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# Hebrew Watchman

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**OCTOBER 10, 2024** 

VOL. 103, NO. 2

# MJHR Raises a Record-Breaking \$220,000 at Their 32nd Annual Golf Tournament



The Temple Israel Brotherhood team enjoy the tournament.

#### By Jasmine Williams

Memphis Jewish Home & Rehab (MJHR) hosted their 32nd Annual Golf Tournament at Ridgeway Country Club on Monday, September 30. The organization raised a record-breaking \$220,000, which will all fund direct patient care. With great weather and big smiles, the team welcomed 108 players, various sponsors, and numerous guests to the event that's been months in the making.

"Every year, the golf tournament

gives us a reason to get many of our longtime and loyal supporters together for a wonderful day of fun and camaraderie. And even though we don't host the event at the Home, the mission of the day is never lost. Throughout the day, you can hear many people discussing the cause and noting why it's important for them to support our seniors ever year. To them, we are sincerely grateful!" Executive Director Bobby



The Presenting Sponsor team, Broad River Rehab, prepare for the shotgun start.

Meadows reflects on the day.

Both new and returning players competed in the event. Sam Rosenberg from the Tower Ventures team told us, "This year's tournament was as fun as ever. Great people, great weather, and great food. The only thing we were missing was a win! I appreciate the Jewish Home staff for putting on this fantastic event year after year."

Along with the players joining MJHR on the green, there were also a few resi-

dents who enjoyed the day at Ridgeway Country Club, including Jo Barton who serves as the president of the Resident Council at the Home. Jo rode around the course thanking the players for their support alongside Director of Development Baylee Less-Eiseman.

More than 175 donors and sponsors supported the golf tournament this year, including community members and

(See MJHR Page 2)

# Iran Fires 180-Plus Ballistic Missiles at Israel



(JNS) – Iran fired a barrage of ballistic missiles at Israel, forcing the entire civilian population of the Jewish state to be ordered into bomb shelters, the Israel Defense Forces said last Tuesday night.

The Islamic Republic fired more than 180 missiles, according to updated reports in Israeli media. No drones were

An aerial-defense battery in northern Israel fires interceptors at missiles fired from Iran on Oct. 1, 2024. Credit: Maor Kinsbursky/ Flash90.

launched during the assault.

"Missiles were launched from Iran towards the State of Israel. You are instructed to remain alert and precisely follow the Home Front Command's instructions," the IDF said around 7.30 p.m.

The military wrote on X that "all Israeli civilians" were sheltering from the attack.

At 8:26 p.m., the IDF's Home Front Command sent out phone alerts saying that at this stage, everyone could leave

their protected spaces.

A few minutes later, Rear Adm. Daniel Hagari, the IDF spokesman, announced there were no further threats from Iran at the present time.

"We are on heightened alert on defense and offensive, we will protect the citizens of Israel. This [missile] fire will have consequences. We have plans, and we will act in the time and place that we choose," he vowed.

Hagari asked Israelis to remain vigilant. Israeli security officials said the country's Air Force could retaliate "powerfully" in the region as early as Tuesday night.

The Security Cabinet, which is responsible for defense-related decisions and composed of senior ministers, met

in the government bunker in Jerusalem for the first time since the start of the war as the Iranian missile attack concluded, the Kan News public broadcaster said.

"The air-defense system is fully operational, detecting and intercepting threats wherever necessary, even at this moment," Hagari said. "However, the defense is not hermetic."

American forces are ready to provide "additional defensive support" to Israel after helping shoot down some of the missiles fired by Iran last Tuesday night, a U.S. defense official told the AFP news agency.

"Our forces remain postured to pro-

(See Missiles Page 2)



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#### MJHR...

(Continued From Page 1) partner companies of the Home. Yet, the tournament wouldn't have been as successful without the support of their major sponsors whose combined contributions were more than \$90,000. The presenting sponsor of the tournament was Broad River Rehab, and other major sponsors included: Highland Capital, Turnage Restoration, Turenne PharMedCo, Tower Ventures, Linkous/4F Design, Alla and Nathan Lubin, Lynn and Gregg Landau, Jolie and Michael Kisber, the Mary and Maury Bronstein Family Fund, Boyle, Hal Fogelman, Folks Folly, Zuryc, Temple Israel/Temple Israel Brotherhood/Temple Israel Sisterhood, Wendy and Cary Rotter, Nancy and Richard Robinson, Diane and Mark Halperin, Nat Landau, and the Jewish Neighborhood House Endowment Fund.

Memphis Jewish Home & Rehab is a not-for-profit nursing home, Jewish in

#### Missiles...

(Continued From Page 1) vide additional defensive support and to protect U.S. forces operating in the region," the official stated.

Earlier last Tuesday, Jerusalem informed Washington that an attack from Iran was imminent. A direct Iranian attack on Israel will carry "severe consequences" for the Islamic Republic, a senior White House official told JNS.

The targets of the Iranian attack were believed to be three Israeli Air Force bases, as well as an IDF military intelligence headquarters just north of Tel Aviv, which was evacuated last Tuesday, according to three Israeli officials cited by "The New York Times."

The United States Embassy in Jerusalem sent its employees home last Tuesday afternoon and told them to be prepared to enter bomb shelters, the first such order given in recent months.

In April, Iran conducted its first-ever direct attack on Israeli territory, launching some 300 missiles and drones, the



Jo, president of Resident Council, rides around the course with Baylee Less-Eiseman.

character and environment, dedicated to providing the highest level of care possible with dignity, compassion, and professionalism. Only through the help of generous donors is the organization able to care for those in need. Find more information at www. memphisjewishhome.org/giving. HW

vast majority of which were shot down in a multinational effort. It said it attacked in retaliation for an April 1 strike that killed a top Iranian general in Damascus.

In recent months, Iran and its allies have vowed to avenge the alleged Israeli killing in Tehran of Ismail Haniyeh, the head of Hamas's "political" bureau, and Hezbollah chief Hassan Nasrallah, slain by Israel in a targeted killing in Beirut on Sept. 27.

Iranian state media retracted reports last Tuesday night that Supreme Leader Ayatollah Ali Khamenei would lead Friday prayer in Tehran this week and deliver a sermon on the war with the Jewish state.

Khamenei remained in a secure location after the attack on Israel, a senior Iranian official told the Reuters press agency. He was moved to a secure location after the death of Nasrallah last week HW

# Hebrew Watchman

SERVING THE MEMPHIS JEWISH COMMUNITY SINCE 1925

Established September, 1925
By Leo I. Goldberger (1902-1989)

MAILING ADDRESS THE HEBREW WATCHMAN PO Box 770846 Memphis, TN 38177-0846

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Subscriptions

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The Hebrew Watchman is a Member of the Jewish Telegraphic Agency, and Jewish News Service

### THE HEBREW WATCHMAN

(USPS #807-360) is published weekly every Thursday for \$36 per year by

for \$36 per year by
JEWISH LIVING OF THE SOUTH, Inc.
THE HEBREW WATCHMAN
PO Box 770846

Memphis, TN 38177-0846 Periodical postage paid at Memphis, Tenn.

POSTMASTER: Send address changes to: THE HEBREW WATCHMAN PO Box 770846 Memphis, TN 38177-0846

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# **Memphis Candlelighting Time**

Erev Yom Kippur, Fri. October 11, 2024 / 9 Tishrei, 5785............... 6:11 p.m. Fast/Havdalah, Sat. October 12, 2024 / 10 Tishrei, 5785............... 7:05 p.m.

Yom Kippur

### Meet BBYO Teen Grant Krulewitz



Grant Krulewitz - 11th grade Member of Okeon AZA Delta Region's 97th Moreh

Each night, my older brother would share his adventures from his BBYO event that day. I waited until the time I could have as much fun as him. When I finally had the opportunity to join, I learned just how special BBYO was. I loved being able to see my friends often, as well as make so many new ones. I truly fell in love with the organization

after attending their Fall Convention freshman year.

I wish I had known the teens that I met there much earlier. The connections we made are unbreakable. I was amazed by how we were treated, making me feel like I belonged. Since then, I have experienced more than I could have imagined. Include IC (International Convention), where thousands of Jewish teens from more than 60 countries develop ever-lasting global friendships, and ILTC (BBYO Leadership Training

Camp), where youth leaders come together to learn, collaborate, and network worldwide.

worldwide.

With my being in charge of membership and recruitment for our region, I feel inclined to give new members the same warm welcome I received. BBYO has introduced me to many influential people and inspiring practices. I realize the special connection between all members, past or present, and no one deserves to miss out on that. I am so thankful for BBYO in my life! HW



## **CORRECTION**

In the edition Vol. 103 Number 2, on page 15 in "Democratic Candidate Runs Against TN' District 8 Incumbent for Congress, Congressman David Kustoff was incorrectly named Senator David Kustoff. HW





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# **Your Health**

## **Understanding and Preventing** Polypharmacy in Patients: A Case Study

By Cindy Katz, DNP

We recently received a call from a concerned son who was with his mother in the Emergency Room. She had been found unresponsive at home, and paramedics had quickly transported her to the hospital. After ruling out stroke and heart issues, the emergency room doctor began investigating whether her medications could be contributing to her condition. The son, alarmed by the number of medications she was taking, returned home to gather them and contacted our office for assistance in understanding her prescriptions.

## The Growing Concern of Polyphar-

Unfortunately, cases like this are all too common among older adults, and increasingly among at-risk younger populations as well. Polypharmacy – typically defined as the regular use of five or more medications - can lead to adverse medical outcomes. This issue often arises when multiple prescriptions from different healthcare providers result in an overwhelming number of medications.

#### Why Does Polypharmacy Occur?

- 1. Chronic Conditions: Patients with multiple chronic conditions, such as diabetes, hypertension, and heart disease, often require treatment with several
- 2. Multiple Specialists: Visiting multiple specialists can result in additional prescriptions, increasing the total number of medications a patient takes.
- **3. Increased Risks:** The more medications a patient is on, the higher the risk of drug interactions and side effects.

- 4. Management Challenges: Managing multiple medications can lead to confusion, missed doses, or incorrect dosing, raising the risk of hospitalization due to adverse drug reactions or non-compliance.
- **5. Medication Cascades:** This occurs when a medication is prescribed to treat side effects from another medication.

#### Preventing Polypharmacy: Key **Strategies**

- 1. Comprehensive Medication List: Always provide your primary care provider with a current list of all medications, allowing them to monitor for potential overlaps and optimize treatment.
- 2. One Pharmacy: Fill all prescriptions at the same pharmacy to ensure proper monitoring of potential drug interactions.
- 3. Understand Medication Risks: Educate yourself on the risks and benefits of each prescribed medication. Collaborating closely with your primary care provider can help minimize harmful side effects and reduce the tendency to overprescribe in response to medication side effects.

In conclusion: By adopting a patient-centered approach, discussing the risks and benefits of prescribed medications, and actively supporting patient goals for a happier, healthier life, we can proactively address and prevent the challenges associated with polypharma-

Please continue to visit my website, www.mywellnessvitals.com, and subscribe for future posts. **HW** 

## Clarity in the Face of Adversity

By Anat Sultan-Dadon, Consul General of Israel to the Southeastern United States

"May the outgoing year and its curses come to an end, and may the new year and its blessings begin." We recite these words each year as we welcome Rosh Hashanah, but this year, their meaning feels especially profound.

This past year has been defined by unimaginable pain, a deep and continuous pain since the Hamas's horrific October 7 terror attack on Israel. The loss of so many precious lives, the anguish of our brothers and sisters still held in captivity in Gaza, and the ongoing fight for our survival weigh heavily on us. We stand at the dawn of a new year while the dust has not yet settled from the earth-shattering moment that has changed the world as we knew it.

Yet even in the face of these painful curses, it is important to also acknowledge the blessings. We are fortunate to live in a time when the Jewish people have reclaimed their sovereignty in the land of Israel - a dream generations of our ancestors longed for. Today, we have the ability to defend ourselves, the power to control our destiny. October 7 was a stark reminder that evil still exists and that there are those who continue to seek our destruction. But we are not

Our people's strength and resilience – our superpower – has shone brightly in this difficult year. Heroism is embedded in our history, from biblical times to the modern State of Israel. Our history is filled with ordinary men and women rising to extraordinary challenges, and this past year has been a shining example of that. On October 7 and in the war since then, Israelis from all walks of life have rushed to help - soldiers, civilians, security forces, and volunteers. They rushed not from, but toward the danger, risking

their lives to save others, demonstrating the unshakable will and commitment to one another that has defined our people for millennia.

Beyond Israel's borders, the Jewish people's support has been remarkable. Here in our southeastern region and across the globe, our brothers and sisters have stood with us, embodying the age-old value of communal responsibility, that all Jews are responsible for one another. This support has strengthened us, proving that Israel's strength comes not only from within, but also from the unique bond with our Jewish brothers and sisters in the diaspora. Though we may differ in location, views, or affiliations, our shared identity unites us.

The late Israeli poet Haim Gouri was known to respond to the question, "How are you?" with a simple yet profound statement: "I am as my people are." Many of us have struggled with that question this year. How can we say we are fine when the blood of our brothers and sisters cries out from the earth? When our brothers and sisters are crying out from the dark tunnels in Gaza? When our beautiful children are paying with their lives in the defense of our future? But at the same time, how can we honor their memory if we do not live fully, appreciating the blessings of our peoplehood and our sovereign nation?

As we approach Rosh Hashanah, I would like to ask each of you - in the face of the rampant antisemitism, hold your heads high, stand tall with Jewish pride. Do not let the voices of hate confuse you. The fact that Israel must defend itself from those who seek its destruction does not mean that we are in the wrong. When faced with an enemy that seeks our annihilation, we have two choices: fight or be slaughtered. Our choice is clear, and we must not apologize for doing what any sovereign nation would do - defending our people and our homeland.

The declared goal of the Iranian regime and its terror proxies is not political, it is genocidal. And their fanatical agenda extends far beyond Israel and the Jewish people. While the hate-filled rhetoric in the international arena may be loud, we have truth on our side. Our path is clear, grounded in the same morals and values that have guided us for millennia. We will fight and overcome this evil, because we have no other choice. And when the time comes, when we face leaders brave enough to choose the path pf peace – as others in the region have done – we will pursue every avenue to achieve peace, for the sake of all our children.

May the coming year bring the long-awaited return of all of the hostages. May it be a year of renewal, healing and rebuilding. And may we find the strength to enjoy the sweet blessings that surround us.

L'Shana Tova U'Metukah. HW

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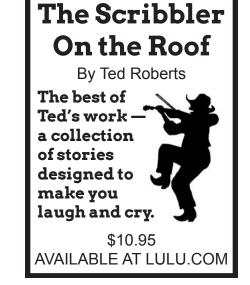
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## The Shofar Paradox



A High Holiday Message from Rabbi Dr. Shamai Grossman

In Judaism, Rosh Hashanah celebrates the birthday of the world and its creation. Each Rosh Hashanah is perceived as though the world is starting anew. However, the singular defining action of Rosh Hashanah, the only mitzvah – the only commandment unique to this holiday – is the blowing of the shofar. Yom Kippur concludes the high holidays with a single long blast, but this is just an accepted custom.

Baal Shem Tov, the 18th-century Jewish mystic who founded the Hasidic movement, taught that the sounds of the shofar remind us of the primordial scream, the call of a soul expressing its desire to return to its creator. The Talmud records a debate as to whether the shofar's sounds are shrieks or cries, broken sounds designed to elicit sorrow or anxiety. Saadia Gaon, the 10th century Talmudic scholar and philosopher, is quoted as saying that the sounds are intended to invoke fear and trembling. But, other rabbis, in an earlier text of the Talmud, said that the shape of the shofar must be curved, rather than straight, to evoke a sense of humility. The Torah further tells us that the shofar was not only used as an instrument to awaken our senses and diminish our ego, it was paradoxically blown by soldiers going into battle.

This paradox prompts multiple questions: Don't we have enough to worry about? Does it help our mental health to provoke our own anxiety? Shouldn't our religion help mitigate our fears? Why on Rosh Hashanah would we want to send our soul back to its creator? How can the same instrument, used to dimmish our self-worth and elicit our anguish, also serve to harness troops and empower them against a common enemy? How can humanity begin anew when our instrument of celebration, the shofar,

blown 100 times on each day of Rosh Hashanah, doubles as an instrument of unease and apprehension?

To answer those questions, we have to consider the different notes that the shofar sounds when blown on Rosh Hashanah: Tekiah, Truah and Shevarim. Truah and Shevarim are broken sounds, but each is both preceded and succeeded by a Tekiah, a clear uninterrupted sound. The Tekiah was utilized in ancient times as a both a warning of incoming danger and as a signal of joy and gathering. Blowing the Tekiah would also introduce Yovel, the jubilee year, which was the final year of a 50-year cycle signifying a time to forgive all debt, liberate slaves, and return family holdings to each person.

So, the sound of the shofar on Rosh Hashanah can elicit an opportunity of renewal, of liberation from slavery. The sound can usher soldiers into a righteous battle for freedom. The sound can prompt celebration and hope to begin a world anew. Each clear, an uninterrupted Tekiah sound can surround the cries of angst elicited by the broken sounds of the Truah and Shevarim sounds, and ultimately eclipse these cries with a final long blast called the Tekiah Gedolah, the "great Tekiah." This blast outlasts all

others and serves as a sign that we have overcome all the travails of the past and now have a clean slate on which to better our tomorrow. This is why Yom Kippur traditionally ends the high holidays with yet one more long blast, one more Tekiah Gedolah.

The human experience is full of angst and challenges. Allowing those to fester may drive a person to diabolic extremes, even wishing the soul to return to its creator. But, if we nestle those emotions between the comforts of community, the congenitally of friendship, and the warmth of family, we will be empowered just like the sounds of the shofar, to usher in new beginnings, to inaugurate the days that Isaiah foretold when "...nation shall not lift up sword against nation, neither shall they learn war anymore."

Rabbi Dr. Shamai Grossman grew up in Memphis and is now Associate Professor of Medicine and Emergency Medicine at Harvard Medical School, and Vice Chair for Health Care Quality, Harvard Medical Faculty Physicians and Beth Israel Deaconess Medical Center, Boston. His writings reflect the thoughts of his father, Rabbi Rafael Grossman Z"L, who was the Senior Rabbi of Baron Hirsch Congregation for almost three decades. HW

# Part 4: An American Israeli's Perspective Through Chesed in Wartime

By Shoshana Cenker

For a few weeks now, we've been sharing stories about an Israeli's experiences during this intense time. Which, as we all know, has just gotten even more severe. Using some startling statistics from Epic, this piece talks about the chesed we can do from here.

Epic is an organization that helps children who move to Israel acclimate through therapeutic mentorship, as well as kids and families with all kinds of trauma from the war. Epic has a strong Memphis connection. It was founded by Rabbi Yaakov Goodman, Rabbi Ephraim Greenblatt's (zt"l) nephew.

"There are now 135,000 displaced people across the country; 20,000+rockets launched; 250k acres of fires," said Shlomo Pinkus, Epic's global di-

rector. "Many people are struggling with addiction – mostly sleeping pills and pain meds – suicide, and mental health issues. Kids are often spending half their day in shelters, traumatized and needing therapy. The kids need to be kids. Please, don't forget them."

From here, we can help by donating funds and items like bullet proof vests and boots. We can daven and say Tehillim. "Everyday people are suffering too, as well as our chayalim," Shlomo reminded us. "Learning Torah is the ultimate protection. Don't give up hope. This is going to be a long fight. Even in a Beis Medrash far away, you can help. Your davening and Tehillim make a difference, and we can feel it."

As this piece was being written, Shlo-

mo and his family in Karmiel were ordered into shelters in a safe zone, as 391 Hezbollah missiles and rockets rained down in just a few hours. More than 5,000 sirens have sounded in northern Israel since the war started.

Just as kids in the States must do active shooter drills in schools, kids in Israel have lessons about what to do if there's a bomb or missile or gunfire attack. It's all terrifying, especially for the most innocent among us.

"As the war against Hezbollah in Lebanon escalates, our house shaking is a near constant. It's scary for the kids. We went to the gas station to fill up our car. And we took some of our kids to the grocery, just to get them out of the house when the shelter order was lifted. While there, more sirens, explosions, and shaking. The grocery manager told us he may have to close, so we stocked up on necessities. My family has enough food and water to last us three days, in case cities are shut down. It's hard on everyone," added Shlomo. "When soldiers get a much-needed break, some head to hotels for three days of mental health help before going home. Epic is part of that. We're all trying to move forward together. Personally, my family and I really appreciate living in Israel."

Shlomo Pinkus may be coming to Memphis in November. If you'd like to meet with him or your shul or school would like for him to speak, please email him: Shlomo@myepicfamily.org

Know a chesed superstar in Israel? Email ShoshanaAY@gmail.com **HW** 

# New Year's Resolutions in September

By Rabbi Akiva Males

In the fall of 1988, I began a new chapter in my life. It had been almost a year since I delivered my bar mitzvah speech in my family's warm suburban synagogue, and just a few months after I completed eighth grade at the Hebrew Academy of Cleveland – the Jewish day school I had attended since pre-kindergarten.

That fall, I was a freshman settling into the dormitory of the Wisconsin Institute for Torah Study (WITS) – a Yeshiva High School in Milwaukee, Wis., where the next four years would pass far too quickly.

In these few lines, I cannot adequately describe the camaraderie, Jewish learning, and new experiences that would be an integral part of my high school years on the shores of Lake Michigan. However, I would like to share one episode of that first fall semester that I will never forget.

It was September, and we could all sense the rapidly changing season. The leaves were starting to color, we watched deer gracefully dart through the Yeshiva's property and disappear into the woods. We had also enjoyed a Rosh Hashanah holiday unlike any we had

known in our hometown synagogues. We had less than a week of Yeshiva remaining until Yom Kippur – after which we would return to our homes across the USA and celebrate the Succos holiday together with our families.

Aside from being the start of the Jewish New Year, Rosh Hashanah also begins the period known as the Asseres Yemei Teshuvah / Ten Days of Repentance, which culminate with Yom Kippur. Rabbi Powers, z''l, (our ninth grade Talmud instructor) explained that according to Jewish tradition, G-d welcomes our sincere return to Him throughout the year. However, it is these 10 days of the Jewish calendar that are most conducive to approach, reconnect, and rebuild our relationships with G-d.

Although we had only known Rabbi Powers for a few weeks, my classmates and I felt a strong connection to him. He had an infectious smile, a sense of unbridled enthusiasm, and a palpable sense of concern for each of his young charges.

In the spirit of the Ten Days of Repentance, Rabbi Powers asked us each to take out a pen and paper so that we could embark on a learning experience

together. He asked us to spend a minute or two in thought and then compile a private list of what we would each like to change about ourselves in the coming year in order to become a better Jewish person

While I have no recollection of the items I came up with, I will never forget that day's lesson. After a few minutes, Rabbi Powers asked us to look over our lists and cross off half the items. We were puzzled by his request. Why did he put us through the effort of compiling a lengthy New Year's resolution list if we were just going to cross off half? However, Rabbi Powers had earned our trust, so we followed his instructions.

He then asked us to do the unthinkable – cross out half the items remaining. We were perplexed, and a murmuring could be heard. Most of our lists were left with only one or two items of possible self-improvement. (One classmate from Chicago whispered to me, since his list was already so short, he now had nothing left to improve about himself!)

Rabbi Powers quieted the room and went on to explain that our Talmudic sages had long ago taught: "Tofasta Merubah Lo Tofasta – if one attempts to take hold of too much, he takes hold of nothing." The reason why most of us never carry through with our New Year's resolutions is that we have taken on too great an assignment. While it is important to dream big, as human beings, it is crucial that we remain realists.

While more than 30 years have passed since that morning's lesson, it is one which I try to remember each year at this time. Self-improvement is a difficult business that goes against our basic nature. In order to experience the satisfying taste of success, our resolutions need to be realistic; and we need to be careful not to bite off more than we can chew.

We are currently in the midst of the Ten Days of Repentance. There is no period in the Jewish calendar more conducive to spiritual renewal than now. When it comes to rebuilding our individual relationships with G-d, we all have some work to do. By setting realistic goals for ourselves, we stand the best chance of achieving the outcomes we desire.

Young Israel of Memphis' Rabbi Akiva Males can be reached at rabbi@ yiom.org **HW** 

# The MJCC Larisa and Ben Baer Senior Adult Club Happenings

Lunch is Monday—Friday at 11:30 a.m. All programs start at 12:15 p.m. Monthly Luncheon is at noon.

Monday, October 14 Speaker: Tim Flesner Topic: Preventing Strokes

Age is the biggest risk factor for stroke. About 75 percent of strokes occur in people 65 or older. In other words it is an increasing problem the older we get. It has been estimated that the chance of having a stroke double every decade after 55. Stroke afflicts about 800,000 people a year and is estimated to occur at the rate of one American every 40 seconds. Mr. Flesner will give the group many ways that Strokes might be prevented. There will be a Question & Answer session following his talk. Come get good answers to any questions that you have.

#### Wednesday, October 16 Program: Team Trivial Pursuit

We will split the room up into teams and see who the champions of Trivia are! Questions come from the Authorized Edition of Trivial Pursuit, most of which from their Boomer Edition. Come test your knowledge. Prizes will be given to the winning team!

#### Monday, October 21 Special Program with Mid-South Hobbies

Aubrey Overstreet of Mid-South Hobbies will bring kits for the group to construct and paint 3D Flower Arrangements. Discover the enchanting world of Pop-Up Coloring Bouquets from Creative Studio, where you can savor the allure of botanicals without the fuss of planting or watering. Effortlessly bring these carefree plants and flowers to life by coloring in the pre-cut shapes and assembling them. Perfect for adding a vibrant touch to your surroundings or presenting as a thoughtful gift. Comes with pre-cut pieces and 7 dual-ended coloring markers in a delightful range of bright and lively colors.

This will be a fantastic intro to an allnew hobby. There is no charge for this activity, but reservations are needed as the supply is limited! This project follows the regular lunch. Please call the front desk at 901-761-0810 to sign up for lunch and this fun-filled project.



## Have a Símcha?

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#### Wednesday, October 23 Speaker: Lisa Shurden Topic: Preventing Falls in the Home

Many falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help prevent falls and better ensure your safety. Ms. Shurden will discuss different measures one can take to help prevent falls. One study showed that 70% of seniors that go into the hospital, go in as a result of a fall. Please come hear this talk for you or a family member. No reservations for the talk are required.

Please join us Monday through Friday for a delicious kosher lunch from the kitchens at the Memphis Jewish Home & Rehab. The cost is only \$2 for seniors. Reservations are required the day before by 1 p.m. by contacting Steve Kaplan, Adult Services Coordinator, at 901-259-9220 or stevekaplan@jccmemphis. org or by calling the front desk at 901-761-0810. Steve works Monday thru Thursday 9:30 a.m.-2:30 p.m. HW

# Judge Bernice Donald to Speak at Beth Sholom's Yom Kippur Symposium



Judge Bernice Donald will speak about building community with hope at Beth Sholom's Yom Kippur Symposium at 3:45 p.m.

Beth Sholom Synagogue will host a special Yom Kippur Symposium featuring the Honorable Bernice B. Donald, a retired federal judge with deep roots in Memphis. Her distinguished career is marked by her commitment to civil rights, her advocacy for equal justice under the law, and advocacy for diversity and inclusion within the judiciary and beyond.

Judge Donald will speak on building community around the light of hope,

according to Katharine Schaffzin, former dean of the University of Memphis School of Law, where Judge Donald received her law degree. "This program is especially timely when we all seem to hold dire and divergent concerns about the state of our world," Schaffzin says. "Judge Donald's remarks will inspire us to avoid despair and, instead, take action to build a better community."

Judge Donald is a trailblazer in the legal field. When elected to the General Sessions Criminal Court in 1982, she became the first Black woman judge in Tennessee. As her career advanced, she became the first Black female U.S. District Court judge in Tennessee and the first Black woman to serve as a U.S. Bankruptcy judge. Nominated by President Obama for a seat on the U.S. Court of Appeals for the Sixth Circuit, she was confirmed by the U.S. Senate in 2011. She retired from the bench in 2023.

Beth Sholom's annual Yom Kippur Symposium will take place on Yom Kippur, Saturday, October 12, at 3:45 p.m. All are welcome to attend. For more information about the symposium and other events at Beth Sholom Synagogue, please visit bsholom.org or call the synagogue office at 901-683-3591. **HW** 





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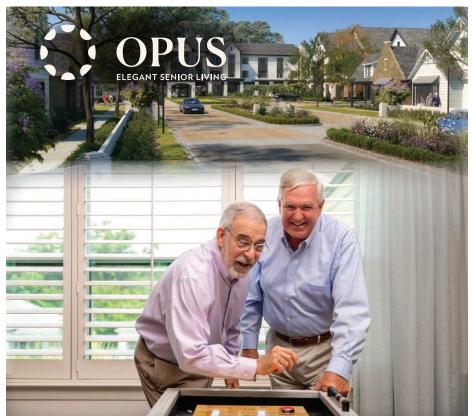
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# IAF Strike in Beirut Targets Possible Nasrallah Successor

(JNS) – An Israeli Air Force strike in Beirut targeted an underground bunker where Hashem Safieddine and other top Hezbollah terrorists were meeting, "The New York Times" reports, citing three Israeli officials.

The fate of Safieddine, a maternal cousin of slain terror master Hassan Nasrallah, the head of Hezbollah's Executive Council and a leading candidate to replace Nasrallah, is not yet clear.

Around midnight last Thursday, a series of huge explosions rocked Beirut's Dahiyeh district, a known Hezbollah stronghold, creating shockwaves that rattled buildings at least 15 miles away, according to the "Times."

It was one of the heaviest Israeli bombardments in the Lebanese capital since Hezbollah opened fire on the Jewish state a day after Hamas's Oct. 7 massacre in the northwestern Negev.

Safieddine has been declared a Specially Designated Global Terrorist by the United States.

On Sept. 27, the IAF dropped at least a dozen 2,000-pound bunker-buster bombs in the strike that killed Nasrallah. Two unnamed Israeli defense officials told the "Times" that more than 80 bombs were dropped over the span of several minutes during the strike, but did not confirm the type of munitions used.

The IDF revealed last Sunday that Islamic Revolutionary Guard Corps deputy commander Brig. Gen. Abbas Nilforoushan and Ali Karaki, Hezbollah's

highest-ranking military commander, were among at least 20 terrorists "of various ranks" slain in the strike.

"We have settled accounts with someone who was responsible for the murders of countless Israelis and many nationals of other countries, including hundreds of Americans and dozens of French," said Israeli Prime Minister Benjamin Netanyahu of Nasrallah's targeted killing.

"Nasrallah was not just another terrorist, he was the terrorist," said Netanyahu. "He was the axis of the axes, the main engine of Iran's axis of evil. He and his people were the architects of the plan to destroy Israel."

The Hezbollah leader's elimination was "a necessary condition in achieving the objectives we have set: Returning the residents of the north safely to their homes and changing the balance of power in the region for years," said Netanyahu. "As long as Nasrallah was alive, he would have quickly rebuilt the capabilities we took from Hezbollah. Therefore, I gave the directive – and Nasrallah is no longer with us."

Defense Minister Yoav Gallant stressed that while Nasrallah's death was "a very important step, it is not the final one.

"We will employ all the capabilities at our disposal, and if someone on the other side did not understand what those capabilities entail, we mean all capabilities," Gallant said. **HW** 



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# The Bearded Beekeeper: Young Israel's Pre-Rosh Hashanah Children's Program



On Sunday, September 29, Young Israel welcomed Memphis' own Bearded Beekeeper, who shared a fascinating presentation about bees and honey. This was followed by sampling some delicious varieties of his locally produced honey, lots of hands-on Rosh Hashanah

crafts and even some candle making from bee's wax.

The kids learned a lot, and they all had a blast! Yasher Koach to Sarah Ardestani and Sarah Bauer for arranging this very successful Pre-Rosh Hashanah children's program! HW

Our Jewish community wants to know what our local organizations & synagogues have been doing! send photos and stories to info@ HebrewWatchman.com

# It was a Challah Making Week at MJX:Memphis Jewish Experience





On Monday, September 16, a group of young professionals and on Wednesday, September 18, moms of all ages came together to make challah. There were fun moments and serious moments.

We prayed on behalf of the soldiers and hostages. We asked Hashem to heal all who are sick and to provide a bashert, the match for those in search of 'the one'.

The time of doing the mitzvah of taking off the 'challah' is an auspicious time for requests, blessings and prayers to be answered.

Mrs. Miriam Karp shared some tips and tricks of the trade and showed how she makes her famous, Rosh Hashanah challah. It's almost a sticky bun but has all the challah factors to it. While the dough was rising, Mrs. Miriam shared about the different symbolic foods eaten on Rosh Hashanah night and spoke of the symbolism of the challah. Especially the Rosh Hashanah challah, which consists of different layers and how the challah is a blessing for the ups and downs of life along with the sweetness that's also there.

If you'd like to learn more about making this delicious challah, please email mkarp@memphisjx.org.

Have a happy, healthy, sweet new year! **HW** 





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# Mixing It Up: Asset Allocation and Diversification

Provided by Mike Stein, Managing Director - Investments, Wells Fargo Advisors

Questions for Mike? You can reach him at 901.761.8151 or Michael.Stein@WellsFargoAdvisors.com • fa.wellsfargoadvisors.com/michael-stein

Asset allocation and diversification are so fundamental to portfolio structure that it's easy to lose sight of these strategic tools as you track the performance of specific securities or the dollar value of your investments. It might be worth considering how these strategies relate to each other and to the risk and potential performance of your portfolio.

Keep in mind that asset allocation and diversification are methods used to help manage investment risk; they do not guarantee a profit or protect against investment loss.

#### **Establishing balance**

Asset allocation refers to the mix of asset types in a portfolio - generally stocks, bonds, and cash alternatives. These asset classes have different growth and risk profiles and tend to perform differently under various market conditions. Stocks typically have higher long-term growth potential but are associated with greater volatility, while bonds tend to have moderate growth potential with less volatility. Cash alternatives usually have low growth potential but are the most stable of the three asset classes; however, if cash investments do not keep pace with inflation, they could lose purchasing power over time.

There is no right or wrong asset allocation. The appropriate allocation for you depends on your age, risk tolerance, time horizon, and specific goals. Younger investors might be comfortable with a more aggressive allocation heavily weighted toward stocks, because they have a longer time to recover from po-

tential losses and may be willing to accept significant short- to medium-term drops in portfolio value in exchange for long-term growth potential. Older investors who are more concerned with preserving principal and those with near-term investment objectives, such as college funding, might prefer a more conservative allocation with greater emphasis on bonds and cash alternatives.

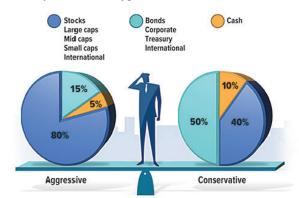
#### Adding variety

Diversification refers to holding a wide variety of securities within an asset class to help spread the risk within that class. For example, the stock portion of a portfolio could be diversified based on company size or capitalization (large cap, mid cap, and small cap). You could add international stocks, which tend to perform differently than domestic stocks. A well-diversified portfolio should include stocks across a broad range of industries and market sectors.

A portfolio's bond allocation might be diversified with bonds of different types and maturities. Corporate bonds typically pay higher interest rates than government bonds with similar maturities, but they are associated with a higher degree of risk. U.S. Treasury bonds are guaranteed by the federal government as to the timely payment of principal and interest. Foreign bonds could also increase diversification. Longer-term bonds tend to be more sensitive to interest rates; they typically offer higher yields than bonds with shorter maturities, but this has not been true since the unusual interest-rate increases that began in 2022.

#### Sample Portfolios

This chart shows how aggressive and conservative portfolios could be diversified by dividing asset classes among different types of securities. The percentage of each type of security might vary widely depending on the investor's situation and preferences, and many investors may not hold all types of securities.



These hypothetical portfolios are shown for illustrative purposes only. They are examples, not recommendations.

#### Staying on target

Once you have established an appropriate asset allocation and diversification strategy, it's important to periodically examine your portfolio to see how it compares to your targeted structure. Depending on the level of change, you may want to rebalance the portfolio to bring it back in line with your strategic objectives. Rebalancing involves selling some investments in order to buy others. Keep in mind that selling investments in a taxable account could result in a tax liability.

The principal value of stocks and bonds fluctuate with changes in market conditions. Shares of stock, when sold, and individual bonds redeemed prior to maturity may be worth more or less than their original cost. Concentrating in a particular industry or sector could expose your portfolio to significant levels of volatility and risk. Investing internationally involves additional risks, such as differences in financial reporting, currency exchange risk, and economic and political risk unique to the specific country or region. This may result in greater share price volatility. The principal value of cash alternatives may be subject to market fluctuations, liquidity issues, and credit risk; it is possible to lose money with this type of investment.

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# Biden Opposes Israeli Strike on Iran Nuclear Sites



President Joe Biden participates in a call with G7 leaders about the situation in the Middle East, Oct. 2, 2024, in the Oval Office. Credit: Adam Schultz/White House

#### By Andrew Bernard

(JNS) – U.S. President Joe Biden told reporters last Wednesday that he opposes an Israeli strike on Iran's nuclear facilities.

Speaking on the tarmac at Joint Base Andrews in Maryland ahead of a trip to states affected by Hurricane Helene, Biden said he was crafting a response with the G7 group of leading democracies.

"We're working on a joint statement all of us agree on from Japan to France to Germany," Biden said. "What we're doing in that regard is we're making it clear that there are things that have to be done."

"It will be done before too long, probably by the time we land," Biden said of the statement. "There's going to be some sanctions imposed on Iran."

Asked if he would support Israel striking Iran's nuclear sites, Biden said he would not.

"The answer is 'no," Biden said. "We'll be discussing with the Israelis what they're going to do, but all seven of us agree that they have a right to respond, but they should respond propor-

tionately." (The G7 is Canada, France, Germany, Italy, Japan, the United Kingdom, the United States and the European Union.)

Biden declined to say what advice he was giving to the Jewish state and indicated that he had yet to speak with Israeli Prime Minister Benjamin Netanyahu after Iran's ballistic missile attack.

"We've been talking to Bibi's people the whole time," Biden said. "It's not necessary to talk to Bibi."

"I'll probably be talking to him relatively soon," he added.

Biden spoke with the G7 leaders last Wednesday "to discuss Iran's unacceptable attack against Israel and to coordinate on a response to this attack, including new sanctions," per a White House readout.

Biden and the G7 "unequivocally condemned Iran's attack against Israel," the White House added. "President Biden expressed the United States' full solidarity and support to Israel and its people and reaffirmed the United States' ironclad commitment to Israel's security." **HW** 

# IDF Kills Palestinian who Lynched Soldiers Near Ramallah in 2000



Aziz Salha, one of the participants in the 2000 lynching in Ramallah of two IDF reservists, holds up his blood-stained hands inside the Palestinian Authority's el-Bireh police station. Credit: Palestinian Media Watch.

(JNS) – An Israel Defense Forces strike in the Gaza Strip last Thursday killed Aziz Salha, who gained global notoriety for video of him lynching two Israeli soldiers in Ramallah's twin city of el-Bireh on Oct. 12, 2000.

The images of Salha standing at a window in the Palestinian Authority's el-Bireh police station, waving his blood-soaked hands in front of a Palestinian mob during the early days of the Second Intifada, became etched into the collective Israeli psyche, and for many remains a direct consequence of the Oslo Accords.

IDF Cpl. (res.) Vadim Norzhic, 33, a truckdriver from Or Akiva who had made aliyah from Irkutsk 10 years earlier, and Sgt. First Class (res.) Yosef Avrahami, 38, a toy salesman from Petach Tikvah, were pulled from their vehicle and beaten and stabbed to death, and

then mutilated, after accidentally entering the Palestinian Authority-controlled city of Ramallah, located in the Judaean Mountains some 10 km. north of Jerusalem.

Salha, 43, was arrested a year later but was among the 1,027 Palestinian terrorists released from Israeli jails as part of the 2011 deal to free IDF soldier Gilad Shalit from Hamas captivity in Gaza.

Salha was targeted in an airstrike in central Gaza's Deir al-Balah, the military said.

"In recent years he was involved in directing terrorist activity in Judea and Samaria and continued to engage in terrorist activity even in these past days," the IDF said. **HW** 

#### **OBITUARIES**



Nicole Samuel Lewis

Nicole Samuel Lewis, the widow of Jack I. Lewis, passed away Saturday, October 28, 2024.

Born September 2, 1925, in Brussels, Belgium, Nicole was a Holocaust survivor. She survived World War II, along with her mother and sister by hiding in various villages in the south of France, successfully avoiding capture by the Nazis. After the war, she returned to Brussels where she attended University.

She then received a Fulbright schol-

arship to the University of Washington where she earned her master's degree in social work.

She then moved to New York City where she practiced social work at Memorial Sloan Kettering Hospital. In 1964 she married Jack Lewis and moved to Memphis, Tenn.

Once in Memphis she became an active supporter of music, the visual arts and theater. She was an avid reader and spent many years in social work with the Shelby County Health Department.

She was a wonderful cook and entertained elegantly in the style of a bygone Europe.

She spent her last few years at Memphis Jewish Home & Rehab where she received wonderful care.

She lived to the ripe age of 99, preceded in death by her beloved husband, Jack Lewis, and son Charles Lewis. She is survived by her son, Hal Lewis (Jean), daughter Georgi Lewis Davis (Lowell), six grandchildren, six great-grandchildren, and many cousins in Europe.

Services were held graveside on Tuesday, October 1 at Baron Hirsch Cemetery in Memphis. **HW** 

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# More Than 500 Artists and Entertainment Industry Leaders Gathered To Honor Mayim Bialik, Ben Silverman, Elliot Grainge, Phylicia Fant, and Josh Binder at Creative Community for Peace's 6th Annual 'Ambassadors of Peace' Event



LOS ANGELES - On Tuesday, September 24, Creative Community For Peace (CCFP), an entertainment industry non-profit organization, hosted its sixth annual "Ambassadors of Peace" (AOP) event to honor prominent entertainment industry leaders for their contributions in using the arts to foster unity, promote peace, and bridge cultural divides.

This year's honorees were Mayim Bialik, actress, author, and television host; Ben Silverman, chairman and co-CEO of Propagate Content; Elliot Grainge, CEO of Atlantic Music Group and founder of 10K Projects; Phylicia Fant, head of Music Industry & Culture Collaborations at Amazon Music and manger to artists such Andra Day and Anthony Hamilton; and Josh Binder, founding partner at Rothenberg, Mohr & Binder LLP whose clients include Top Dawg Entertainment, Marshmello, Gunna and Lisa of Blackpink.

The event was held at the Beverly Hills private residence of Aton Ben-Horin, executive VP A&R, Warner Music Group & CEO of Plush Management.

Artists and entertainment leaders from across the industry were in attendance such as Grammy Award Winning and 13x Oscar Nominated songwriter Diane Warren, president of Virgin Music Jacqueline Saturn, president of Music Publishing at Roc Nation Andrew Gould, television producer and talent manager Benny Medina, CEO of Top Dawg Entertainment Anthony "Top

Dawg" Tiffith, founder and partner at 3 Arts Entertainment Michael Rotenberg, co-founder of Endeavor Rick Rosen; artist Ava Max, artist and author Rachel Platten, actress and artist Andra Day, co-president of Artists First Brian Dobbins, Good Charlotte's Joel Madden, co-founder of Best Friends Music Brandon Goodman and Danny Rukasin, CEO of Universal Music Publishing Group Jody Gerson, COO and co-chairman of Warner Records Tom Corson, and CEO and co-chairman of Warner Records Aaron Bay-Schuck amongst many others.

Previous Ambassador of Peace honorees include luminaries such as actor Eugene Levy, actor and director Liev Schreiber, showrunner Darren Star, Recording Academy CEO Harvey Mason jr., Grammy Award winning and 14x Oscar nominated songwriter Diane Warren, reggae legend Ziggy Marley, music mogul Scooter Braun, chairman & CEO of Sony Music Latin America Afo Verde, and CEO and co-chairman of Warner Records Aaron Bay-Schuck amongst others.

Paying tributes for this year's honorees included media personality and film producer Ryan Seacrest, rapper Flavor Flav, comedian and showrunner Larry Wilmore, model and media personality Sofia Richie Grainge, music producer and DJ Marshmello, writer and producer Jenji Kohan, artist and actress JoJo, comedian Modi Rosenfeld, chairman and CEO of Saban Capital Group Haim Saban, actor and artist Andra Day, songwriter and producer Salaam Remi, producer and founder of So So Def Recordings Jermain Dupri, actress Melissa Rauch, senior vice president at Prime Video & Amazon Studios Mike Hopkins, comedian Elon Gold, and actor Liev Schreiber.

The event also featured a soulful performance by Grammy Award-winning artist, Anthony Hamilton.

CCFP Chairman and Co-Founder David Renzer opened the evening stating, "We're all here tonight as part of one entertainment community, celebrating our biggest event ever with an amazing, deserving group of honorees who are leaders in our industry. In this challenging time CCFP has expanded its mission to fight hate, galvanize the entertainment community to push back on antisemitism and support Israel. We also believe in the power of the arts to help build bridges of peace and hope to return to focus on these initiatives after these difficult times of war."

The evening featured heartfelt speeches from the honorees, each reflecting on their personal commitment to using their platforms to advance peace and unity:

Honoree Mayim Bialik said, "I never imagined I'd need the kind of support that CCFP has provided. I'm humbled to be recognized. As a scientist, a peace lover, and an activist, I'm just one person trying to figure out where we belong in this upside-down world. Thank you all for being here, and thank you for supporting CCFP, which allows so many of us to stand against discrimination and intimidation."

Honoree Ben Silverman remarked, "The arts fuel my life, and television drives my ambitions. I believe that evervone should have the freedom to sing their song and speak their truth. The idea of banning people from expressing themselves is wrong. I'm so proud of the honorees here tonight. We all care about the freedom of our families. I encourage everyone to donate to this incredible organization. I also want to thank my colleagues; we've had countless conversations about Israel's place in the world. I'm so glad we're all here together. In these dark moments, there is only light."

Honoree Elliot Grainge reflected, "Music has the power to bring us to-

gether, something we need now more than ever. That's why CCFP is so important today. What we do as an industry and a culture has the power to unite us all. All of us have the ability to foster both physical and mental space for understanding. And that's the true meaning behind unity."

Honoree Phylicia Fant said, "While I'm thankful for every position I've ever held, my true role and purpose in these organizations extends far beyond what my title says: which is to demonstrate what is possible when you believe that anything is possible; to break ceilings and barriers; to make global impact; to uplift and mentor my team; to support my peers; to champion women. But don't get me wrong, the work I was hired to do is definitely going to get done as well."

Honoree Josh Binder shared, "We need more dialogue, more education, more tolerance, and less division and hate. Community doesn't work if it only works for your community. It's fake news that a Jew and a Muslim can't accomplish great things together."

The evening, while celebratory, also reflected on the ongoing challenges facing Jewish communities and the entertainment industry. Since the Oct. 7 attacks nearly a year ago, and amidst rising tensions in the Middle East, the Jewish community remains on edge. Speakers also acknowledged the continued importance of using their platforms to combat antisemitism and build tolerance.

Ari Ingel, CCFP executive director, closed the evening with a message to everyone in attendance, sharing, "These six honorees embody how we should live each day - with purpose and as agents of change. Everyone, all of you here, are change-agents, and have the ability to affect positive change in the world. To effect positive change for the Jewish people, and to effect positive change for the way Israel is seen around the world. And is it incumbent on all of us to do all we can, to use our platforms to make sure that we continue to have a thriving Jewish community here in America and a thriving State of Israel."

For more information about Ambassadors of Peace visit www. creativecommunityforpeace.com/ gala/ HW

## Share your family recipes and be featured in The Hebrew Watchman info@HebrewWatchman.com

# Tasty Yom Kippur Break Fast Family Recipe

By Shoshana Cenker

About a year ago, Sam (Shmuel) Edri opened Sam's Corner: A Taste of Milk & Honey, a delicious dairy restaurant, in the Memphis Jewish Community Center. He's sharing his grandmother's boureka recipe, a perfect addition to your Yom Kippur break fast menu.

"After a full year of getting to know this beautiful Memphis Jewish community, I'd like to bless everyone with an amazing and sweet year. I hope you will know only nachas and joy from your family. Shana Tova U'metuka!" ~ Sam Edri

#### Dough:

- 3 glasses water
- 1 teaspoon salt
- 1 teaspoon vinegar
- 1 tbsp oil
- 8 cups flour

#### **Chard Filling:**

• 2 packs of chard

#### **Potato Filling:**

- puree 2 potatoes
- add Bulgarian cheese
- 1 egg
- sprinkle of salt and pepper

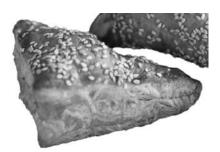
## Savta Rachel's Borekas Recipe **Preparation:**

- put water, salt, oil, vinegar in a bowl
- add most of the flour (save some)
- knead the dough in a bowl
- put flour on the table, dough on top, let the dough rest for 20 minutes

While the dough rests: cut the leaves from the chard stem into thin strips, then wash the cut leaves with water until they are completely clean.

#### After the dough has rested:

- cut balls the size of a ping pong ball
- flatten the balls, put them in a pot, cover with oil



- cover the pot, leave for 15 minutes, turn them every few minutes to soak in
- take out each ball, flatten and stretch it, until the dough is transparent
- · add the potato filling and form a snail or triangle
- bake at 200 degrees, until golden ~ 15-20 minutes

Batyavon and may your fast be meaningful and may you be inscribed in the Book of Life! HW



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**Democrat for U.S. Congress** 

**District 8** 



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- Equal rights for all
- LGBTQ rights+
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