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# KOL KADIMA

The Voice of the Memphis Jewish High School

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Vol.2 No. 11  
Chayei Sarah

21 Cheshvan, 5767  
Candle lighting 5:47 p.m.

November 2, 2007  
Havdalah 6:47 p.m.

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## Schedule of Events

Nov. 4 MJHS Parents are invited to Dr. Pelcovitz's lecture, "**Adolescents At Risk: What Every Parent Should Know.**" The presentation will focus on alcohol. Mark your calendars for this Sunday, 8:00p.m., at Baron Hirsch.

Nov 5. Dr. Pelcovitz, a psychologist and a professor at YU, is considered a national expert on adolescents at risk. He will join us for morning prayers and then speak to us about common concerns.

Nov. 6 7 p.m. is a Parlor Meeting—at the home of Kara & Paul Bierman, 633 Valleybrook Drive

## Past Week Events

On Sunday, Oct 28, we started a new program for all Memphis Jewish teens.

**Kesher-Konnection** is a program to mark Israel's 60<sup>th</sup> anniversary. Once a month we will hold a live Videoconference with Israeli teens on a variety of topics, such as "*60 years of sports,*" "*60 years with the IDF,*" and more.

It was nice to see teens from all affiliations gather, learn and connect to Israel. 21 teenagers attended, but we expect many more on our second session Nov. 18<sup>th</sup>.

On Tuesday **8<sup>th</sup> graders from Schechter visited the school.** All 19 took a tour of the school, heard about our daily schedule and some of our educational philosophy. In addition, they met with students, had a sample of a technology and an art class and, of course... the traditional frappuccinos. Our students were not deprived this time; Mr. Wender got them their frappuccinos for Wednesday's lunch, in recognition of their hard schoolwork and different volunteer work.

## Toda-Raba (thanks)

To all our wonderful students who are making it their habit to volunteer and help out in school events and after school activities.

We see more and more students in BETA Club covering the front desk in the mornings, welcoming guests and giving tours at the open house, setting up the Kesher-Konnections, meeting with the Schechter kids on their visit to the school and more:

*Monte Eiseman, Courtney Thomas, Jessica Rubin, Morgan Wank, Kevin Wender, Hannah Chanin, and Alex Nahon*

## Refuah-Shleima

Our thoughts and prayers are with the Indingaro family. Mr. Richard Indingaro has been in the hospital for the past couple weeks. Mrs. Indingaro is doing her best to keep her classes functioning during this difficult period.

In this context I'd like to express my **deep appreciation for the students** who initiated and signed a get-well card, and handed it to Mrs. Indingaro. This sensitive act of kindness made us **very proud of them!**

## Israel

Our Kabbalat-Shabbat meeting this week was dedicated to the 3 missing Israeli soldiers.

The Jewish Agency in Jerusalem organized an international solidarity day in 400 locations around the world simultaneously. Each location sent Mr. Ban Ki-moon, Secretary General of the United Nations, a petition demanding the release of our 3 kidnapped soldiers:

- **Gil'ad Shalit** who was kidnapped to Gaza in June 2006
- **Ehud Goldwasser** and **El'dad Regev** who were kidnapped to Lebanon in July 2006.

We are asking all our parents to add their signature to the school's petition that will be mailed out next week.

## Educational Corner

This week I'd like to do something different. This article has to do with Parenting of Adolescents. I have a feeling the topic may be relevant at least once through the adolescent period.

### **How To Help Your Teen Regain Trust**

From Denise Witmer

*Your teen at some point may do something that breaks down the trust you have in him/her. This could be going against what you've asked them to do, not working up to his/her potential at school or lying to you. When these things happen, it can be difficult for a parent to let go of their hurt feelings caused by the harmful incident and begin to allow their teen to regain trust. Even so, as parents we need to try.*

Difficulty: Hard Time Required, anywhere from a week to a month

1. Talk to your teen about the incident. Let him/her know that you have lost your trust in your teen's ability to \_\_\_\_ (tell the truth, get good grades on his/her own, etc.). Make it clear that your teen will need to take steps to regain the trust you had.

2. Let go of the personal hurt feelings as best you can. Teenagers really don't do things just to get at their parents. We know this mostly because we know that they don't normally want to be caught. Take a deep breath and move on. The better you are able to move away from your wounded self, the easier it will be to help your teen regain your trust.

3. Create a series of checks and balances so that you know your teen is doing what he/she said he/she would be doing. For instance, you can check your teen's grades daily by calling the school office, or access PowerSchool. Tell your teen all about it. Don't be sneaky; rather be up front. Clear communication is important here.

4. Follow through with your checks and balances. This is hard, but trust is a two-way street. If you tell your teen you're going to do something that will help him/her stay on the straight and narrow, you need to do it. I know it isn't easy to add one more thing to your daily routine; I've been there. But it is

worth the effort to re-establish a trusting relationship.

5. Give it time. In time, knowing that your teen has done positive things since the harmful incident, you will be able to trust him/her again.

### **Parsha D'var-Torah, by David Lipson**

The Parsha starts out with Avraham purchasing Mearat Hamachpelah as a burial for Sarah his wife. The torah describes in length all the negotiation and discussions. Why does the torah talk about Abraham going to buy something in so much length?

One more Question I thought of is, why does Avraham insist on paying for the property after Efron offered it to him for free? Why didn't he accept the offer?

I will try answer both questions with one answer: Avraham knew that in the future other nations will deny the ownership of his sons (Israel) over the land of Israel, Hebron and the holy sites. There is also a chance that we, years later may forget that our father bought the rights on the land and received it from G-D and we may not realize how the land of Israel is important to us.

For this reason, Avraham insisted to purchase it for it's full price and to make it public with lots of witnesses: *unto Abraham for a possession in the presence of the children of Heth, before all that went in at the gate of his city.*

This is an important lesson for his descendant as well and that's why it takes such an important place in the Parasha. Now that we have the proof and the witnesses, we should claim ownership over Me'arat Hamachpela and the land of Israel.

Shabat Shalom

### **Mazal-Tov**

- To the Monte Eiseman family on the Bat-Mitzva of **Brandi Eiseman**
- To **Mr. and Mrs. Andy Groveman** and **Mr. and Mrs. Jack Belz** on the birth of their granddaughter and great granddaughter **Yael Leah**.
- **Shalev Gellman** on his 3<sup>rd</sup> birthday and his Upshirin (first haircut)

Shabbat - Shalom 