



# The Bess & Paul Sigel Hebrew Academy

## Highlights

October 23, 2009  
5 Cheshvan 5770

### Candle lighting times for :

10/23/09

West Hartford: 5:41 pm

Havdalah: 6:39 pm

Parshat: Noach

10/30/09

West Hartford: 5:31 pm

Havdalah: 6:30 pm

Parshat: Lech-Lecha



# star Alan Veingrad

This past Thursday we were treated to a wonderful guest speaker, former NFL player Alan Veingrad. The children listened spellbound as he took them back to the



days when he played in the NFL and his journey to becoming an observant Jew. It was riveting to hear stories from the days when he played with the Green Bay Packers, and the details of his Super Bowl victory with the Dallas Cowboys. Everyone was vying for the chance to see his ring. It's not every day that you meet an observant Jew, sporting a beard and black hat, wearing a Super Bowl championship ring!

Alan inspired us all with his message. As he puts it: "Everything I learned in the NFL you can apply to life. The coaches worked us hard, no plays off, few days off, dedication, work, effort, commitment, teamwork and focus are just some of the lessons I learned in the league. It's all about personal excellence, scoring touchdowns, doing more than what the contract says- being the best that I could be." The students all walked away with a new found recognition of a how an observant Jew can live and function in the world we live in.

A special thank you to the sponsors who made this event possible: The Black, Meyer, Schreiber and Tzvok families. Thank you so much for your generosity! This special event was organized by Rabbi Eli and the Chabad of Greater Hartford. Thank you!



### Remember:

Picture Day is on Monday, October 26th.  
All forms along with payment are required.

