

MY VIEW

Creating Perfect Harmony

BY SHIRA FREEDMAN

This year's performance, entitled, "A True Princess", created a magnificent orchestra of girls, each playing her own "instrument", contributing her distinctive talents. Without any one student, the blend wouldn't have been complete. The feeling of belonging and responsibility was palpable as we prepared, practiced and performed this year's presentation.



Every girl felt like she was representing Bais Yaakov and the ideas and lessons that are taught within its walls. When dancing, singing or acting, we felt proud – proud to be part of Bais Yaakov, and proud of our role in this world.

Bais Yaakov has taught me who I am, who I can be, and Who I represent. Through the dedication and care that every teacher gives each student; through the classes and the lessons; and through the joy that permeates the halls, BYD has given me the tools to continue on the path of representing Hashem in this world.

Bais Yaakov infuses all those who walk through its doors with pride, and joy in being a *Bas Melech*. When working on performance this year, I felt honored to be part of Bais Yaakov and blessed with the ideas I've gained here that suffice my life.

Shira Freedman is a BYD Senior.

Let Freedom Ring

A Pesach Message

BY ALIZA CHERNITZKY

Freedom. For some, the word conjures up images of persecuted and tortured people valiantly fighting off and overcoming their oppressors. For school-age children, freedom may be simply the sweet absence of schedule during the lazy days of the summer. At this time of year, as we prepare for the magnificent holiday of Pesach, all around us messages of life and freedom whisper in the warm breeze. Trees blossom as delicate blades of green grass timidly poke their heads through the ground after a long winter.

In reference to our holidays, our Sages discourage us from being like a donkey, who carries wheat in the wheat season and barley in the barley season, yet remains a donkey year-round. Similarly, we don't want to experience the various seasons and holidays mindlessly going through the motions, without their leading to any internal change. Therefore, as we prepare to celebrate the holiday we call *zman cheiruseinu* – the time of our freedom, it behooves us to take a break from our scrubbing, spraying, shopping and cooking to contemplate: What does freedom really mean? How can I carry that message with me throughout the year?

One of the dictionary definitions for the word freedom is, "The power or right to act, speak, or think as one wants without hindrance or restraint." We can all point to a variety of factors and circum-



stances that we feel hinder or restrain us in one or several areas of our lives – our own personal "Egypt," so to speak. These circumstances come in every shape and form.

When we are struggling in any area of life, be it finances, shalom bayis, parenting, career growth, personal growth, etc. ... we may find myriad reasons to explain why we feel stuck and unable to move forward. These are often accompanied by a victim mentality and a lot of finger-pointing and blaming. "Well, I would be more successful, but...." The examples are endless. "How can I be expected to be a good parent if I didn't have role models of good parenting?" "How can I be expected to be happy if I never have enough money at the end of the month?" "How do you expect me to pass that class if the teacher doesn't know how to teach?"

Having a "freedom mentality"

means that I believe that, despite whatever "unfair" factors I am dealing with, I still have the freedom and the power to work to the best of my ability, to take the necessary steps towards the success I desire. It is also ironic that in some situations it is those very rocks that were thrown at us that we use to build the foundations for our bright future.

Especially in the area of chinuch, as educators and parents, we need to instill this concept in the hearts and minds of our children. We must give them permission to hope and dream about a brighter future, no matter what obstacles present themselves along the way. Of course, we need to give them the tools, professional help, or anything else that is needed to assist them as they attempt to move forward. And we must demonstrate our love, support and belief in them every step of the way. This requires great dedication; but with hard work and determination, the sky is the limit.

As we well know, modeling is one of the most powerful forms of education. So let each of us take a moment to challenge ourselves and ask, "What is my 'Egypt'? What factors have I been blaming for holding me back from the life I truly desire?"

Are you ready to taste true freedom?

Mrs. Aliza Chernitzky is the Educational Assistant at Beth Jacob High School.

"The Far Side of the West Side"

Campus Expansion and Community Building

Mr. Alan Grossman, President of Beth Jacob High School, has announced that due to recent developments, Beth Jacob High School is positioned to help with expansion of the community towards the far end of Denver's West Side.

With an eye on protecting and enhancing the perimeter of school properties and prudent investing of its reserve funds, in 2015 Bais Yaakov purchased two rundown houses on the northwest corner of the dorm property and annexed them to the Residence Campus. This past month, demolition of these dilapidated homes began which will make room for a 20,000 sq student sports field until further devel-



Rabbi Aron Yehuda Schwab: "It's exciting to see!"

opments occur.

Rabbi Aron Yehuda Schwab, Assistant Dean, commented, "It's exciting to see Bais Yaakov moving

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“BYD is giving me the Jewish life I’ve always wanted”

Meet Taly Carmona

BY TALYA SCHREIBER
AND RACHEL BADALOV

Q: Where are you from, and in what grade are you?

A: I am from Heredia, Costa Rica, and I’m currently in tenth grade.

Q: How did you hear about BYD?

A: My mother works in the same hospital as Dr. Mendelewicz, the father of BYD graduate Mijal. He told her about the school. In addition, the Rav of my shul, Rabbi Prober, is the father of two BYD graduates.

Q: How was your adjustment to America?

A: I spoke English before I came, so that made things easier. The hardest change for me was the weather. In Costa Rica we have no winter. When I came to BYD, I saw snow and seasons for the first time in my life!

Q: How is the Denver Jewish community different from yours?



Taly Carmona: “I knew I wanted to come here.”

A: The Jewish community of Costa Rica is small, with few Orthodox Jews. We have only one Jewish high school, and it’s not Orthodox. We have one kosher restaurant and a tiny kosher grocery store.

Q: What kind of school did you attend before coming to BYD?

A: I was in an American private school that was completely secular. That’s how I knew English before I arrived here.

Q: What made you want to come

to BYD?

A: I wanted to grow in my Judaism. It was really hard trying to be an Orthodox Jew in my old school. I wanted to learn how to grow closer to Hashem and to have truly Jewish friends. I heard that BYD was an excellent school that could satisfy my needs. I knew I wanted to come here.

Q: What was your first day like?

A: It was really scary! I had just entered a new country, where I knew no one. I had never seen the school before. I remember not understanding anything my teachers were writing on the board, as I had a limited background in *limudei kodesh*. As time goes on, things are, baruch Hashem, getting much easier.

Q: Describe your experience as a dorm girl.

A: At first it was really hard to be away from my parents. I’m an only child, so I knew the sacrifice they had to make to let me come here. Slowly, I began to integrate into dorm life, and I see the wonderful qualities of each girl.

Q: What is your favorite part of BYD?

A: The warm and understanding teachers. I also love how you can speak and be friends with any girl in the school. It doesn’t matter if you’re in different grades.

Q: What are your favorite classes?

A: I really enjoy Chumash, as well as world history.

Q: What important skills have you learned here?

A: I’ve learned to be more independent. I’m also learning to be patient with myself, as there are a lot of new experiences for me here.

Q: How has BYD impacted your life so far?

A: It has helped me grow a lot in my *avodas Hashem*. BYD is giving me the Jewish life I’ve always wanted.

Rachel Badalov is from Phoenix, AZ. Talya Schreiber is a Denver native. Both are juniors at BJHS.

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Elisheva Erlanger to Tzvi Aryeh Kravits

EXPANSION

Continued from page 1

forward in property investment for the growth of the community.”

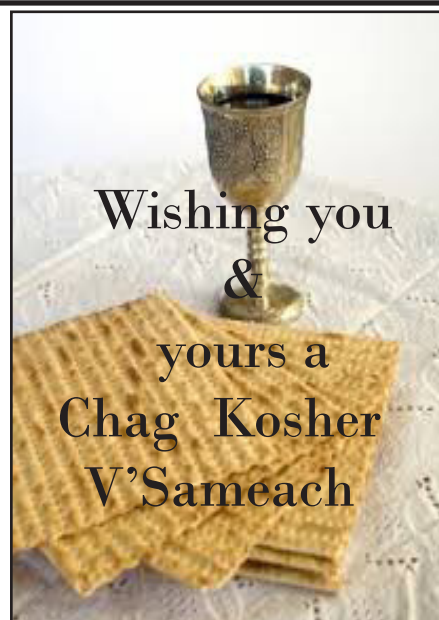
Last September, the school’s board agreed to sell the property across from the Educational Building to the Denver Community Kollel to build a three story Torah Center, with groundbreaking planned for September 2017, please G-D.

In mid-March, the school purchased an occupied house at 1295 Zenobia St., on the northeast corner of 13th Ave and Zenobia. This house which is currently rented could serve one or two families,

allowing for implementation of housing solutions for community families and enhancing the vibrant Torah environment at the far west end of the Jewish community.

“We are grateful and privileged to play a major role in the growth of the Denver Torah community. Beth Jacob High School and the Denver Community Kollel continue to collaborate synergistically, bringing possible fresh solutions to housing issues on the West Side.” Said Mr. Grossman.

For further information please contact Rabbi Aron Yehuda Schwab, Assistant Dean.



Batya

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“I learn more from my students than they learn from me!”

Up Close With Mrs. Ruth Sobol

BY YAEL SCHWEITZER

Mrs. Ruth Sobol teaches Speech class. She is a beloved and creative teacher who reaches each student on her individual level. Students look forward to her classes, as they are fun and instructive. She can get even the most reluctant student to give a speech. BYD takes pride in the speaking abilities of its students, and Mrs. Sobol has played a lead role in that accomplishment.

Q: How many years have you been teaching at BYD?

A: It's been ten years now.

Q: Where are you from originally?

A: I'm a third-generation Denverite. My grandfather was born in Denver. In fact, I was born at Rose Hospital on Denver's east side.

Q: Have you ever lived anywhere other than Denver?

A: No, but I've traveled to 46 countries.

Q: What is your educational background?

A: I have a BA in Speech Communication, with a minor in Speech Pathology. I also have an MA in Theater, as well as 18 graduate hours in Communication.

Q: Can you tell us a little about your job?

A: I teach students to research, organize, practice and perform informative, persuasive and entertaining speeches. I love my job at Bais Yaakov. I also teach for Colorado Community Colleges Online, where I have created a course in Public Speaking, using videos and interactive groups. I've taught in several colleges



Mrs. Sobol: "I love to watch my students grow from fearful orators to forceful ones."

and high schools in the state.

Q: What made you want to teach specifically at Bais Yaakov?

A: I needed a relationship with Hashem. My family practiced Reform Judaism, which I did not find fulfilling. I tried yoga and various churches, and finally came back to Judaism. Since

Reform was out of the question, I tried Orthodox Judaism. I found Rabbi Yaakov Meyer, who set me up with a Torah partner as well as with tape cassettes about authentic Judaism. An employment agency sent me to interview with Mrs. Melamed. I accepted the job, hoping to learn even more about Judaism. And Bais Yaakov has not disappointed.

Q: What do you enjoy most about teaching at BYD?

A: The quality of the people – both students and faculty. I learn much more from my students than they learn from me. I am indebted for all the knowledge I have gained.

Q: What are some of the techniques you use in your teaching?

A: One of my favorite tricks is giving students an impromptu speaking assignment before I begin my

mini-lecture. Since their minds work much faster than my mouth, the assignment directs their thinking while they're listening to me. They are much more alert and focused. Immediately after the lecture they can practice what they've just learned. My classroom goal for each class is to incorporate fun with knowledge.

Q: What inspired you to become a teacher?

A: I love learning! When I was younger I enjoyed tutoring my little brothers, and I always had a study partner in high school. Teaching accelerates and concretizes my learning.

Q: Why did you choose to be specifically a speech teacher?

A: I am an auditory learner, so I appreciate good speakers who can keep my mind active and expanding. If I do my job well, I can gain a shortcut to knowledge through my students' speeches.

Q: Do you have any final messages you would like to share?

A: I love to watch my students find their voice and grow from fearful orators to forceful ones. Girls at BYD have so much knowledge and wisdom and I am thrilled to learn from them. I would probably teach at BYD even if I wasn't paid. But please don't tell my boss!

Yael Schweitzer, a Denver native, is a junior at Beth Jacob High School.

Shabbaton 2017

Girls from around the country and Mexico joined Beth Jacob High School students for the annual Shabbaton held this year on March 22-26. Under the capable leadership of Student Activities Director Mrs. Chaya Meyer, as well as G.O. presidents Carmielle Bean, Chaya Zisi Krausz and Leah Meyer, all participants enjoyed four days of fun, friendship and inspiration.

After some ice-breaking activities Wednesday night, participants boarded the buses Thursday morning to go up to beautiful Estes Park, Colorado. The girls roller skated, hiked, played games, sang and danced as they admired Hashem's beauti-



ful Rocky Mountains. Culminating in an uplifting Shabbos and Melaveh Malkah, the Shabbaton was an opportunity for girls to make new friendships as they cemented old ones. New perspective and insight was gained from the Divrei Torah and Workshops focused on this year's Shabbaton

theme of “*Chessed*; kindness and consideration as the hallmark of a Jewish woman.”

“Shabbaton is one of the unique events of Bais Yaakov Denver,” shared Leah Meyer. “It allows girls from various cities to connect and spend time together in a warm and friendly environment.”

Plenty to Eat on Pesach!

BY DEENA SANDOCK ABRAHAM



Pesach is approaching! There are so many preparations for this Yom Tov. Once it arrives, a question that often comes up (aside from the obvious four) is, “What are we going to eat?”

I’ve heard people complain about always being hungry on Pesach – but there are so many things to eat! Many of the recipes that we make throughout the year are perfectly acceptable for Pesach. Soups and salads, chicken and meat, vegetables and fruits – we aren’t very limited in these categories at all.

Nevertheless, some recipes will require a little bit of creativity – like the meatball recipe below. Rice or bread crumbs are often used as fillers in meatballs, to help the balls keep their shape. If you use matza meal, you have a good replacement.

But what if you don’t? Here’s a recipe that uses grated potato. (If you grate the potato finely, it almost looks like rice.)

When I make this recipe I have to increase the amounts to serve a large crowd. I find that it works best to triple the amount of meatballs but double the amount of sauce. If you triple the entire recipe, there ends up being too much sauce.

I like to combine equal amounts of ground beef and turkey for these meatballs. This is a sweeter recipe. If you like a spicier dish, feel free to tweak according to your taste.



SWEET AND SOUR MEATBALLS WITH CABBAGE

Sauce:

1 large onion, chopped
½ head cabbage, grated or chopped

1 (16 oz.) can tomato sauce
2 c. water

2 Tbsp. brown sugar

1 Tbsp. lemon juice

1 c. raisins, if desired

Meatballs:

1 lb. ground beef or turkey

1 tsp. onion powder

½ tsp. garlic powder

Salt, to taste

Pepper, to taste

1 egg

1 small potato, peeled and grated

Combine all ingredients for the sauce in a large pot. Bring to a boil. Lower heat to a simmer. Combine all meatball ingredients. Roll into balls and drop into the simmering sauce. Cover and simmer for 1-1 ½ hours.

Deena Sandock Abraham is a 1990 BJHS graduate.

Asbestos Announcement

This notice is to inform all interested that a mandatory Asbestos Hazard Emergency-Response Act (AHERA) school inspection was performed at the Beth Jacob High School in 1988 and an AHERA management plan for the school was accepted. The management plan is available for viewing by interested parties, Monday through Thursday, 8:00 a.m. through 5:00 p.m., and Friday 8:00 a.m. through 3:00 p.m., at the administrative office in the high school, 5100 W. 14th Ave. Copies will be available for \$25 within five days of written request. The few remaining asbestos-containing building materials are kept under the semi-annual surveillances required by law and are conducted by our trained personnel. In compliance with the law, Beth Jacob arranges for periodic re-inspections. Mr. Don Gallard/designated person/local education agency.

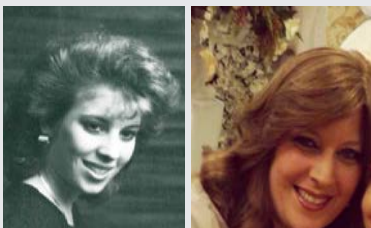
WHERE ARE THEY NOW?

MALKY ROBINSON CAGAN, '89

Malky and her husband Sholom are the proud parents of five children and two grandsons.

For the past 18 years Malky has been working as the administrative assistant at the Otsar Early Childhood Center in Brooklyn, a Special Education preschool. She also volunteers in the Emergency Room of Maimonides Hospital, shadowing a doctor. She recently started Nursing School.

“I have known the Schwabs since I was a little girl,” Malky tells us. “Mrs. Schwab taught my mother as well. I always speak very fondly of the warm atmosphere at BYD and keep up with many friends from high school. I organized two alumni reunions a few years ago, and enjoyed every minute of it, feeling that in a small way I was able to show some of the hakaras hatov I have for all I received at BYD.”



youth.

I had an aunt who, by the standards of that time, was quite well off. Her husband owned a wine store. To us this aunt and uncle symbolized the epitome of wealth. While we could get only brown sugar, which was considered a low-quality item, they had white sugar – a luxury. When we had white sugar, they had sugar cubes – a real treat!

When my father returned from America by plane (only made possible by his American brother), we asked him if an airplane is as big as Dodah (Aunt)

At the risk of being accused of living in the past (which, by the way, is a sign of aging), I’d like to share with my readers another message from my

FROM THE DESK OF MRS. BRURIA SCHWAB

“I Deserve It!”

Sara’s apartment. In short, she had what we didn’t; that was a fact, and it was just fine.

One year Dodah Sara went on a two-week vacation, and she left her youngest son with us. Among the things he brought with him was a bag of apples, which came with instructions that he be given one apple each day.

Now, apples were a rare treat, a luxury that we couldn’t afford; and that was just fine. We had oranges and grapefruit in the winter, and watermelon in the summer. Life was good. It didn’t occur to us to envy our cousin, who ate his apple-a-day in our home while he was staying with us. We didn’t discuss with our mother the inequity of it all. Neither then nor as we grew older did we ask our mother how she had been feeling about her own children at the time. Was she hurt by her sister? Never a word. The apples were his and not ours!

We didn’t possess the attitude of *magia li* – I deserve. “I deserve”? Why? Says who? There was no feeling of entitlement among us.

Walking around with a sense of entitlement only brings unhappiness and anger. People with this attitude – be it a spouse or a child – are not pleasant to live with. Their needs could never be satisfied.

Today we are surrounded by the slogan, “You deserve...,” on billboards and in advertising everywhere, which definitely contributes to this attitude. Parents who give their children monetary objects as a substitute for true love also contribute to it.

How fortunate are those people who tell themselves, “I deserve nothing. Everything I have is a gift, a bonus. I am forever grateful!”

Mrs. Schwab is the religious studies principal of Beth Jacob High School.