

bina buzz

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PARSHAS BO

by Mrs. Aviva Harpaz

On the first night of Pesach there is a custom to leave the doors of our homes unlocked because that night is called "Leil Shimurim," the night of watching.

The source for calling that night, the 15th of Nisan, "Leil Shimurim" comes from this week's Parsha, Parshas Bo. The Pasuk (Shemos 12:42) uses the term "Shimurim" two times to describe the night before the Jews left Egypt - once in reference to Hashem and once in reference to B'nai Yisrael.



Team Yare'ach,
the winning team

Why is the term used twice and how is it a night of watching for both Hashem and B'nai Israel? The Kli Yakar explains that Hashem was telling the Jews, "If you watch yours, then I'll watch mine." That night the Jews were instructed to perform the Mitzvah of the Korban Pesach, the Passover Sacrifice. This Mitzva, in turn, was their protection from the destroying angel passing through Egypt on that night.

This lesson is very relevant to us. If we watch over our responsibilities, keep the Mitzvos, and do what we are supposed to do, Hashem will watch over us and protect us from harm. If we can focus on the tasks that the Torah has given us to accomplish, we are guaranteed to have the full security of Hashem's watch. May we all merit to see the fulfillment of this blessing in our lives.

We would like to express our tremendous gratitude to Mrs. Ingrid Ederly for going above and beyond in assisting our seniors with their seminary applications. She put in many, many hours helping the girls with their essays.
Thank you, Mrs. Ederly!

COLOR WAR

by Gila Schwartz

Color War arrived as a huge surprise to anyone who was blind, deaf, and dumb, but everyone was excited at its arrival regardless. As the white team

Yare'ach coined the phrase, Color War began on Monday, the day after Sunday, from team *Shemesh*.

The first challenge was to create an original pizza according to the team's theme. *Team Shemesh* topped its pizza with SUNflower seeds, yellow hot peppers, crushed red pepper, and milky way bars on the side. While *Team Yareach* added white onions and mushrooms in the shape of stars. Both creations were

extremely original and flavorful.

After lunch the teams competed in a game of kickball, which *Team Shemesh* won after a huge comeback in the second to last inning. Following that was a game of bowling where Aviva Greenspon scored a turkey and a total of four strikes!

That night the two teams created game shows for the opposite team to play. *Team Yare'ach* created a game called "Fill in the Moon" with BINA trivia. *Team Shemesh* created a game similar to Trivial Pursuit with sun, moon and outer space trivia. The girls spent the rest of the night preparing badges, a skit, theme song, and a banner.

The next day the two teams competed in a scavenger hunt to find a wide variety of items ranging from a 1980s coin to a picture of a BINA girl with a person eighty-five or older.



With her formidable defensive pick, Ilana Peck stops her opponent.

Later the teams presented humorous skits about their theme. *Yare'ach's* skit took place on the moon and its characters were hoping there would at least be a Walmart and Chabad if they were to stay there for an extended period of time. The *Shemesh* team's skit included a girl searching for the meaning of "sun-shine" as an assignment for school. She got a few not-so-accurate answers from a variety of characters, until she understood "sunshine" on her own.

Lastly, the teams presented their banners which were based on a *posuk* related to their theme, before running off to play a basketball game on a second wind that they drew from the innermost recesses of their strength.

SEMINARY NEWS!

"What books do you read? What are your hobbies? What are you looking for in life, in seminary? Are you a leader? Or a follower?" The interviewer's grueling questions seemed endless.

Applications are in, interviews are underway, yet the stress is still on as the seniors anxiously await letters of acceptance from various seminaries. BINA's first class of seniors made it through the challenge of the application process to seminary. As Dassi Kleiman said, "We had to take a really good look at ourselves, and we worked really hard on our essays."



Leah Mostofsky gave a large smile and said she feels like "a boulder lifted off my the shoulder!" Yet the girls are already getting spooked thinking about leaving BINA. As Dassi said, "It's kind of depressing because we can never go back."

Chanukah Chagiga

by Mrs. Ahuva Manela

The Chanuka Chagiga was so beautifully planned out,
The girls worked very hard to show what they're about
From individualized place cards to latkes by Ilana,
so delicious

From the baked ziti to the salad, so nutritious
Each girl put in effort, time and dedication
You all deserve a standing ovation

The "I spy" game by Shayna and Tova was truly a hit,
It was so cute, so detailed, and truly fit!
Leah and Aviva's dance was so much fun
It will surely be remembered for years to come
Aliza's Dvar Torah was an inspiration to everyone there
She gave it over so calmly and so clear
As usual, all your hard work paid off once again
It was a nice evening- hope we'll have another one-
But when?

BINA BLAZERS

When you think of the student body at BINA High School, Norfolk's first high school for Jewish girls, you probably don't think about basketball players. However, the BINA Blazers are forging new trails. Coached by math and science teacher Mrs. Carole Allen, the girls have learned to shed their quiet, reserved personalities so that the minute they step on the court they are quick and aggressive.

When congratulated for being a top scorer in BINA's first game and victory, junior Tova

Firestone responded with a huge smile, “That was the first basketball game I ever played!”

The girls practice three times a week at Maury High School’s gym, where Mrs. Allen runs her boot camp with military precision. But the girls admit that all the practice pays off.

Determined to win, senior Dassi Kleiman dominates the court. As point guard, she calls the plays and finds the openings for her teammates. Somehow she seems to be everywhere at the same time. Agile and fast on her feet, she constantly steals the ball, and no matter how she is cornered, she usually emerges with the ball.

While senior Miriam Abrams is normally a funny, sweet girl, on the court she is, as Avigayil Mostofsky describes, “a lion protecting her cubs. She crawls, jumps, runs, rolls, and yells like a true fighter.” Similarly Gila Schwartz undergoes a metamorphosis on the court. Generally studious and subdued, Gila in uniform becomes aggressive, tough, and relentless. Juniors Chana Brooke and Tova Firestone compete for the cleanest shots on the team. Freshman Ilana Peck is already known for her stoic defensive positions.

Midseason, BINA stands 4 wins to 2 losses. But more than anything else, the BINA Blazers are enjoying their time on the court.

POSITIVE SPEECH AT BINA

We have started a terrific new program run by the Mishmeres Division of the Chofetz Chaim Heritage Foundation. The goal of the program is to encourage the girls to say something positive to someone else every day. Each girl was given an “Express”o Rewards Card to keep track of



Girls learn about pampering themselves one Motzai Shabbas at Mrs. Manela’s.



During a chesed visit, Shayna gives a manicure to resident of Beth Sholom.

her days. At the end of forty days the girls who have completed the program will be treated to Starbucks!

NUTRITION CLASS

by Aliza Swain

Nutrition labels, serving sizes, food pyramids, and more! For 4 weeks Mrs. Helen Griffin came to teach a course on nutrition to the senior class. Mrs. Griffin taught about eating healthy according to the food pyramid. In addition, they learned the correct portion sizes to eat, which are based on your weight and how active you are on a daily basis. The seniors also learned many practical, healthy recipes and alternative options for some unhealthy choices of food. Overall, this was a very fun and effective class!

**BINA extends
heart-felt condolences to the
Berman & Lefcoe families
on their losses**

**Mazal tov to
the Twersky family &
the Harpaz family
on the birth of their children**

BINA would like to thank the following donors who have sponsored a **Day of Learning**:

Mrs. Jeanene Anker - In memory of Malka bas Yitzchak and Etti bas Yitzchak

Mrs. Irene Mazel - In Memory of William Mazel

Mrs. Mitzi Berman a”h and yb”l Ms. Eileen Berman - In memory of Henry Berman,
Hillel ben Shmuel

Henrietta Schatz - In memory of Hyman and Anne Patts

Mr. Alfred Tebele - In memory of Linda Tebele Bat Esther

Mrs. Susan Wilson - In honor of Leah Schwartz

The Vogel Family - in memory of Sholom Werther

Mr. & Mrs. Herbert Zukerman - In memory of Ben Like

Anonymous - Wishing a Refuah Shelaima to all the cholim of our community

Rabbi & Mrs. Sholom Mostofsky - In honor of Rosi Waller’s 95th birthday

Rabbi & Mrs. Sholom Mostofsky - In memory of Sol Singer

Mr. & Mrs. Joseph Miller - In memory of Max Ashkenas, Kappel ben Chaim

Mr. & Mrs. Paul Gross - In memory of Chava bas Beresh

Mr. & Mrs. Jordan Slone

Mr. & Mrs. Joseph Drory

Mr. & Mrs. Don Keeling

Dr. & Mrs. Julius Miller

Mr. & Mrs. Morris Friedman

A TRIP TO THE CHRYSLER

by Yehudis Schwartz

In celebration of Edgar Allen Poe’s 201st birthday, Ms. Peck took her ninth grade class to the Chrysler Museum to listen to a man impersonate a good friend of Poe’s. The speaker appeared on stage dressed as if he had just stepped out of the 1800s. He told us he came bearing “bad news.” Edgar had just died. Eulogizing Poe, the speaker gave us a full run down of the poet’s childhood and adult life. Finally he read some of his personal favorites.

It was very interesting to listen to the story of “The Cask of Amontillado,” which we studied earlier in the year. He read it with so much expression and feeling that it seemed almost a different story than the one we pulled apart in class. He read another short story and two

famous poems, “The Raven” and “Annabel Lee.” Listening to the reading helped us feel how the characters felt and picture the action in our mind. Thanks to Ms. Peck for sponsoring our trip.

UPCOMING DATES

Dates	Programs
Jan 27	Visit from Touro College
Jan 26	Tentative BBall Game @ Veritas
Jan 29	Winter Break begins!
Feb 21	Purim Carnival @ JCC