Diego Jewish Journal*, came from a nickname co-founder Adam Caldwell gave his wife Danna—the other co-founder—while they were dating. She corrected him on his Yiddish usage—a girl can't exactly be a mench—but the name stuck. Even their executives have some pretty Israeli sounding names: Yotam Regev, Amit Kleinberger, and Elie Balas! But really, is that what you care about when you are out for yogurt? You should care about the taste and the experience. Aleph+ on both of those fronts.

Here are five tips for your first—or 100th—visit:

- The cups are HUGE; you don't need to fill them up.
- Gummy bears and gummy worms freeze into hard nuggets. Maybe that's Jewish karma as these are two of the only non-kosher items in the store (if you view gelatin as treif).
- As tempting as it may seem, don't mix every flavor in your cup. Get a second serving or come back again if you really can't narrow it down to two or three.
- Do you really need that heavy banana slice? You are charged by the weight, so try the much lighter raspberries instead.
- Remember to sample the flavors before you go big—that's what the mini-cups are there for!

[arts]

Eye on Poetry - Stanley Kunitz

Stanley Jasspon Kunitz, (1905-2006) was an American poet. He was appointed Poet Laureate Consultant in Poetry to the Library of Congress twice, first in 1974 and then again in 2000.

Kunitz was born in Worcester, Massachusetts, the youngest of three children, to Yetta Helen (née Jasspon) and Solomon Z. Kunitz, both of Jewish Russian Lithuanian decent.

Kunitz graduated summa cum laude in 1926 from Harvard College with an English major and a philosophy minor, and then earned a master's degree in English from Harvard the following year. He wanted to continue his studies for a doctorate degree, but was reportedly told by the university that the Anglo-Saxon students would not like to be taught by a Jew.

He taught at Bennington College, New York State Teachers College in Potsdam, New York, New School for Social Research, University of Washington, Queens College, Vassar, Brandeis, Yale, Rutgers, and a 22-year stint at Columbia University.

Kunitz's poetry has won praise from all circles as being profound and well written. He was the New York State Poet Laureate

from 1987 to 1989. He continued to write and publish as late as 2005, at the age of 100. Many believe his poetry's symbolism is influenced significantly by the work of Carl Jung. Kunitz was an influence on many 20th century poets.

The Quarrel

*The word I spoke in anger
weighs less than a parsley seed,
but a road runs through it
that leads to my grave,
that bought-and-paid-for lot
on a salt-sprayed hill in Truro
where the scrub pines
overlook the bay.
Half-way I'm dead enough,
strayed from my own nature
and my fierce hold on life.
If I could cry, I'd cry,
but I'm too old to be
anybody's child.
Liebchen,
with whom should I quarrel
except in the hiss of love,
that harsh, irregular flame?*

From famouspoetsandpoems.com

In the Kitchen with Janice Rosenberg by Karen Engman



We all have favorite recipes and one of mine is a chocolate buttermilk sheet cake. Its origin may come from Texas but I learned about it from my mother-in-law Eskie Engman Shepard who received it from her dear friend Judy Rosenberg. So I called Janice Rosenberg to share it with our readers.

Janice's maiden name was Transue. It's French and her father's family were Mennonites who came to America for religious freedom. Her parents Virginia (now Dennett) and Colonel Transue raised her with a liberal Christian background.

She graduated from Lincoln High School and then attended Iowa State University earning a BS in Biology. After graduation, she worked in Des Moines selling pharmaceuticals. She met her future husband Kent Rosenberg through mutual friends. They dated for three years and then married in 1985.

After their two sons were born, Janice converted to Judaism. Their son Reed (25) lives in Washington, D.C. and is an advance specialist to the Secretary of Commerce. Aaron (21) attends ISU and is a senior majoring in aerospace engineering.

Kent is the current Federation campaign chair and is the area chairman of the Iowa offices of Arthur J. Gallagher Insurance brokers.

Janice has been active in the Jewish community. She has served as board president of Jewish Family Services, Boulevard Children's Center, and the Iowa Jewish Historical Society. She did the "Survivors of Shoah" interviews after attending three days of training in Burbank, CA. She also produced the "Light One Candle" television program and did interviews for the Federation's Iowa Jewish Heritage Project.

Janice was an employment specialist when she helped resettle Russian immigrants and later served as director of the Project Elijah Foundation.

She is currently

involved in dog agility training with their Australian Shepard, named Butters. She loves photography and has taken many courses. She often volunteers her photography services to the Iowa Jewish Historical Society and other organizations.

Janice likes to cook and told me that her mother-in-law taught her daughters-in-law how to cook for the Jewish holidays. She did admit though that it is Scott's

wife Judy who always bakes this cake for the family gatherings.

The Jewish Press thanks Janice for sharing her mother-in-law's recipe for Chocolate Buttermilk Cake, which will be great during the busy holiday season. I have even used cookie cutters to cut this iced cake into heart shapes. If you have a recipe to share or a cooking question I can research, please call Karen Engman (515-274-3300) or email (aengmandsm@yahoo.com).

Chocolate Buttermilk Cake

A Recipe from Janice Rosenberg

dairy

Sift together:
2 cups sugar
2 cups flour
½ tsp salt
1 tsp baking soda

Melt:
1 stick unsalted butter
4 Tbsp unsweetened cocoa
1 cup water

Frosting:
1 stick butter, melted
6 Tbsp buttermilk
1 tsp vanilla
1 box powdered sugar
3 Tbsp cocoa

Combine above mixtures in mixmaster & add:

2 eggs
¾ cup buttermilk
1 tsp vanilla

Pour into a greased jellyroll pan & bake at 350 for 25 minutes.

Frost while still hot.

Optional: add cinnamon to cake



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[science]

Israeli Innovation News

Surprise! Eating Fatty Foods May Actually Lead To Weight Loss

By NoCamels Team, Israeli Innovation News, online at NoCamels.com

New research from the Hebrew University of Jerusalem shows that a carefully scheduled high-fat diet can lead to a reduction in body weight and a unique metabolism in which ingested fats are not stored, but rather used for energy at times when no food is available.

Previous research has established that disrupting mammals' daily rhythms, or feeding them a high-fat diet, disrupts metabolism and leads to obesity. The researchers wanted to determine the effect of combining a high-fat diet with long-term feeding on a fixed schedule. They hypothesized that careful scheduling of meals would regulate the biological clock and reduce the effects of a high-fat diet that, under normal circumstances, would lead to obesity.

For 18 weeks they fed a group of mice a high-fat diet on a fixed schedule (eating at the same time and for the same length of time every day). They compared these mice to three control groups: one that ate a low-fat diet on a fixed schedule, one that ate an unscheduled low-fat diet (in the quantity and frequency of its choosing), and one that ate an unscheduled high-fat diet.

All four groups of mice gained weight throughout the experiment, with a final body weight greater in the group that ate an unscheduled high-fat diet.

The mice on the scheduled high-fat diet had a lower final body weight than the mice eating an unscheduled high-fat diet. But surprisingly, the mice on the scheduled high-fat diet also had a lower final body weight than the mice that ate an unscheduled low-fat diet, even though both groups consumed the same amount of calories.

In addition, the mice on the scheduled high-fat diet exhibited a unique metabolic state in which the fats they ingested were not stored, but rather utilized for energy at times when no food was available, such as between meals.

The research was conducted by Prof. Oren Froy along with Prof. Zecharia Madar, research student Yoni Genzer and research fellow Dr. Hadas Sherman at the Institute of Biochemistry, Food Science and Nutrition, at the Hebrew University's Robert H. Smith Faculty of Agriculture, Food and Environment.

JFNA News

Jewish Leaders Participate in Unprecedented Security Exercise with Top U.S. Law Enforcement

In September, the Department of Homeland Security hosted more than 80 top Jewish leaders today in Washington, D.C. for an exercise designed to prepare Jewish communities for potential security threats. The event, which was the first of its kind for a faith-based community, was coordinated by the Secure Community Network (SCN), an initiative funded by The Jewish Federations of North America (JFNA) to address matters of communal safety and security.

Senior leadership from Jewish Federations and other Jewish organizations discussed security preparedness with DHS Secretary Janet Napolitano and other high-level officials of the DHS, FBI, Federal Emergency Management Agency and State Department, as well as representatives of several major metropolitan police forces. Staff members for Rep. Peter King (R-NY), chair of the House Committee on Homeland Security, also participated.

"Today's meeting served as a very important dialogue between the people on the ground across the country and the law enforcement authorities in Washington who are charged with keeping us safe," said Stephen Hoffman, president of the Jewish Federation of Cleveland. "The event also demonstrated the importance of the Jewish community combining its organizational resources to best serve the interests of the Jewish people."

During the program, Jewish leaders took part in exercises simulating international incidents and domestic terror attacks, and were briefed on security plans,

policies, best practices and strategies for information-sharing between government agencies and the Jewish community. The group also worked towards developing a comprehensive toolkit to provide Federations, synagogues, schools, JCCs and other Jewish agencies with the ability to conduct similar security simulations at their facilities. SCN expects to release this toolkit in the coming weeks.

"DHS has a long-standing partnership with the Jewish community, and I am very proud of how we have built upon and expanded it over the last three and a half years under President Obama's leadership," said Secretary Napolitano. "Our partnership with organizations and leaders of faith communities has helped, and continues to help, communities across the country prepare for threats that may originate either within our borders, or abroad."

Paul Goldenberg, national director of SCN, noted that recent overseas terrorist attacks and domestic incidents of violence against the Jewish community have demonstrated an increasingly volatile threat environment. Preparedness and resiliency, he said, are the best ways to enhance our security.

The event was part of a larger effort to ensure the safety of the Jewish community in advance of the Jewish High Holidays. Last week, SCN distributed a Homeland Security Background Briefing, to keep U.S. law enforcement informed of some of the unique security challenges and issues in the American Jewish community.

continued on page 19

Muslim-Jewish High School Musical Tours Europe

By Abigail Klein Leichman
for ISRAEL21c.com

With the stage as their common ground, Muslim and Jewish Israelis put aside their differences to perform at home and abroad.

Muhammad Abu-Leil says that he "always thought Jews were human like anyone else." But until the Israeli-Arab high school student participated in two projects with Haifa's progressive Leo Baeck Education Center, he never had any Jewish acquaintances.

"I have a lot of friends from Leo Baeck now," he tells ISRAEL21c. "I just got together with a few of them last night."

Muhammad's first encounter was through the Rotary International-sponsored Friends Forever: World Peace Grown Locally, originally aimed at conflict resolution in Northern Ireland.

"It was so successful in bringing Catholic and Protestant youth together that Rotary decided to see if it could have a similar impact on Muslim and Jewish Israeli youth," explains Carol Brauner, Baeck's immediate past director of international relations. "And last summer, Leo Baeck was invited to participate."

Muhammad was one of five students from Ein Mahel School near Nazareth who joined five Leo Baeck 11th-graders and an adviser for a two-week retreat at a New Hampshire house. Having no contact with home, the group went on an

overnight trek to an Indian reservation, volunteered in a brain trauma unit and in a soup kitchen, and gave talks in pairs in a mosque, a synagogue, a church and a community center. By mutual agreement, they communicated in English.

Back home, the students all wanted to do more, including joint music and sports events. The Baeck participants approached Brauner last July for ideas, and she suggested to CEO Dani Fesler that a performing arts project could be facilitated through Baeck's 27-member Carmellim choir.

Fesler readily agreed. He engaged a professional choreographer and director, and a musical score in Hebrew, Arabic and English was written with student input. He then invited kids from Ein Mahel to come for tryouts, and was surprised to see 50 kids show up. Muhammad and 14 others made the grade.

"We presented them with a fait accompli — an Arab-Jewish original musical — and if they didn't like it they could drop out," Brauner tells ISRAEL21c. "All of them wanted it to succeed, and they understood they had to cooperate."

Step by step to peace

Step By Step-Sauwa Sauwa is loosely based on Broadway's long-running hit show A Chorus Line, giving glimpses into the lives of young performers auditioning for a musical starring Arab and Jewish teens. Each candidate walks to the front of the

stage to answer questions about his or her aspirations, dreams and national identity.

Muslim and Jewish Israelis learned to share the stage and their friendship.

The characters include, for instance, self-centered Eyal; insecure Ortal; rebellious Keren; high-school dropout George; Haula, who dreams of being a dancer and escaping her family home; and Daud, who told his friends that he's a dancer in Britney Spears shows.

The play opened the 2012 Haifa Young Artists Festival in March, and was performed in Zurich and in London in April before premiering back home in Haifa on June 13. A performance in Nazareth is being arranged for September, and the teen troupe is invited to tour Germany in December.

From his Friends Forever experience, Muhammad was clear about his goal for the play from the start: "To show people that there is a lot in common between Arab and Jewish kids, and they can be together peacefully without war."

Easier said than done.

"It was a roller-coaster of emotions — not an easy ride," Brauner admits. "There are serious issues among the kids, and if you give them a safe space, they want to discuss and confront these issues. But they can express their emotions and then get back on stage together."

The mixed cast performed so far in London as well as Zurich.

'When you cooperate, things happen'

Many staffers and parents were skeptical that the project could succeed. However, "When you cooperate, things happen," says Brauner. "Just sitting to eat together at rehearsals four times a week after school together makes a difference."

Muhammad says his favorite part of the play is "singing one song together in Hebrew and Arabic. That is so cool."

The Carmellim members had the advantage of professional training, but rather than displaying impatience with the novice Arab actors, they aided them and even covered for their mistakes, says Brauner.

"We had to be united as a troupe, not as a group of Jews and a group of Arabs. And that was hard for us," says Jewish cast member Kim Ben Akiva in a documentary that Israeli director Yuval Ben Yehuda filmed about the making of the show. It's available for schools, discussion groups and special events in Israel and abroad.

New actors waiting their turn

Most of the cast members have become close friends, and the project has also had a salutary effect on their parents, who sat together at three Haifa performances supported by the municipality. Private donors contributed the rest of the budget.

continued on page 19

Best Wishes for a Happy Hanukkah!



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Saturdays 9:30AM

On Thanksgiving day there will be services at 9AM, followed by a Bagel Breakfast at about 9:30AM. On Nov. 25th, the 8th Annual Awards Dinner & Gala will honor Barb & Aaron Beckerman, and Habitat for Humanity. We will also be formally inducting a plaque for the Kagin brothers, Art z”l and Paul, into the BEJ wall of recognition at the gala. During Chanukkah, all morning minyanim will begin at 6:45AM. On Sunday, Dec. 9th at 5:30pm, we’ll be having Latkes & Blues. On Dec. 23rd, in observance of the Fast of the 10th of Tevet, services will be at 9AM.

TEMPLE B’NAI JESHURUN

Nov. 3 at 7:00 PM the 3rd Annual Talent Show and Beit Café at the Temple.
Nov. 16 at 6:00 pm Erev Shabbat. The Youth Group will honor National Adoption Day.
Dec. 2 12:30 PM Chanukah Happenings. We have many new games and prizes. We will be serving a lunch of Hot Dogs, Latkes, cookies and many other wonderful treats.
Dec. 16 at 3:00 PM the last night of Chanukah Party at the Temple, for Junior and Senior Youth Group. We will have a delicious Chinese meal for the evening.

Adult Ed Classes - Rabbi Kaufman will teach two three-week long sessions concerning the development of Reform Judaism and the various prayer books used in Reform congregations over the past two centuries. All classes are offered free-of-charge and will take place at the Temple.

The first course, entitled “The Growth of Reform,” will discuss the concepts held by the founders and builders of the Reform movement during the 19th century. The class will utilize prayer books as well as other documents that help us understand the development of the movement from its origins in early 19th Century Germany. This class will meet on Tuesday nights, November 6, 13, and 20 from 7:00-8:30 pm.

The second course, entitled “Modern Reform”, will examine the changes in the Reform movement over the past century. We will look at the development of the Reform movement’s liturgy up through the movements newest prayer book, Mishkan Tefilah, the platforms of principles of Reform Judaism produced periodically over the past century by the Central Conference of American Rabbis, and other resources that help us understand the many changes that have occurred. This class will meet Tuesday nights, November 27, December 4, and December 11 from 7:00-8:30 pm.

From the New Temple Youth Group President

Hello, my fellow Jews! Sunday, September 9 marked the date of our Temple’s Youth Group (TYG) Board elections! The board is as follows: TYG President, Julia Anderson; Programming Vice President, Talia Lerner; Social Action Vice President, Josh Hjelmaas; Religious and Cultural Vice President, Shirah Jacobs; Membership/Publicity Vice President Hanna Anderson; Treasurer/Fund Raising Vice President, Samantha Blatt. These are all members of the senior Youth Group. Congratulations to all!

In case you don’t know me, my name is Julia Anderson. I am 15 years old and a sophomore at Valley High School. I have an obsession with zombies, enjoy Lady Gaga, and my favorite food is tofu. But most of all, I love being Jewish!

I was just elected as the Temple Youth Group president. I ran for president for two main reasons. The first reason is because I love to be involved. Last year, I only went to a few Youth Group events, and I am looking to change that this year and go to all Youth Group events if I can. And what better way to be involved in the Youth Group than to be the president of it?! The other main reason that I wanted to be president is to get to know all of the kids in the group better. The role of the president is to advise all of the Youth Group vice-presidents and help them with their jobs when needed, so I will have the opportunity to work with many of these cool people. Also, as president, I will be around all the members, and I think that we will be great friends.

Now, someone out there is probably scratching their head and wondering, “Why did people vote for this random person?” Well, as president, I have promised to take care of all of the boring, dirty work myself, so everyone can just come here to relax and have fun. I love to party, and I promise that I will bring a fun and crazy attitude to every Youth Group event.

In the packet of information that I was given about seeking the presidency, there was a list of all of the qualities that make up a good leader. The item that stood out to me on the list was “A leader can laugh at oneself.” I recently came to the realization that I am the most awkward person on planet earth, but I have decided to embrace that! With me as president, we are not going to take ourselves so seriously, but instead focus on helping our community and our friends while having loads of fun. And I will also help lift everyone up and embrace any of their quirks that might not be appreciated now, because I know firsthand how cool everyone in Youth Group is.

In the end, this all comes back to the great members of the Youth Group! We are just that: a group together, and we are all going to be involved. I will definitely contribute my ideas, and I hope that everyone else will speak up as well. With me as president, we are going to have fun, build up ourselves and our community, and become better Jews!
– **Julia Anderson**

TIFERETH ISRAEL SYNAGOGUE

Lots happening at Tifereth. We hope you'll join us.

Shabbat Evening Services
6:00 pm

Friday, November 2nd
Mishpacha Service & YAD Potluck

Friday, November 9th
Traditional Service

Friday, November 16th
Music Shabbat

Friday, November 23rd
Traditional Shabbat

Friday, November 30th
Music Shabbat

Friday, December 7th
Traditional Shabbat

Friday, December 14th
Mishpacha Shabbat & YAD
Hanukkah Party

Friday, December 21st
Music Shabbat

Friday, December 28th
Traditional Shabbat

Shabbat Morning Services
9:30 am

Saturday, November 3rd
Traditional Shabbat

Saturday, November 10th
Traditional Shabbat,
Women's League Service

Saturday, November 17th
Shabbat Neshema
Tot Shabbat, Junior Congregation

Saturday, November 24th
Greatest Hits Shabbat

Saturday, December 1st
Mitchell Shulman's Bar Mitzvah
Traditional Shabbat

Saturday, December 8th
Traditional Shabbat

Saturday, December 15th
Spiro Music Shabbat

Saturday, December 22nd
Greatest Hits Shabbat

Saturday, December 29th
Traditional Shabbat
Tot Shabbat 10:30 am

Sunday, December 9th

Women's League Hanukkah Party 12:30 pm

Weekly Services

Minyan:	Sundays	9:00 a.m.
	Tuesdays	7:00 a.m.
Meditation:	Tuesdays	7:30 a.m.

S.T.E.P (Sunday Torah Education Program) led by Michael Kuperman
10:00 a.m. – Tifereth Class Room

Adult Education Classes:

Rabbi Edelman-Blank:

Conversion Class –
Contact the Tifereth office for more information 515 -255-1137

Continuing the Conversation -

Class for recent converts or others who want to enrich their Jewish education.
Contact Tifereth office for more information 515 -255-1137

Mocha and Midrash –

Join Rabbi for informal Study at Zanzibar Coffee, 2723 Ingersoll
Thursdays 6:30-7:30 p.m. Begins October 18th

Cantor Shivers:

Art of Tifereth Israel

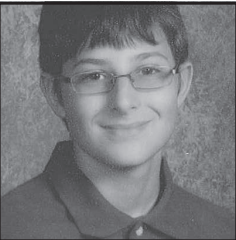
Wednesday, November 7th Last of 4 sessions

Hasidic Study

Saturdays following Shabbat Café

[milestones]

Bar Mitzvah



Cynthia and Marc Shulman invite you to join them as their son, **Mitchell Isaac Shulman**, celebrates his Bar Mitzvah on **Saturday, December 1st** at 9:30am at Tifereth Israel Synagogue. The Jewish community is cordially invited to a Kiddush luncheon immediately following services. Mitchell will also be participating during Friday evening services on November 30th.

In Memoriam

We note with sorrow the recent passing of

Hortense Dersh

Beverly Drinnin

Charles Duchen

Sarah Farber

Mary Adelman Goldman

Sally Klearman

Anne Loeb

Ed Pollak

Susan Kroloff Silverstein

Sylvia Toran



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- Opening Gala of Ballet Austin's Light /The Holocaust & Humanity Performance
- Akko: Israel Festival of Alternative Theater & The Arts
- Art Workshops
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- Sail into the caves at Rosh Hanikra

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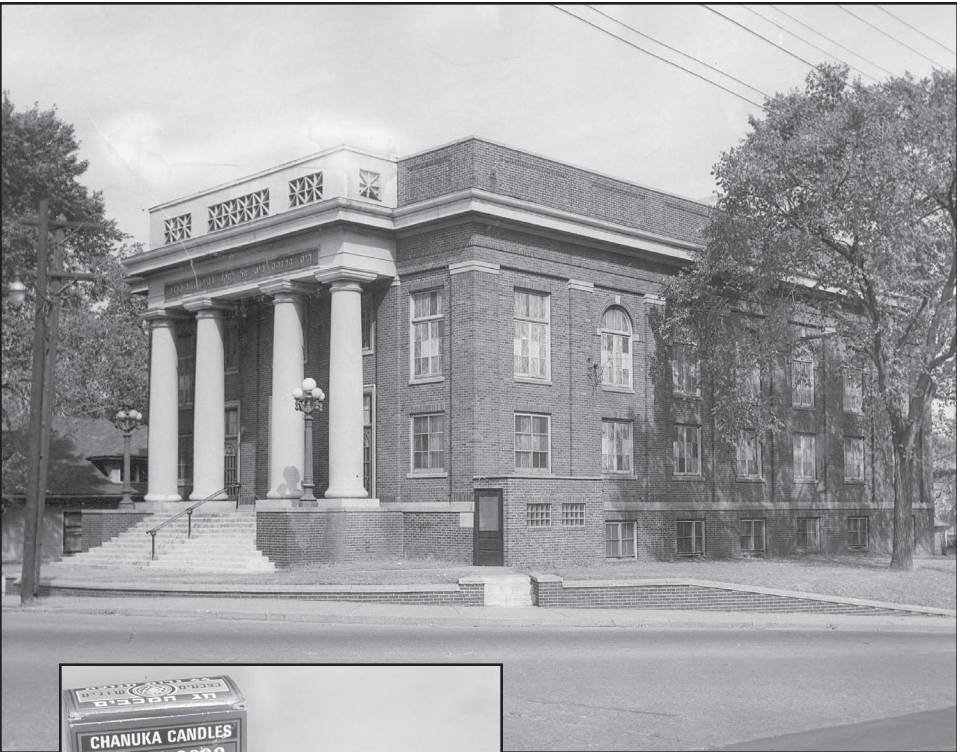


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Collections Corner

As the temperature cools and Iowa gears up for another winter, the Iowa Jewish Historical Society staff has started to reflect on our work from the warmer months. For over a year now, the Iowa Jewish Historical Society staff has been busy documenting Iowa's Jewish veterans, inventorying our permanent collection, welcoming visitors to The Caspe Heritage Gallery and planning our Fall Open House, which was held in conjunction with the Sunday School's Open House last month. These activities will continue throughout the winter and beyond, as we continue to hear from veterans, inventory our growing collection of artifacts, and plan our main 2013 special event.

But as it is indeed almost wintertime, we also wanted to take the time to share a bit of the Chanukah spirit with you. We searched our collection and found an article from a December 1951 issue of the "The Iowa Jewish News" that we hope you enjoy. The article advertises a Chanukah program held at Beth El Jacob Synagogue, then located at 5th and University. The Chanukah Candles are a colorful addition to the candle lighting ritual and are part of the Historical Society's permanent collection. They have been on exhibit in the past and are now awaiting their turn to be properly cataloged, inventoried and preserved as part of the Historic Resource Development Grant we received from the State Historical Society of Iowa.



Above, right, an article from a December 1951 issue of the The Iowa Jewish News. Above, Beth El Jacob Synagogue circa 1951, then located at 5th and University. Left, The Chanukah Candles are part of the Historical Society's permanent collection.

Reprinted from: *The Iowa Jewish News*
Volume 21, Number 32
Friday, December 14, 1951

Bethel Jacob Sunday School To Present Chanukah Program

A Chanukah Program and Play, coached and directed by Mrs. M. E. Hirschsprung, Principal of the Sunday School of Beth El Jacob, will be given by the pupils Sunday afternoon, December 23rd, 3 p.m., at the Bethel Jacob Synagogue, 5th & University Avenue. Highlighting the program will be a play entitled "Danny Bumps Into Chanukah" a skit, "Judas and the People", a Dreidel Drill enacted by little children dressed in Dreidel costumes; recitations, Candle Drill and songs.

There will also be musical numbers by Sylvia Zarnow's Kindergarten class and by Mrs. A. A. Taubes' class. Miss S. Chaiken will lead in the singing of Chanukah songs.

...

Following the program the children attending Sunday School will be entertained with a Chanukah Grab Party arranged by the Sisterhood, of which Mrs. Rose Hoffman is president, and with Mrs. William Rosenberg and Mrs. Harry Rubin in charge. Ike Smalls is chairman of the school committee.

JOIN NOW! Become a New Member or Renew Your Membership in the Iowa Jewish Historical Society

Help us preserve the precious history of the Jews of Iowa and continue our excellent programming.

Membership includes a subscription to IJHS newsletter The CHAlowan filled with fascinating original articles and photographs of Iowa Jewish history. Your application form is below or you may join online at www.jewishdesmoines.org.

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Patron	\$100	_____
Individual/Gift	\$36	_____

In addition, I want to make a donation to the Iowa Jewish Historical Society \$ _____. Please make your check payable to the IJHS and send it to 33158 Ute Ave., Waukee, IA 50263. For more information: (515)987-0899 ext. 216 or ijhs@dmjfed.org

SPECIAL INSERT Please take time to look at the special edition of the Iowa Jewish Historical Society's newsletter, the CHAlowan, which is included with this edition of the Jewish Press. In honor of Veterans Day on November 11, the Society is publishing the names of more than 1,100 Jewish Iowans who served in all branches of the United States military from the Civil War to the present day. Information about these service men and women have been given to us by the veterans themselves, by their families and friends, from cemetery records, reference books, and from ongoing research in the IJHS archives. Due to space limitations, the list contains only basic information about each veteran. We invite you to come to The Caspe Heritage Gallery to see additional information in the Book of Honor.

As impressive as this list is, it is still far from complete. If you or a loved one is not included, we invite you to contact us so we can properly document and honor your service. Call 515-987-0867 ext. 216 or email us at ijhs@dmjfed.org. Please be patient if it takes us a day or two to return your call: our staff works part-time.

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[calendar]

Saturday, Nov. 3	7:00 PM
Thursday, Nov. 8	6:00 PM
Saturday, Nov. 10	9:00 AM
Tuesday, Nov. 13	4:30 PM
Friday, Nov. 16	6:00 PM
Sunday, Nov. 18	11:00 AM
Tuesday, Nov. 20	5:30 PM
Thursday, Nov. 22	
Monday, Nov. 26	6:00 PM
Saturday, Dec. 1	9:30 AM
Sunday, Dec. 2	12:30 PM
Sunday, Dec. 9	
	12:30 PM
Tuesday, Dec. 11	4:30 PM
Thursday, Dec. 13	7:30 PM
Sunday, Dec. 16	3:00 PM

3rd Annual Talent Show and Beit Café at the Temple
Wine Tasting Class at The Caspe Terrace
TI Women's League Shabbat at Tifereth
Temple BOD Meeting
Erev Shabbat Youth Group will hoor National Adoption Day
IJHS Open House at Caspe Heritage Gallery
Federation BOD Meeting at Caspe Terrace
THANKSGIVING DAY
Tifereth Israel BOD Meeting
Mitchell Shulman Bat Mitzvah at Tifereth
TBJ Hanukkah Happening at the Temple
First day of HANUKKAH
TI Women's League Luncheon at Tifereth
Temple BOD Meeting
Jazz Concert - Eric Vloeimans at The Caspe Terrace
Last night of Hanukkah Party at the Temple



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<http://facebook.com/JewishCurrentEvents>

A Hanukkah Favorite!

The Latke Song

By Debbie Friedman, z"l <http://bit.ly/sNiQTp>

*I can't be eaten looking as I do
 I need someone to take me out and cook me
 Or I'll really end up in a royal stew.*

*Chorus: I am a latke, I'm a latke
 And I'm waiting for Chanukah to come.
 (Repeat)*

*Every holiday has foods so special
 I'd like to have that same attention too
 I do not want to spend life in this blender
 Wondering what I'm supposed to do.*

*Matza and charoset are for Pesach
 Chopped liver and challah for Shabbat
 Blintzes on Shavuot are delicious
 And gefilte fish no holiday's without.*

(Chorus)

*It's important that I have an understanding
 Of what it is that I'm supposed to do
 You see there are many who are homeless
 With no homes, no clothes and very little food.
 It's important that we all remember
 That while we have most of the things we need
 We must remember those who have so little
 We must help them, we must be the ones to feed.*

(Chorus)

Keeper from page 7

*Happy is the man who has not followed
 the counsel of the wicked,
 or taken the path of sinners,
 or joined the company of the insolent;
 rather, the teaching of the LORD is
 his delight,
 and he studies that teaching day and night.
 He is like a tree planted beside streams of water,
 which yields its fruit in season,
 whose foliage never fades,
 and whatever it produces thrives.*

(Psalms 1:1-2)

Security from page 14

In addition, JFNA's Washington office works vigilantly to maintain physical security enhancements at Jewish Federations and other Jewish institutions around the country, advocating for resources like the Nonprofit Security Grant Program.

"Security is a major concern," said Steve Rakitt, CEO of the Jewish Federation of Greater Washington. "We worry about the safety of our children, families, members and guests. As we approach the High Holidays, and resulting large gatherings of community members, it's important for community leaders to be trained and aware of the threats repeatedly coming from those hostile to Israel and the Jewish community."

Musical from page 15

"It's not just about the kids, but about all of us," Brauner says. "We see Step by Step as an ongoing process."

Some of the performers graduated in June, and "there's already a long line of kids who want to join. The existing cast will mentor the incoming members," Brauner explains.

"We do a lot of Arab-Jewish coexistence work here at Leo Baeck, including a summer camp and early childhood program for Arab children at risk, but it's getting harder to get teens together. This was a creative experiment and, thanks to our visionary CEO who had the guts to do this, it works."

Adds Ronni Sabba, a Haifa student: "I don't believe that after this project, anyone could hate the other side."

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- **Raising Taxes** selectively in any number of ways, some of which are as simple as closing outdated loopholes.
- **Balancing the Federal Budget** in an orderly fashion that does not include draconian cuts in services.
- **Defending Israel to the Fullest** by steadfastly holding all options open, on the table, and redlined.
- **Keeping America Great** by digging out of suffocating debt while maintaining military superiority.

People who know me recognize that I'm a moderate Republican with a strong social conscience and a desire to keep America's fiscal house in order.

Further, frequently I "cross the aisle" to vote for the most qualified candidate, regardless of their affiliation.

Yes, there are moderate Republicans, more than you might think, who are working to bring the Party closer to center.

Currently, although many of my core beliefs do not square with the Republican platform, at this moment in history these differences, although bothersome, do not concern me because now, of all times, the over-arching imperative is to have strong, forceful and experienced leadership in place to protect both Israel and America--that's why, no matter what your political affiliation is, **I respectfully ask you to make certain that Israel survives and America stays strong, militarily and fiscally, by voting for Mitt Romney on November 6th.**

Thank you,
Alan Zuckert