



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

June 30, 2018 ~ 17 Tammuz 5778

Candle Lighting 8:11 pm Shabbat Ends 9:14 pm

Torah Portion: Balak Numbers 22:2 - 25:9  
Maftir: Micah 5:6 - 6:9

Chumash pages 856-875  
Chumash pages 1189-1190

## Thank you to our Sponsors:

Thank you to **Jerry Cohen** and children **Barbara and Steven Swerdlin, Bruce and Leslie Cohen** and **Dr. Faye and Brian McCary** for sponsoring the Kiddush Lunch in honor of **Frances Cohen's** Birthday!

## Erev Shabbos, Friday, June 29

- Mincha & Ma'ariv ~ 7:00 pm

## Shabbos, June 30

- Shachris & Musaf ~ 9:00 am
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Richard Woolf**
  - Leyning: **Stuart Klamen**
  - Haftorah: **Bruce Waxman**
  - Drasha: **Rabbi Ze'ev Smason**
  - Musaf: **Menachem Szus**
- **Learners' Service** led by **Rabbi Yosef David** who will help you learn the "how's" and "why's" of the Shabbat morning service. **The topic this week is: Musaf.**
- **Starting Points: "Wisdom for Daily Living"** led by **Rabbi Ze'ev Smason ~10:15 am**  
**Topic: "Is Life Really Supposed to Be This Hard?"**
- **Kiddush Luncheon** after services sponsored by the Cohen Family in celebration of Fran's birthday!
- 7:55 pm ~ Mincha/ Ma'ariv/ Shalosh Seudos

Mashgiach: Alan Zarkowsky

Today's Shabbat Greeters: Ed & Helayne Levitt

## This Week and Beyond....

Minyan Times	Shabbos June 30	Sun. ** July 1	Mon. July 2	Tues. July 3	Wed. July 4	Thurs. July 5	Fri. July 6	Shabbos July 7
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	8:00 am	7:00 am	7:00 am	8:30 am *
Mincha/Ma'ariv	7:55 pm	8:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:55 pm

\*\* Fast of 17th of Tammuz

(Fast of 17th of Tammuz: Fast begins at 4:28 A.M., until 9:11 P.M.)

\*SYNAPLEX

**Birthdays:** Vivian Zarkowsky, Frances Cohen, Jessica Fadem, Melanie Sallis, Joanna Alper, Fran Alper, and Judy Levin

**Anniversaries:** Kurt & Sandy Kahn

- **Shabbos, July 7 ~ SYNAPLEX and Kiddush Luncheon Sponsored by Bob & Joni Kaiser~**  
Topics and Speakers:
  1. "The Israeli-Palestinian Conflict: A View from Outer Space," *Dr. Martin Rochester, Curators' Distinguished Teaching Professor of Political Science, University of Missouri-St. Louis.*
  2. "The Power of Expectation: The Spiritual Gifts of Exile" *Rabbi Joey Rosenfeld*
- **Tuesday, July 10 ~ Board Meeting** at 7:30 pm
- **Wednesday, July 11 ~ 2:00 pm** ~ Balance for Balabustes, an NHBZ Sisterhood and Senior Kollel Event that will get you moving!
- **Shabbos, July 14 ~ Family Shalosh Seudos** with Guest Speaker: *Rabbi Mendy Rosner, Rebbe at Missouri Torah Institute (MTI).* Rabbi Rosner will speak at the following:
  - 7:00 pm ~ Pre-Mincha Shiur/Class: "Rebuilding the Beis HaMikdash on One Foot: The Importance of Ahavas Yisrael (Loving Your Fellow Jew)"
  - 7:50 pm ~ Mincha with the Family Shalosh Seudos meal to follow. Topic: "The Power of Prayer"
- **Tuesday, July 24 ~ 12:00 pm ~BINGO at NHBZ sponsored by the NHBZ Sisterhood.** Lunch and Bingo for \$9.00.
- **Sunday, July 29 ~ KidsZone** will be having a fun, family, water-filled afternoon at the park. Brush up on your baseball skills as we will try and get a family game going! Then come to pizza night! Time TBA

**Important Schedule Change:**

- ✚ **Rabbi Smason's** Lunch & Learn will not meet this Wednesday, July 4th. Class will resume on July 11th.
- ✚ **Rabbi David** will not be leading our Shabbat Learners' Services from July 13th through September 1st.

**Parshas: Parshas Balak**

This week's portion shifts from the Jewish people's travels in the desert to the story of Bilam, the anti-Semitic prophet who attempted to curse the Children of Israel. Hired by Balak, the king of Moav, Bilam embarks upon a journey to the Israelite encampment. An angel brandishing a sword blocks Bilam's path, causing his donkey to repeatedly swerve off the road. Unable to see the angel, Bilam responds by striking the donkey three times. Miraculously, G-d causes the donkey to speak to Bilam - shades of Mr. Ed, the talking horse in the 1960's TV show! Bilam's eyes are uncovered, and the humiliated prophet sees the angel standing in the path. The angel reminds Bilam that he may only speak the words that G-d places in his mouth. Upon arrival near the Jewish camp, Bilam repeatedly attempts to curse the people; each time G-d prevents him from doing so, but instead he ends up uttering several sets of praises, much to Balak's dismay. The Torah portion concludes with the Jewish men's debauchery with the promiscuous daughters of Moav and Midian, and the public immoral act of Zimri (a prince of the tribe of Simeon) with a Midianite princess. Pinchas, Aaron's grandson, zealously responds by piercing them to death with a spear, halting a plague from G-d which had broken out in the camp.

## **The Three Weeks**

**The Three Weeks is an annual mourning period that falls out in the summer.** This is when we mourn the destruction of the Holy Temple and our launch into a still-ongoing exile. The period begins on the 17th of the Hebrew month of Tammuz, a fast day that marks the day when the walls of Jerusalem were breached by the Romans in 69 CE. The Fast of the 17th of Tammuz occurs this Sunday, July 1.

**The Three Weeks reaches its climax and concludes with the fast of the 9th of Av,** the date when both Holy Temples were set aflame. This is the saddest day of the Jewish calendar, and it is also the date that many other tragedies befell our people.

## **Cash Cards**

**Orders are now being taken through July 15.** Use the card for all your shopping needs. The order form is attached to this week's bulletin. You probably will be shopping at Dierbergs, CVS, or Walgreens this month, so why not benefit NHBZ as you shop?

### ***LAST TWO WEEKS OFFERED:***

***Nusach Hari B'nai Zion is offering a unique opportunity to memorialize family members and friends. This year, through July 16, our normally priced memorial plaques of \$360.00 each will be available for \$600 for two memorial plaques. Ordering your plaques by this deadline should enable us to have your plaques mounted on our Memorial Boards (in the Pepose-Feigenbaum Multipurpose Room) no later than Yom Kippur of this year.***

***Please call the office to order your plaques – 314- 991-2100 ext 2***

## **Adult Learning at NHBZ**

**Every Wednesday 12:15 pm ~ Lunch & Learn with Rabbi Smason**  
Study Pirkei Avos / Ethics of the Fathers.

**Every Shabbos ~ Starting Points: "Wisdom for Daily Living" with Rabbi Ze'ev Smason ~** A program tailor-made for those, regardless of prior educational or observance level, interested in growing Jewishly. Each freestanding session (at 10:15 am every Shabbos, unless otherwise noted) explores a distinct Jewish concept in practical, understandable terms.

Join us to learn, explore, and raise your Jewish soul with the following eye-opening sessions:

June 30: "Is Life Really Supposed to Be This Hard?"

July 7: "A Theory of Relative-ity: Getting Closer to Difficult Family Members" (at 10:00 am due to SYNAPLEX)

July 14: "Finding Joy Again"

July 21: "Resilience: Rising Strong After Falling Hard"

July 28: "How to Discuss Politics Without Losing Friends"

## KIDSZONE News by Alana Umansky

Please put Sunday, July 29th on your calendar before pizza night! KidsZone will be having a fun, family, water-filled afternoon at the park. Brush up on your baseball skills as we will try and get a family game going! Then come to pizza night! Time TBA.

As a reminder, these are the future dates for Tot Shabbat and Junior Congregation over the summer. Babysitting will be available the other weeks over the summer.  
July 7, 28 and August 11, 25

## In the Community

**The Holocaust Museum and Learning Center** will screen a special film, commemorating Tisha B'Av, the ninth day of the Jewish month of Av, Sunday, July 22nd at 2:00 p.m. in the HMLC theatre, Jewish Federation Kopolow Building, 12 Millstone Campus Drive. This date in the Hebrew calendar marks the destruction of both the first and second Temples in Jerusalem, and several other tragic events in Jewish history. The film is ***Besa: The Promise***, a 2012 documentary directed by Rachel Goslins, presents the powerful, largely unknown story of the Muslim men and women of Albania, who courageously save nearly 2,000 Jews from the Nazis during World War II.

***Besa: The Promise*** is in English and has a running time of 90 minutes. **Rabbi Ze'ev Smason** will lead a discussion following the screening. This program is free of charge and open to the public. For information please call 442-3711 or email [agoldfeder@jfedstl.org](mailto:agoldfeder@jfedstl.org).

## WE MAKE IT EASY FOR YOU TO SUPPORT THE SHUL

**We have many ways to honor a friend, relative's simcha or loved one's memory at various giving levels. Our Shul depends on you to ensure we can maintain our building, plan events and ensure your, our and the Jewish community's strong future.**



- **Sponsorships** ~ Sponsor a Kiddush or Luncheon, Soda, Shalosh Seudos, this Bulletin, or Something unique in honor of a special occasion, or in honor or memory of a loved one.
- **Tributes** ~ Show your friends you care; a tribute is a donation in honor of a birth, a birthday, an anniversary, a healthy recovery, or in memory of a loved one, or for any reason to show you care; tributes will be listed in this bulletin monthly. For Tributes call Jeff at 991-2100 ext. 2;
- **Book Funds** ~ Donations to purchase, repair or dedicate prayerbooks, machzorim, and Chumashim.



**Shabbat**

# Shabbat July 7, 2018

**8:30 am** - Traditional Services - in the Sanctuary

**9:15 am** - Prayer Learners Service – in the Chapel  
led by *Rabbi Yosef David of Aish HaTorah St. Louis*

**10:00 am** - Starting Points - in the Chapel  
Topic: "A Theory of Relative-ity: Getting Closer to Difficult Family Members" led by *Rabbi Ze'ev Smason*

**10:00 am** - Children's Programming – Lower Level  
Tot Shabbat for ages 1-6, babysitting for younger children,  
Junior Congregation for ages 7 and up

## **11:15 am Synaplex Breakout Sessions**

**1. "The Israeli-Palestinian Conflict: A View from Outer Space"** *Dr. Martin Rochester, Curators' Distinguished Teaching Professor of Political Science, University of Missouri-St. Louis.*

**2. "The Power of Expectation: The Spiritual Gifts of Exile"**  
*Rabbi Joey Rosenfeld*

**12:15 pm Kiddush Lunch for All** - in the Social Hall  
**Kiddush Luncheon Sponsored by Bob and Joni Kaiser**

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*NHBZ Synaplex Shabbat is free and open to the Jewish public.  
Home hospitality is available. Call the NHBZ office at 314-991-2100 ext. 2 for details.*





# THE SISTERHOOD SCOOP JUNE

Volume I

Number 17

June 30, 2018

**NHBZ Sisterhood presents the 3<sup>rd</sup> Annual**

## **Dine 'n' Style**

**Luncheon & Fashion Show**

**Sunday, August 19**

Shopping opens at 10:00 AM

Luncheon & Fashion Show promptly at Noon

## **FALLING FOR FASHION**

**Featuring**

**Fall/Winter 2018 Fashions from Orli's Boutique, and of course, lots of Shopping, including:**

**Antique Jewelry, Fused Glass Art,**

**Sculpted Silverware, Baby Bibs,**

**Fashionable Headscarves,**

**Motek Jewelry, and more.**

Registration \$20 – by Aug. 19

For more information contact

**Debbie Sher** at 314-753-2261

or email: [ddaps114@gmail.com](mailto:ddaps114@gmail.com)



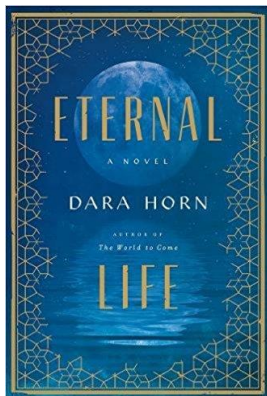
### **On Balak: Privacy and Modesty**

In this week's Torah Portion Balaam tried to curse the Jewish people. Twice, G-d forced him to give a blessing instead, but the third time Balaam was moved to give them a blessing: "How good are your tents, Jacob . . . they are like gardens by the river, like fragrant herbs planted by G-d . . ."

Rashi's commentary tells us that Balaam could sense an atmosphere of modesty and privacy in the Jewish people by the way their tents were pitched. From the entrance of one tent you could not peep inside the entrance of any other. It was clear to Balaam that among the Jewish nation, there was great respect for the integrity of family life and for the sanctity of the person. The ideal of modesty relates to clothes, behavior, speech and thought, and applies to both men and women. It's a Jewish concept that something holy is special, kept apart, even hidden. An example of this is a Torah scroll which is generally kept hidden, wrapped in its mantle in the ark, unless actually being read in the synagogue. If it has to be taken from one location to another, it is usually wrapped in a tallit. This suggests ways in which one might respect the sanctity of the human body, created in the divine image, with the task to make the world a dwelling for the divine. We Jews can be a role model for modesty and privacy. – excerpted from Dr. Tali Loewenthal at Chabad.org

### **Critics agree: Sisterhood's BOOK CLUB is a hit!**

The **next book** selection is: ***Eternal Life*** by award-winning novelist **Dara Horn**. Described as "a gripping, hilarious, and moving psychological novel, that celebrates the bonds between generations, the power of faith, the purpose of death, and the reasons for being alive."



**Discussion of *Eternal Life* will be Monday, August 27, 7:15-8:45pm at Mansions on the Plaza, 8300 Delmar**

FOR MORE INFORMATION CONTACT:

Fran Alper at 314-993-4024

[fran.alper@outlook.com](mailto:fran.alper@outlook.com)



**NHBZ Sisterhood  
Wants YOU  
to Become a Member**

**NEXT BOARD MEETING:  
Tuesday, July 24, 6:00 pm**



# Shabbat Children's Programming (Summer)

**July 7 & 28 - August 11 & 25**

***Junior Congregation*** for children ages 7 to 11

**10:00 am – 12:00 pm** in the Youth Lounge

- Learn the key Shabbat prayers and tunes
- Review the weekly Torah portion
- Discuss cool facts about Israel
- Absorb Israeli culture and spoken Hebrew
- Hang out with old friends and make new ones

***Tot Shabbat*** for Children ages 6 and under

**10:00 am – 11:30 am** in the *Eli Ragin Kids' Play Room*

- Enjoy a fun, engaging, activity-filled Shabbat with songs, stories, games, dancing, puppets & more
- Parents and grandparents are invited to stay

***Babysitting*** is also available **10:00 am - 12:00 pm**

***All children welcome – no RSVP, no cost, no worries!***

***All programs are on the NHBZ lower level,  
and include delicious snacks!***

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For questions, please email *Alana Minoff*  
at [alanaumansky@gmail.com](mailto:alanaumansky@gmail.com)



ST. LOUIS *senior*



# Balance for Balabustes

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Senior Kollel and Eishes Chayil Women's Division  
in Cooperation with Nusach Hari B'nai Zion Sisterhood  
present

## "Balance for Balabustes"

Strength Training ~ Bone Health  
~ Flexibility for Females ~

with

***Dr. Jill Abrams***

Chiropractic Physician • Personal Fitness Trainer • Massage Therapist

**Next Class: Wednesday, July 11th**

**2:00 pm**

**at NHBZ**

**650 N. Price Road  
Olivette, Missouri**

**Bring a Friend!  
Refreshments served!**



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***For more info: [office@stlkollel.com](mailto:office@stlkollel.com)***





## Join us for a **Family Shalosh Seudos**

# Shabbat, July 14, 2018

with Guest Speaker

## Rabbi Mendy Rosner

### Rebbe at Missouri

### Torah Institute (MTI)

- **7:00 pm ~ Pre-Mincha Shiur/Class:** *"Rebuilding the Beis HaMikdash on One Foot: The Importance of Ahavas Yisrael (Loving Your Fellow Jew)"*
- **7:50 pm ~ Mincha with the Family Shalosh Seudos meal to follow.** Topic: *"The Power of Prayer"*

***Presented by the NHBZ Education Committee  
Please consider becoming a Chai Sponsor for  
\$18, \$36, or \$54***



Crown Center 2018

# SPEAKER SERIES

BUILDING CHARACTER VERSUS BEING A CHARACTER

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**Chesed — The Character of Kindness**

**Presented by Rabbi Ze'ev Smason from Nusach Hari B'nai Zion  
Wednesday, July 11 at 3:30 p.m**

**The trait of chesed is one of three 'fine gifts' that G-d gave the Jewish nation. Don't confuse being kind with being nice. Being nice means acting in a pleasant and socially agreeable manner. We will examine the differences between chesed and being nice.**

**For those 60+, please consider staying for dinner. Make your reservation at 314-991-2055, ext. 124 by Monday, July 9**

**Please mark your calendars for our next event in this series:  
August 8th: Rabbi Amy Feder, Temple Israel**



**8350 Delcrest Drive  
St. Louis, MO 63124**



# **Starting Points:**

## ***Wisdom for Daily Living***

Join us for these sessions designed for those who are interested in growing Jewishly, regardless of education or level of observance. Each session explores Jewish concepts in practical, understandable terms.

Sessions are held every Shabbat at 10:15 in the NHBZ chapel on the lower level, unless otherwise noted.

### **Schedule for June and July, 2018**

June 23: "Making Decisions: Is Life More Like Chess or Poker?"

June 30: "Is Life Really Supposed to Be This Hard?"

July 7: "A Theory of Relative-ity: Getting Closer to Difficult Family Members" (at 10:00 am due to SYNAPLEX)

July 14: "Finding Joy Again"

July 21: "Resilience: Rising Strong After Falling Hard"

July 28: "How to Discuss Politics Without Losing Friends"

***Watch for future Starting Points Topics!***

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**For questions, call Jeff in NHBZ's office at (314) 991-2100, ext. 2**





Nusach Hari B'Nai Zion

# SISTERHOOD LUNCHEON

# BINGO



**WHEN:** Tuesday, **July 24**

**WHERE:** NHBZ Auditorium, 650 N. Price Road

**TIME:** 12:00 NOON **"BINGO! You Won!!"**

*Delicious Lunch  
Everyone is Welcome!*

**Also There will be Attendance Prizes!!**

**\*\*\* \$9.00 Donation \*\*\***

**Hope to see you! Men & Women of ALL Ages!**  
**R.S.V.P. - Rachael: 314-395-6017**



## NHBZ Event Planner

(Check "This Week and Beyond . . ." for time, date or location changes.)

- Call the office, 314-991-2100, ext. 2, to confirm the date and time of any event.
- All events will be at NHBZ unless otherwise noted.

### WEEKLY at NHBZ

#### SHABBOS

- **Tefillah Class (9:30 am)** led by Rabbi Yosef David in the Rivkin Chapel.
- **Starting Points (10:15 am)** led by Rabbi Ze'ev Smason in the Rivkin Chapel.
- **Child Care (10:15 am – Noon)** for kids 3 & under in the Children's Room.
- **Shabbos Tanach (Bible)** (3/4 hour before Mincha)

#### SUNDAY

- **Mishna Learning** (after Shacharis) with Rabbi Chanan Swidler.
- **Tanya** with Rabbi Shaya Mintz, of the St. Louis Kollel at 8:00pm.

#### MONDAY

- **Amud-A-Week Program** with Rabbi David Freund after Ma'ariv, weekly Talmud class/shiur.

#### WEDNESDAY

- **Rabbi Smason's Lunch & Learn (12:15-1:00 pm)** Studying Pirkei Avos.

### Shabbat at NHBZ

#### JUNIOR CONGREGATION & TOT SHABBAT

#### MONTHLY at NHBZ

- **Women's Home Study Group** (First Tuesday) 2:30 pm with Rabbi Shaya Mintz, of the St. Louis Kollel, at the home of Jackie Berkin.
- **Dine-In Pizza Night** (Last Sunday) 5:00 – 7:00 pm. Place Carry-Out Pizza orders by 10:00 am, 314-991-2100, ext 2. Pick up time 4:30–4:45 pm.

### NHBZ Signature Events

**Synaplex Shabbos- Services begin at 8:30am**



# NHBZ Cash Card Order Form

*What is scrip, and how does it work?*

- You purchase gift cards from NHBZ at face-value and NHBZ receives a percentage of your purchase from each card as listed below. It's that simple.
- When you use scrip gift cards at your favorite retailers, you're fundraising while you shop. It's time to put your shopping dollars to work!
- Orders are due on the 15th of each month, and the cards are usually available to pick up in the office within 5 business days.
- Just fill out a form and mail or drop off at the office with your payment. (Questions? Call Laura at 991-2100 x3)

Retailer	Denomination (in Dollars)	%	Qty	Total Amount	Retailer	Denomination (in Dollars)	%	Qty	Total Amount
Amazon.com	\$ 25.00	2.25%			Jewel-Osco	\$ 25.00	4.0%		
	\$ 100.00	2.25%				\$ 100.00	4.0%		
AMC Theatres	\$ 25.00	8.0%			Kohl's	\$ 25.00	4.0%		
Barnes & Noble	\$ 10.00	8.0%				\$ 100.00	4.0%		
	\$ 25.00	8.0%			Lowe's	\$ 25.00	4.0%		
Bath & Body Works	\$ 10.00	13.0%				\$ 100.00	4.0%		
	\$ 25.00	13.0%			Macy's	\$ 25.00	10.0%		
Bed, Bath & Beyond	\$ 25.00	7.0%				\$ 100.00	10.0%		
	\$ 100.00	7.0%			Mobil	\$ 50.00	1.0%		
Best Buy	\$ 25.00	4.0%			Office Max/ Office Depot	\$ 25.00	5.0%		
	\$ 100.00	4.0%				\$ 100.00	5.0%		
BP Gas Card	\$ 50.00	1.5%			PetSmart	\$ 25.00	5.0%		
Build A Bear	\$ 25.00	8.0%			Pier 1	\$ 25.00	9.0%		
Container Store	\$ 25.00	9.0%			REI	\$ 25.00	8.0%		
	\$ 100.00	9.0%			Shell Gas Card	\$ 25.00	2.0%		
Crate & Barrel	\$ 25.00	8.0%			Starbucks	\$ 10.00	7.0%		
CVS	\$ 25.00	6.0%				\$ 25.00	7.0%		
	\$ 100.00	6.0%			Stein Mart	\$ 25.00	7.0%		
Dierberg's	\$ 25.00	2.5%			Target	\$ 25.00	2.5%		
	\$ 100.00	2.5%				\$ 50.00	2.5%		
Dillards	\$ 25.00	9.0%			Talbots	\$ 25.00	13.0%		
	\$ 100.00	9.0%			T.J. Maxx/Marshall's/ Home Goods	\$ 25.00	7.0%		
Famous Footwear	\$ 25.00	8.0%				\$ 100.00	7.0%		
Gap/Old Navy/ Banana Republic	\$ 25.00	14.0%			Ulta Beauty	\$ 25.00	4.0%		
Home Depot	\$ 100.00	14.0%			Walgreens	\$ 25.00	5.0%		
	\$ 25.00	4.0%				\$ 100.00	5.0%		
iTunes	\$ 100.00	4.0%			Walmart/ Sam's Club	\$ 25.00	2.5%		
	\$ 15.00	5.0%				\$ 100.00	2.5%		
JC Penney	\$ 25.00	5.0%			Whole Foods	\$ 25.00	3.0%		
	\$ 25.00	5.0%				\$ 100.00	3.0%		
	\$ 100.00	5.0%			Other**				

**TOTAL THIS ORDER: \$** \_\_\_\_\_

- Orders & payments to NHBZ may be made by **check or cash only**, and MUST accompany your order form.
- Payments received after the 15th of the month will automatically be placed on the next order date.

\*\*A complete list of participating businesses can be found at ShopWithScrip.com. If you do not have access to a computer or internet, please contact our office. Please do NOT order directly from the website.

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

*And please remember to use your Schnuck's Card for NHBZ credit!!!*