

Jewish Center of Northwest Jersey



Journal



PO Box 2, 115 Youmans Avenue, Washington, NJ 07882
(908)689-0762
www.jcnwj.org

September 2011
Vol. XXXVII, Issue 9

Mark Your Calendars

Fri. Sept. 9, 7:30 p.m.
Shabbat service

Wed. Sept. 28, 8 p.m.
Erev Rosh Hashanah
service

Thurs. Sept. 29,
8:30 a.m.
Rosh Hashanah Family
Service
9:30 a.m.
Rosh Hashanah
Adult Service

Fri. Sept. 30, 9:30 a.m.
Rosh Hashanah Second
Day service

Fri. Oct. 7, 8 p.m.
Kol Nidre service

Sat. Oct. 8, 9:30 a.m.
Yom Kippur service
3:15p.m.

Torah study
3:30 p.m.

Family service
4:30p.m.

Neilah service

Break-the-Fast
following service

Annual Blood Drive
Sept 25th,
9:30am-2pm
See Page 5 For More
Information

Rabbi's Message

It sounds like a joke but it's not. The Arab Spring shows revolution in the streets and Israeli Summer features – a Cottage Cheese Rebellion? At the end of June, an Israeli business publication ran articles in which they compared the cost of food in Israel to the cost of food abroad. An 8.8 ounce tub of cottage cheese (Israelis think in grams, not ounces) costs 8 shekels, or \$2.32. That price has risen 39% since 2008.

A 25-year-old Israeli from B'nei Brak became so angry that – via Facebook - he called for a boycott of cottage cheese. It didn't take long before 100,000 Israeli consumers joined the boycott. There was a noticeable decline in the sale of cottage cheese, long considered a staple of the Israeli diet, and then the hoped-for price cut.

Initially, people did not see the Cottage Cheese Rebellion as the beginning of major civil unrest, but that perception has changed over the last couple of months. A report on the internet says that the rebellion "...is spreading to other goods and services, especially housing, and it has given voice to a feeling of economic helplessness." As always when it comes to Israel, things are more complicated than they might first seem. A country founded on ideals of social equality suddenly finds there is a large gap between the very rich and the rest of the country. Israelis - who spend years in army service including time in the active reserves – want to be sure that they are getting what they are fighting for. And so we have seen tent cities set up in the middle of Tel Aviv as a protest against the high cost of housing. What began with cottage cheese has captured the country's imagination.

This rebellion reminds me again of how hard it is to understand Israel from across the ocean, from "chutz la'aretz" as Israelis say, from outside of Israel. When I lived in Israel as a student in the pre-email 1970's, I would get letters from home expressing worry about my safety. I was always puzzled because I felt so safe living in Israel. I could walk anywhere I wanted, day or night, not something I could say about many places closer to home. My family in the States could only rely on what was reported in the newspaper and it was inevitably a distortion of how I experienced life in Israel.

President's Message

Welcome back to another year at the Jewish Center. I hope you have enjoyed your summer and will be coming back to the center with renewed energy. The two major committees that do not get to take the summer off are the Religious practices committee, who works so hard to prepare everything for the high holidays, so I want to thank Sharon Herson and her committee for all of their hard work. When you see your invitation with honors that have been assigned to you, please respond quickly, even if you cannot perform the honors you have been assigned. That gives us a chance to give these honors to someone else, but please remember that these are honors you are receiving, and we hope that you will be able to enjoy performing the honor. The second committee that doesn't get to take the summer off has been the education committee, who has been spending the summer planning the coming year's Hebrew school theme and programs around that theme. I want to thank Marsha Gross and her committee for all of their hard work as well. To my other committee chairs, I know you also work hard, but I felt the need to call out these two committees for special inclusion this year.

I look forward to a wonderful year, and I am excited to see all of you on Friday September 9th for our next Shabbat Service. To find information on when anything is happening, please visit our website at www.jcnwj.org. The Combined Calendar contains everything that is happening at the center. There will be updates to this, so if you print it, please check the online

Rabbi's Message continued...

I understand how you might be afraid to travel to Israel when your knowledge comes from the American media. You just can't know what it is like in Israel until you experience it yourself. We have a wonderful opportunity to share that experience together this coming December. We plan to celebrate our two shabbatot together at two different Reform congregations, one in Tel Aviv and one with home hospitality in Modi'in. I am grateful to Rhonda Jordan and Iris Hirsch for organizing our participation. Please go to the link below to see the details of the tour and to register.

<http://tinyurl.com/4ynkzfc>

As Rabbi Hillel so famously said,
"If not now, when?"

May this new year include setting foot on Israeli soil and tasting Israeli cottage cheese together.
Shana tova.

Rabbi Ellen Lewis

version for updates. Also, we have the upcoming events at the center on the home page for easy access.

I lastly want to thank everyone who contributed to the Sisterhood party in my honor in June. I was moved beyond words at how I have touched so many of you during my time as president. It does make all the work worthwhile.

Shalom and love,

Howie

Break-the-Fast on Yom Kippur

Jeannie Berkowitz will coordinate this community meal. Please be in touch with her by phone or e-mail before Yom Kippur regarding your contribution. As in the past, this will be a dairy supper (fish is fine, but no chicken). The break-the-fast will begin after the end of services on Yom Kippur. Jeannie will need assistance setting up after the morning service and before Torah study. If you can help, please contact her.

High Holy Day Honors

For those of you who are relatively new to the JCNWJ, it seemed to me that a little background would be pertinent. In many temples, the big donors receive token honors on the High Holy Days. In our synagogue, any active member may be invited to participate on the *bima* in a variety of ways. As on Shabbat, the honors include *hakafah* (carrying the Torah), *hagbah* (lifting the Torah and showing it to the congregation), *gellilah* (dressing the Torah), opening and closing the ark. In addition, on these Days of Awe, we have adult Torah readers on both Rosh Hashanah and Yom Kippur. It is indeed awesome to read or chant Torah at these services (the Torah chant, as well as nearly all the music, is different from what we hear on Shabbat). Further, we include recent *b'nai mitzvah*, who usually do the *haftarah* blessings (this year, we have both thirteen-year-olds and adults). By the time you read this, you will have received your High Holy Day invitation (these should have been received around August 20 or thereabouts). For some of you, an honors slip will be enclosed, inviting you to do something in one or more of the services. If you have not already done so, please respond to Debby Knobelmann as requested to confirm that you will be at the service and able to fulfill your obligation. *Thank you for saying yes.*

Sharon Herson, Chair of the Religious Practices (Ritual) Committee

Commemoration of September 11, 2001, on Sunday, September 11, 2011, at 9:30 a.m.

Most Americans, native-born or foreign-born, remember exactly where they were, who they were with, what they were doing when they heard the horrific news and saw the appalling photographs of the events of 9/11/2001. Our congregants are no different. Each has a story to tell of that infamous day. We are fortunate that Gwen Nagorsky (our newly elected temple president at the time), Mike Weiner (our 4th and 5th grade Sunday school teacher, who happened to be caught in New York City on that day), and Erik Heller (one of our Sunday school parents, and a police officer then and now) have agreed to share their reactions and retrospective reflections on 9/11. Their perspectives will be part of our synagogue's commemorative service in memory of those who were murdered on September 11, 2001. **It is hoped that the entire congregation will participate.** The service is not just for the children, nearly all of whom are too young to have any memory of this day. It is a time to talk about the event and the effect it has had on our lives over the intervening decade.

High Holiday Food Drive

It has been customary for many years for our congregation to organize two food drives to feed the hungry: the first between Rosh Hashanah and Yom Kippur and the second around Pesach. The first one is coming up soon. Please fill your bag with non-perishable, non-breakable items, such as canned or boxed (dried) fruits and vegetables (preferably not overly sweetened), soup, juice, pasta, cereal, and anything else that you would want to eat. We give our proceeds to NORWESCAP (and have been asked not to include matzah). Please bring the filled bags starting on Rosh Hashanah morning. The last day of the food drive will be the week after Yom Kippur, on Sunday, October 16. *Thank you in advance for your generous participation.*

Contributions

**In honor of Howie Hirsch
Gwen and Ed Nagorsky
Robin and Colson Hall
Tracey and Mo Bauer**

**In honor of the graduates,
Jamie Fesinstine, Drew Needleman, and
Jamie Rosenberg
Helen and John Mattson**

**In honor of the bat mitzvah of their
granddaughter, Ilissa Marie Webb
Rita and Marvin Koral**

**In honor of Edythe Herson's 90th Birthday
Risa and Al Smith
Gwen and Ed Nagorsky
Charlotte Fels
Jeannie and Jeff Berkowitz
Joan Chase
Iris and Howie Hirsch**

**In honor of our teachers
The Fenton Family**

**In honor of Diane Margolin and Mike
Wiener's 25th wedding anniversary
Jeannie and Jeff Berkowitz
Judy and Paul May**

**In honor of the B'not Mitzvah:
Rita Berkowitz, Karen Finkelstein, Iris
Hirsch, Rhonda Jordan, Suzanne Marr, Risa
Smith, and Teri Stanton**

**Rene Marinich
Charlotte Fels
Helen and John Mattson**

**In honor of Rhonda Jordan's retirement
Charlotte Fels**

**In honor of Rona and Stan Schick's 50th
anniversary on June 24th
Judy and Paul May**

BOOKPLATES IN OUR NEW SIDDURIM

In honor of Howie Hirsch. Edythe Herson,
Judy and Paul May, Nancy and Bernie
Robins

SIMCHA LEAVES

In honor of Howie Hirsch and Charlotte Fels
The B'not mitzvah Class

**TORAH FUND in honor of RABBI LEWIS'
18th YEAR at JCNWJ**

With much love and appreciation of all that
Rabbi Lewis is, and her dedication to the
members of our congregation.
Helen and John Mattson

GIFTS TO THE RABBI'S HONORARIUM

In honor of the B'not Mitzvah

Edythe Herson
Klaire Katz

In honor of Ilissa's bat mitzvah
Doreen and Rory Webb

In honor of Edythe Herson's 90th
birthday, the seven B'not Mitzvah, and the
50th birthdays of Diane Margolin and Mike
Weiner

Sharon Herson and Daniel Fleckles



Dear Temple friends and family,

Rick and I wanted to thank all of you for sending Jonathan your thoughts, cards, gifts, well wishes and more. He is doing great and he really, really appreciated everyone's kind gestures.

With warmest regards and love,
The Rosenblum's

CEMETERY FUND

A gift to the Cemetery Fund for
landscaping
Nancy and Bernard Robins

IN MEMORIAM

In memory of Rita Leiter
Audrie and Kenneth Sonzogno

In memory of Ruth Gorelick, Helene
Friedlander's Mother
Robin and Colson Hall

Helen and John Mattson

In memory of Bea Halpern, Eric
Edelstein's sister
Helen and John Mattson

In memory of Arthur Hertzmark
Nancy and Bernard Robins

In memory of Marvin Fleisher Saul
Schick, Frances Hock, Jack Fleisher, and
Abraham Schick
Rona and Stanley Schick

In memory of Ludmila Orenstein and
Harold Dorfman
Cheryl and Ed Orenstein

Education/PTO (September 2011)

Hope you all had a great summer! Opening day of Hebrew School is just around the corner – September 11, 2011 beginning at 9:30 a.m. Our opening day program this year will commemorate the tenth anniversary of 9/11 and is open to parents, students and congregants. This will be followed by the PTO's traditional opening day breakfast for teachers, parents and students. Parents should plan to stay the first day with their children.

Confirmation meets for the first time on September 18th, and our first PTO meeting is also scheduled for September 18th.

We are looking forward to a great 2011-2012 school year!!

Marsha Gross
(Education Chair)

Annual Blood Drive

We will be holding our annual blood drive on Sunday morning September 25th, from 9:30 AM until 2 PM.

Please contact Howie to reserve a time for your donation.

Remember that saving one life in Judaism is like saving the world, and one pint of blood can save three people.

Please donate if you are able. You must be 16 years old and weigh at least 120 pounds

New Years Greetings



The Jordan Family

The Hirsch Family

The Weinstein Family

Jan Romanczyk

Rabbi Lewis

Sharon, Daniel and Edythe

The Robins Family

Marsha Gross and Family

The Margolin and Weiner Family

Harold Schwartz

John and Helen Mattson

The Nagorsky Family

Howie and Ruth Schutzbank

Eric Edelstein

The Needleman Family

Robin and Colson Hall

Rene, Rory and Scott

Marsha Torine

The Smith Family

The Baver Family

The Goldner Family

Blanche and Marvin

Davidson

Jeff . Jeannie . Julia . Jeana

Lesile and Murray Heller





Jewish Center of Northwest Jersey Family Mitzvah Day 2011

Please join your JCNWJ family for a day of **Mitzvah**! We will be picking fruits and vegetables that will be delivered to local food banks and pantries for the hungry in our community. This is an activity for the entire family – so bring the kids and teach them about **Mitzvah**! Parent(s) must accompany their children to the **Mitzvah** Day activity. Adults are invited to a special adult program facilitated by Rabbi Lewis and brunch, at the Temple, prior to the **Mitzvah** activity.



Mitzvah Day and Sunday School Schedule Sunday, October 2, 2011

- 9:30 – Sunday School**
- 9:30 – Adult Program with Rabbi Lewis**
- 10:45 – Brunch at Temple – All**
- 11:00 – America's Grow-a-Row– Mitzvah Day Activity – All**

R.S.V.P– Rochelle Ostenfeld at rostenfeld19@comcast.net
(908)537– 5339

Directions to the farm will be forwarded at a later date.

*****Sunday School will end at 11:00 *****

**Children who are not attending the Mitzvah Day activity
must be picked up at the Temple at 11:00!**

My name is Sabrina, and I have been a member of the Temple for 2 years. My Bat Mitzvah will be on March 10th, 2012. For my Mitzvah Project, I have been working with Family Promise in Warren County. Through Family Promise, local homeless families with children are given assistance in many ways: food, emergency shelter (through local Host and Support Congregations), clothing, the means to secure housing, employment, job training, etc. For more information, their website is www.wcfamilypromise.org.

I would like to offer my services for babysitting. I will be taking an Infant and Child CPR class on September 24th, and am already Red Cross Babysitter Certified. A portion of the money that I earn will be donated to Family Promise for much needed items such as diapers, food, clothing, school supplies, etc.

Thanks for your support!

-Sabrina

Join your Temple family for worship with Rabbi Lewis on September 9 at 7:30 as we welcome back our student cantor Elana Rosen-Brown, who will be with us for one more year.

Torah Study

This ongoing lay-led discussion is now beginning its thirteenth year. The group is small and would be pleased to welcome new participants. *Just come if you are interested.* We focus on the Torah text, often reading and dealing with just a few lines in a given session. You can tell that we proceed with slow deliberation as we are just beginning Leviticus. We read in English, using several different translations. Certain types of questions we raise require a look at the Hebrew text, and we are fortunate to have one or two people who have enough knowledge to make that possible. These monthly Saturday mornings are very much cooperative—and stimulating—adventures in learning.

Torah study meets at 10:30 Saturday morning for about two hours. Dates for 2011–2012 are: Sept. 10, Oct. 15, Nov. 12, Dec. 10, Jan. 21, Feb. 18, March 17, April 14, May 12, June 23. *Please check the newsletter each month and the online calendar in case there are any changes.*

Adult Education

Sun. Sept. 11, 9:30 a.m. Commemoration of 9/11/01. Special service with speakers

Sun. Sept. 25, 10:45 a.m. Adult Ed. The Sacred Table, led by Rabbi Lewis

Sun. Oct. 2, 9:30 a.m. Adult Ed. A Taste of Judaism, led by Rabbi Lewis

Sun. Nov. 6, 10:45 a.m. Adult Ed. The Sacred Table, led by Rabbi Lewis

Sun. Dec. 4, 10:45 a.m. Adult Ed. The Sacred Table, led by Rabbi Lewis

Sun. Dec. 18, 9:30 a.m. Adult Ed. A Taste of Judaism, led by Rabbi Lewis

Adult Education

Classes to be led by Rabbi Lewis in 2011–2012 will be in three tracks of three sessions each. All classes are open to everyone. The scheduling of all the classes makes it possible for parents of Sunday school students, as well as other adult members, to participate. Mark your calendars NOW and double-check dates and times in upcoming newsletters and online.

(a) **A Taste of Judaism** will meet on Sundays at **9:30 a.m.: Oct. 2, Dec. 18, and Feb. 12**. Rabbi Lewis will discuss Jewish perspectives on spirituality, values, and community, complementing/supplementing what the children learn in Sunday school. This series is aimed primarily at parents of Sunday school children (Jewish and non-Jewish parents alike), but all are welcome to participate.

(b) **The Sacred Table** (titled after the book of the same name by Mary L. Zamore, published in 2011) will focus on “creating a Jewish food ethic”: food choices, food preparation, food history. Participants will read selected chapters in Mary Zamore’s book, *The Sacred Table*, as background for each session. Sessions, open to all, will be held on Sundays at **10:45 a.m.: Sept. 25, Nov. 6, and Dec. 4**. “Written from the Reform (Progressive) Jewish perspective, this thoughtful volume explores the traditions of kashrut and modern ethical concerns about food and food production. The numerous essays cover many topics, all focusing on the sacredness and holiness of food, food production, cooking and eating—daily activities that can link us more closely to the divine. This is not an effort to create or impose a standardized Reform version of kashrut. Rather, the book seeks to provide background, history, information and resources so that individuals can develop their own forms of spiritual and ritual observances about food in a conscientious way. The essays survey the origins and bases of traditional kashrut, the history of kosher observance in the Reform movement (including discussion of the famous *treif* banquet of the late 1800s which still has repercussions today), and ethical issues of modern kashrut and food production, including issues of cruelty to animals and the treatment of agricultural and food processing workers. This useful book will spark endless discussions and reflection, which is its purpose.

Highly recommended for anyone interested in the spiritual and ethical issues raised by our need to nourish ourselves!” [review from Amazon.com]

(c) **Israel**. The idea behind this is to explore specific topics following the JCNWJ group’s return from the trip to Israel at the end of December. Topics TBA. Sessions, open to all, will be held on **Sundays at 10:45: Jan. 29, March 18, and April 29**.

Four additional special programs are planned:

- (1) Commemoration of September 11, 2001, on **Sunday, September 11, 2011, at 9:30 a.m.** *See separate announcement.*
- (2) Program on diversity on **Jan. 15 at 10:45**, probably in conjunction with the Anti-Defamation League; details TBA.
- (3) Program on death, dying, and cemetery on **May 20 at noon** (tentative; details TBA).
- (4) Film *OUT OF CORDOBA*, still to be scheduled.

INFORMATION ON FUNERAL ARRANGEMENTS

In an effort to better serve our members, the Religious Practices Committee (Ritual Committee) has formulated a policy to help our congregants who are dealing with a death in the family. Below are suggestions to help you with your funeral arrangements.

If you are interested in having Rabbi Lewis officiate at the funeral, you should call her ***first***. In the event that you cannot reach Rabbi Lewis, you should contact the President of the Jewish Center. If Rabbi Lewis is unavailable at the time you need or if you are unable to reach her within your time frame, we suggest that you consider the following ***alternatives***:

1. Call another rabbi known to you or to a family member.
2. Call a Jewish funeral home, which can provide a rabbi for their clients (these phone numbers have been checked and are valid as of June 2010).
 - a. J.L. Apter Memorial Chapels, Newton: (973) 383-3333
 - b. Menorah Chapels, Union: (908) 964-1500
 - c. Bernheim Apter Kreitzman, Livingston: (973) 763-3505
 - d. Wien & Wien, Hackensack: (800) 322-0533
 - e. Goldstein Chapel, Edison: (732) 777-0032

OR call DeVoe Funeral Home,
Washington: (908) 689-0046
3. Call the URJ's (Union of Reform Judaism) District Rabbi for assistance in engaging a rabbi. The URJ serves as a resource to our district of reform congregations: (212) 870-2903.

Rabbi Lewis is always available to console the family. Either the Rabbi or our congregation will organize *shiva* services for our members.

Religious Practices Committee
Jewish Center of Northwest Jersey
Updated July 2011



Registration Opens September 14th!

Refer Applicants for VIP Trip Selection Status

Dear URJ Rabbi:

Registration for the Winter/Spring 2011-2012 season of Taglit-Birthright Israel trips with URJ Keshet opens on September 14th, 2011 at <http://www.gokeshet.org>.

Share the Gift with Eligible, 18-26 Year Olds

If a member of your community is eligible for the Taglit-Birthright Israel gift **we will make sure that their application is handled with priority status so long as they sign-up with URJ Keshet**. As a reminder, the principle [eligibility criteria](#) are Jewish, 18-26, and first time in Israel on a peer program.

Winter/Spring 2011-2012 trips will be offered in December, January, February and March. We expect most trips will be full by the end of September 14th. Accordingly, it is critical that applicants you refer plan ahead to register on time!

How to Refer a Community Member

To refer a member of your community, simply respond to this email (info@gokeshet.org), and let us know the name of the person who should receive priority status. Please make sure that the applicants you refer know to select URJ Keshet as their trip organizer by starting their application at www.gokeshet.org

Applicants can also sign-up NOW for an [Early Update List](#) to learn more about how registration works before September 14th.

Thank you for helping us spread the word about this unique way to experience the Taglit-Birthright Israel gift with the URJ.

URJ Keshet Israel Team
info@keshetbirthright.org



תגלית • תנ"ל
BIRTHRIGHT ISRAEL
www.birtherightisrael.com

URJ Keshet is a
Taglit-Birthright Israel
program provider. Learn
More: [Taglit-Birthright Israel](#)



Wanted: Advertisers for JCNWJ Journal

Reaching hundreds of readers each month in Hunterdon, Morris, Somerset and Warren Counties, as well as those residing parts of Eastern Pennsylvania, advertising in the Journal is effective and affordable. Tell your friends and contacts at local businesses whom you patronize about the opportunity to market themselves through sponsoring and advertisement in the online newsletter. For more information on placing an ad, see the Journal Advertising Form on the temple website or contact Tracey Bauer.

October Journal Deadline

The deadline for submitting articles, advertisements and photos to be included in the October issue is: September 16, 2011. Please email articles, ideas or news items to Journal Editor, Barbara Simons at bjbs@comcast.net

Please remember that if you want to reach Rabbi Lewis, you should call her at her home office or email her.


Spring into Action with WholeLife Fitness
 6 Personal Training Sessions - \$240 - \$40/session

Features of Personal Training	Benefits of Personal Training
✓ Discover New Ways to Work Harder	✓ Results
✓ Growth and Encouraging	✓ On Hand Advice
✓ More Motivation	✓ Working Smarter
✓ Encouragement	✓ Stronger Muscles
✓ Making Exercise Fun	✓ Healthy Body
✓ Learn New Things	✓ Control Mind
	✓ Making Fun

Call 908-230-1185 or email spencorden@earthlink.net today!




**AAMFT
CLINICAL
MEMBER**

Karen Vedus Ed.S. LMFT

Licensed Marriage & Family Therapist
NJ #F100137000

Califon, NJ 07830
908-832-4181
kveduseds@comcast.net

www.kveduseds.com




www.theyouthcenter.net

The Youth Center

Day CAMP
and so much more!

- Day Camp ages 3-13
- Teen Nights and Camp Programs
- Sport Programs for Kids Ages 4 and Up
- Adult Fitness Programs
- Gym & Full Facility Rentals Available
- Discounts & Financial Aid available

theyouthcentergg@yahoo.com
 16 Hampton Rd, Glen Gardner, NJ 08526
908-537-4594



Real Title LLC
 Real Estate Escrow Services
 Title Insurance Agency

Attorney Free Closings - Save \$\$\$
 Guaranteed Settlement Fees for Real Estate Closings; Complete, Thorough, Quick Closings at Our Location or Yours, for Residential and Commercial Properties.
**** Attorney referrals available!**

Richard Rosenblum Cell (808) 787-3130
Call: (888) 222-9960 Hcktnw
100 High Street, Suite 3 - Parsippany, NJ 07654 Above the Marketplace Training Park
 Corp HQ: (973) 244-9449 Parsippany



J.L.Apter Memorial Chapels



SUSSEX AND WARREN COUNTIES' ONLY JEWISH FUNERAL HOME


UP TO A \$500 DONATION BACK TO THE JEWISH CENTER OF NORTHWEST JERSEY FROM EACH FUNERAL
RESTRICTIONS APPLY

PRE - PLANNING AND AT NEED PLANNING AVAILABLE
 IN THE COMFORT OF YOUR OWN HOME

J.L.Apter Memorial Chapels
Independently owned and operated
 156 Main Street., Newton, NJ **973.383.3333**



Jason L. Apter, Manager,
NJ Lic. No. 3650



WholeLife Fitness Presents...

Coaching at Home

A WholeLife Fitness Coach will come to your home for free.
 You & Your Friends will... *Figure out what is getting in the way of your success* Learn about different tool & methods to help achieve your goals,

* walk away with a goal & and a plan.

Guaranteed!

This is a great opportunity to connect with friend, talk & learn what you can do to be successful...losing weight, eating healthy