



# NHBZ Weekly News

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

March 26, 2022 • 23 Adar II, 5782 • Candle Lighting 7:00 pm • Shabbos Concludes 8:04 pm

Parshas Shemini  
Maftir Parsha Parah  
Haftorah

Leviticus 9:1 –11:47  
Numbers 19:1 – 22  
Jeremiah 7:21 – 8:3, 9:22, 23

Chumash pp. 588 – 607  
Chumash pp. 832 – 842  
Chumash pp. 1167 – 1168

## Prayer

### Shabbos, Friday, March 25

- 6:55 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 7:00 pm Candle Lighting



### Shabbos, Saturday, March 26

- 9:00 am Shachris followed by Musaf  
Pesukei D'Zimra: **Menachem Szus** Haftorah: **Brent Waxman**  
Shacharis: **Rabbi Avi Okin** Sermon: **Rabbi Ze'ev Smason**  
Leyning: **Stuart Klamen** Musaf: **Rabbi Avi Okin**
- 10:00 am Kids' Program (downstairs)
- 10:15 am "Starting Points" with Rabbi Ze'ev Smason (downstairs)
- 6:45 pm Mincha, Shalosh Seudos, D'var Torah by **Rabbi Avi Okin**, Ma'ariv
- 8:04 pm Shabbos concludes

### Minyan Times March 24 – April 2, 2022

|                     | Thu<br>Mar<br>24 | Fri<br>Mar<br>25 | Shabbos<br>Mar<br>26 | Sun<br>Mar<br>27 | Mon<br>Mar<br>28 | Tues<br>Mar<br>29 | Wed<br>Mar<br>30 | Thu<br>Mar<br>31 | Fri<br>Apr<br>1 | Shabbos<br>Apr<br>2 |
|---------------------|------------------|------------------|----------------------|------------------|------------------|-------------------|------------------|------------------|-----------------|---------------------|
| Shachris (am)       | 7:00             | 7:00             | 9:00                 | 8:00             | 7:00             | 7:00              | 7:00             | 7:00             | 7:00            | 9:00                |
| Mincha/Ma'ariv (pm) | 6:55             | 6:55             | 6:45                 | 7:00             | 7:00             | 7:00              | 7:00             | 7:00             | 7:00            | 6:55                |

### Sign Up for Text Reminders

You can receive text reminders of your scheduled minyan times! Email [minyan@nhbz.org](mailto:minyan@nhbz.org) with your name, cellphone number and carrier, and the days and services (Shachris or Mincha/Ma'ariv) you will be attending our daily minyan.

### Shabbos Mornings Kids' Programs

**Every Shabbos**, from 10:00 am until Kiddush is served, NHBZ offers programs for elementary and middle school students. Families do NOT need to be members of NHBZ to participate. See you Shabbos!

# Congregation News

## Mazel Tov on Simchas This Week! March 27 – April 2, 2022

### **Happy Birthday\***

|                 |          |             |          |
|-----------------|----------|-------------|----------|
| Mimi Fiszal     | March 27 | Irl Solomon | March 31 |
| Amarah Friedman | March 31 | Andrew Feit | April 1  |
| Alan Haber      | March 31 | Keith Zeff  | April 1  |



### **Happy Anniversary**

|                                     |          |
|-------------------------------------|----------|
| Dr. Daniel & Marcela Morgensztern   | March 28 |
| Drs. Adrian Shifren & Caryn Garriga | March 30 |

*\*A very happy belated birthday to Alan Zarkowsky! (March 23)*

## Events

### **Coming Soon**

- Sunday, March 27
- Shabbos weekend, April 1
- Pizza Night (Carry-out only)
- First Rabbinical Search Candidate Weekend! Mark your calendars (full details to follow)

### **On-Going**

- Online Classes
- Every Shabbos
- Sunday Mornings, after Shachris
- Sunday Nights, 6:00 pm
- Mondays, 7:40 pm
- Wednesdays, 12:15 pm
- Thursdays, 7:45 pm
- Clean Speech STL, March
- See listing on Page 8
- Learners' Service with Rabbi David, 9:15 am
- Shabbos Morning Kids' Program, 10:00 am (downstairs)
- Starting Points with Rabbi Smason, 10:15 am (downstairs)
- "Bitachon: Relying on G-d to Get Through Tough Times", with Rabbi Okin at Shalosh Seudos
- Mishna learning with Rabbi Swidler
- "The Schmooze" with Rabbi Okin
- St. Louis Kollel Amud-A-Week (after davening)
- Pirkei Avos Class with Rabbi Smason
- Mishmar Learning with Rabbi Okin
- Community Initiative (See Page 6)

## Rabbinical Candidate Weekends – Shabbos April 1 and Shabbos April 29, 2022

Your participation and feedback are vital as we choose our next Rabbi. Please mark your calendars, and plan to attend when the candidates and their families join us to meet the community, lead us in prayer and spend the weekend together. Shabbos April 1 brings the first candidate. Members will receive an email with details.

## SPRING CLEANING THIS WEDNESDAY – March 30, 9 am - Noon

It's Spring spruce up time. Wednesday morning, March 30. We have lots of little chores and tasks, and could use the extra hands! Come ready to do whatever needs doing – tightening screws, cleaning/organizing, planting the planters (Outdoor flower sponsor?? Anyone??). Please come lend a hand -- have a cup of coffee and a nosh --as we polish and shine in anticipation of our family coming back home!



**WELCOME BACK! WE'VE MISSED YOU!**

## **RABBINIC CANDIDATE WEEKEND** – Next Shabbos, April 1-3, 2022

We are pleased to announce that Rabbi Avi Feigenbaum and his family will join us on Shabbos, April 2. Rabbi Feigenbaum will lead services, deliver the Sermon, and speak at a Kiddish/Luncheon.

There will be a question and answer session on Sunday morning and other opportunities for you to get to know Rabbi Feigenbaum and his family.

Rabbi Avi Feigenbaum, originally from Toronto, Canada, is the Educational Director of Etz Chaim Synagogue in Jacksonville, Florida where he creates multiple learning opportunities for Jewish education inside and outside synagogue walls. He also works very closely with Federation and other organizations to create fun and educational programs. He is a graduate from both the Mir Yeshiva in Yerushlayim and of the Ner L'elef Center For Jewish Leadership Training and Community Outreach.

Rabbi Feigenbaum also carries extensive pastoral duties and took over for the Rabbi during his sabbatical and other absences.

In his spare time Rabbi Feigenbaum enjoys hiking, playing sports, and of course spending time with his family – his vibrant and personable wife Devora who is an accomplished teacher and educator herself, his 4 adorable daughters and baby boy.



## **THE FOUR QUESTIONS**

A special little corner of the Weekly News where we can get to know each other! Every segment features another member of the NHBZ community, who will answer (at least) 4 questions. Anyone connected to NHBZ is eligible! The person spot-lighted will select the next person and the questions. Hot potato comin'! First up:

### **CARYN ALPER**

Caryn is a 4<sup>th</sup> Generation (maybe even 5<sup>th</sup>!) NHBZ Member. Currently serving on the Board of Directors, Caryn is also the Chairperson of the Public Relations Committee.

#### **The Questions:**

**1. Who is your favorite Torah personality and why?**

A: "I have an affinity toward Yitro because that was the haftarah portion I chanted for my bat mitzvah. But I'll say Miriam because she was a caring and protective older sister, which is a role that I also take seriously!"

**2. What is your favorite snack food?**

A: "I'm an Elvis fan through and through: one of my favorite snacks is a banana with peanut butter."

**3. Three words that best describe you?**

A: "Thoughtful, empathetic, and witty. (or just one word: modest. just kidding ☺)"

**4. What inspires you?**

A: "A deadline inspires me productively, music inspires me creatively, and my family and G-d inspire me morally."

Thank you, Caryn, for getting us off to such a great start!

## **GLOW OF SUCCESS** – PURIM SEUDAH

What FUN we had! We glimpsed at ancient times (Fred Flintstone, King Tut, Queens Vashti and Esther), modern times (a race car team, a sock-hopper, and a groovy 70's couple), and some real characters: Young Sheldon (of "The Big Bang" acclaim), Mickey & Minnie (and baby mice), The Tweedles, and a genuine pyramid scheme! Enjoy the pictures, next page.

And the winners:

### **Best Kids' Costumes:**

- Yosef ("Joey") Granillo (as "Young Sheldon") and
- Reuven & Margo Tzadok's granddaughter, Lily (as Queen Esther)

### **Best Adult Costume:**

- Ayelet Smason (as Queen Ava, Snow White's Mother)

### **Best Group Costume:**

- The Rosenberg Family (Mickey, Minnie & baby mice)



Thank you to all of our Shtickers! Wonderful music provided by Yosef ("Joey") Granillo on his violin and Gary Sudin on his guitar. Lenny & Caryn Alper and Howard Sandler made everyone laugh with jokes, jokes and more jokes! And, we even made an indoor THUNDERSTORM (what?!?!!!)

A special thanks to our Mistress of Ceremonies (and Chair of the Purim Planning Committee) Jennifer Hartranft, together with Bobby Levine! A big round of applause for all the wonderful volunteers who made this happen:

- |                           |                        |                |
|---------------------------|------------------------|----------------|
| ~ Anna Rose Tendler       | ~ Tony Granillo        | ~ Lenny Alper  |
| ~ Jackie Berkin           | ~ Karen Zeff           | ~ Gavriel Matt |
| ~ Stella Vladimirov       | ~ Marcela Morgensztern | ~ Margo Tzadok |
| ~ Alan & Vivian Zarkowsky | ~ Caryn Alper          |                |

The room was FILLED with LOVE and LAUGHTER and CELEBRATION and HAMANTASCHEN! Won't you please join us next time?

"Amazingly, G-d's Name does not even appear in the *Megillah* – and precisely that is its lesson: G-d's ways are not always obvious, His miracles are most often not illuminated by lightning nor punctuated by thunder. In the concisely written 167-verse *Megillah*, no seas split, no heavens roar, no dry bones come to life, but in the truest sense the greatest of all miracles is narrated in the Purim story: It is the miracle of G-d's constant supervision and control of events.

"With the period of Esther and Mordechai, a new emphasis was added to Jewish history. We had to find G-d's hand not in the splitting sea or heavenly fire, but in everyday events.

"The story of the *Megillah* spanned nine years, and only at the very end did the pieces of G-d's jigsaw puzzle begin coming together. Suddenly widely separate links began to move together to form a chain and widely separated chains joined to become the anchor upon which Jewish survival was secured."

*The Family Megillah, ArtScroll Meorah Series, p. 6*



**Let the puzzle come together; HaShem is in charge.**





## **PIZZA NIGHT – Sunday, March 27 – Pre-Ordered and Carry-out Only**

Cheese pizza or any toppings (onion, mushrooms, green peppers or pineapple), uncooked or fresh and hot from our oven, \$14 per pie. First pick-up is **5:30 pm**, first-come-first-served.

Orders must be placed by **5:00pm, Thursday, March 24, and prepaid**. No walk-ins. Please email orders to [office@nhbz.org](mailto:office@nhbz.org) or call 314-991-2100, ext. 2, and be sure to give us your phone number.

You may pay online here: <https://www.nhbz.org/make-a-payment-2/>

All food under supervision of Rabbi Ze'ev Smason



## **Youth Programming**

### ● **Shabbos Morning Kids' Program**, Rabbi Okin

NHBZ offers Shabbos morning programs for elementary and middle school students. Programs offered from 10:00 am until Kiddush is served. All program content will be personally designed and coordinated by Rabbi Okin. Families do NOT need to be members of NHBZ to participate. Please contact Rabbi Okin at [aviokin@nhbz.org](mailto:aviokin@nhbz.org) with any questions. See you on Shabbos!



### ● **The Schmooze – Sunday Nights**

Join kids from around St. Louis, 4<sup>th</sup> grade and up, at NHBZ at 6:00 pm on Sunday nights for a discussion-based Torah learning session with Rabbi Okin.

## **In the Community**

### ● **Clean Speech Unity Event, Tuesday, March 29, 7:00 pm (In-person)**

Dr. David Lieberman, award-winning author and expert in human behavior and interpersonal relationships will speak at the JCC Arts & Education Building in Creve Coeur. His topic will be "Successful Relationships even with Difficult People." Learn practical communication strategies to reduce conflict and set boundaries without argument or guilt. No cost to attend. To RSVP or for questions, please call 314-862-2474 or email [carengoldstein61@gmail.com](mailto:carengoldstein61@gmail.com)

### ● **Men's Mikvah Hours – Staenberg Building**

To accommodate the time change, beginning March 18, the hours for men's mikvah use is 2:00–4:00 pm.

### ● **Maos Chitim Campaign**

Please join the Vaad Hoeir of St. Louis in providing for the needs of families during Pesach (and beyond). Your contributions provide hundreds of families with Pesach food and programs. Donations accepted online at [www.stlmaoschitim.com](http://www.stlmaoschitim.com). Checks should be made payable to "Maos Chitim" and mailed to The Vaad Hoeir of St. Louis, 4 Millstone Campus Drive, St. Louis, MO 63146.

### ● **Free Webinar, Sunday, April 3, 1 pm**

Listen to journalist Sam Sokol discuss the effects of war on Ukrainian Jewry during "How Putin's Aggression has destroyed Ukraninian Jewry." Register today [HTTPS://BIT.LY/SAMSOKOL](https://bit.ly/samsokol)

# Learning at NHBZ

## ● Parshas Shemini – By Rabbi Smason

This week's Torah portion begins by discussing the events which occurred on the eighth and final day of the inauguration service of the Mishkan. After months of preparation, Aaron and his sons are finally installed as Kohanim in an elaborate service. Aaron blesses the people, and the entire nation rejoices as G-d's presence rests upon them. However, the excitement comes to an abrupt halt as Aaron's two eldest sons, Nadav and Avihu, are consumed by a heavenly fire in the Mishkan while innovating an offering of incense on the altar. This incident stresses the need to perform the commandments only as G-d directed. Later, Moses consoles Aaron, who grieves in silence.

Have you ever wondered where the laws of kosher food come from? Parshas Shemini concludes with a listing of the kosher and non-kosher animals. The identifying signs of a kosher animal are that it has split hooves and chews, regurgitates and re-chews its food. A kosher fish is one that has both fins and scales. All birds not included in the list of forbidden fowl are permitted. However, today the identity of these non-kosher birds is doubtful. Therefore, we're forbidden to eat any species of bird unless there is a well-established tradition that it is kosher. The Torah forbids all types of insects except for four species of locusts. Chocolate-covered grasshoppers, anyone? The laws of kashrut help us to be distinct and holy -- like G-d, Himself.

## ● Parshas Parah – By Rabbi Smason

Numbers 19:1-22 is read on the Shabbos following Purim. These verses deal with the Red Heifer used in the spiritual purification process at the time of the Holy Temple. This issue is important at this season of the year, since in looking forward to Passover, every Jew is careful to maintain spiritual purity in order to partake in the holiday offerings. Many authorities regard this reading as a Torah precept.

### NHBZ Updated COVID Policy

NHBZ welcomes you! Masks are strongly recommended (specifically, KN95 or N95), and optional.

It is imperative that congregants be responsible for and to each other. If you have had any known recent exposure or even marginal symptoms, PLEASE follow CDC guidelines with respect to quarantining or isolating/testing. We MUST take care of each other!

No matter your personal masking choice (to wear or not to wear), everyone will be treated respectfully. We have a "masking only" area set aside (for both men and women) for tefila/prayer services.

Participation in indoor tefila/prayer services and programs requires proof of vaccination be shown to Rabbi Smason.

Children aged 12 and older have the same requirements as adults. Children under age 12 who are not vaccinated must wear a mask; under age 3 no mask needed.

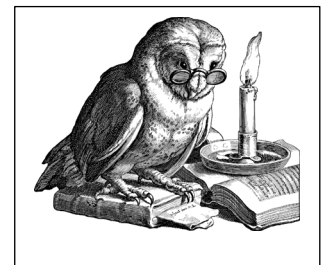
**With blessings for good health!**

## ● **Rabbi Smason's Starting Points**

Join Rabbi Smason for a 45-minute presentation/discussion of relevant, contemporary topics every Shabbos at 10:15 am in the Feigenbaum-Pepose Multi-Purpose Room.

Upcoming topics:

March 26      The Best Ways to Deal with Disappointment and Failure  
April 2      **No Starting Points**, as we welcome Rabbi Feigenbaum



# Learning at NHBZ (con't)

## ● NHBZ Mishmar

Join Rabbi Okin and young men from all over St. Louis for Mishmar, an evening gathering of Torah and Camaraderie on Thursday Nights from 7:45 pm – 8:15 pm. **We will meet in the back of the NHBZ sanctuary** with a text-based and interactive learning session. If you are interested, please contact Rabbi Okin at [aviokin@nhbz.org](mailto:aviokin@nhbz.org).

## ● Rabbi Smason's Wednesday In-Person Class

Same place and time, same health and safety protocols.

## ● Rabbi David's Learners' Service

Every Shabbos at 9:15 am. Just starting out? No worries. Rabbi David teaches the basics of Shabbos prayers.



## ● Rabbi Smason's Shabbos Shoutout

The complete list of Shabbos Shoutouts, with most recent listed first, can be found at [https://www.youtube.com/playlist?list=PLI\\_MFI0zsmKlImpR3KpHROrHDWIDNbgsN](https://www.youtube.com/playlist?list=PLI_MFI0zsmKlImpR3KpHROrHDWIDNbgsN)

## ● Rabbi Okin's Torah Thoughts

The complete list of Torah Thoughts, with most recent listed first, can be found at: [https://www.youtube.com/playlist?list=PLI\\_MFI0zsmKJG-HuXMG1Ej2aUImqQHkJ-](https://www.youtube.com/playlist?list=PLI_MFI0zsmKJG-HuXMG1Ej2aUImqQHkJ-)



## NHBZ Online Classes

Rabbi Ze'ev Smason will keep you connected during this challenging time. The classes listed below are easy to join and you can drop in on one without having previously attended. All classes are offered through Zoom video conferencing on your computer or smart phone (you do not need to download the Zoom application to see the class) AND through audio only on your telephone.

### Instructions to Attend Classes

**For audio** through your telephone, connect in one of two ways:

1. *Preferred option* - Call 312-626-6799 which connects you to the ZOOM audio number and will enable you to participate fully, except for the video. Toll Free.
2. Or call 314-325-8791 for our old audio connection. We encourage you to use the *preferred option* since this way might become unavailable soon.

**For Zoom video**, each class has a Zoom link shown underlined in blue below. Click or tap on the link or copy and paste the link into your browser to join the class.

### List of Rabbi Ze'ev Smason's Zoom Classes

1. Weekdays, 8:15 am (Sun 9:15 am) ~ New topic "Tehillim Tips: Insights Into Our Prayers". Sessions are approximately 30 minutes.  
Zoom video link: <https://zoom.us/j/99013706617>
2. Monday thru Friday, 3:00 pm - 3:30 pm ~ "King Solomon: His Wisdom, Wealth and Wives".  
Zoom video link: <https://zoom.us/j/136785930>
3. Fridays, 8:15 am ~ Discussion of the "Haftorah of the Week"  
Zoom video link: <https://zoom.us/j/99013706617>





# THE SISTERHOOD SCOOP

Be Happy, it's Adar!

# MARCH 26



Volume 5

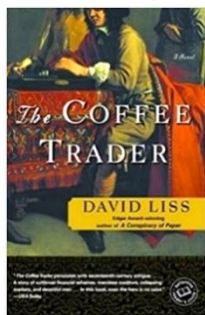
Number 12

23 Adar II 5782

March 26, 2022

## Book Club Meets Monday, March 28 at 7:15-8:45 PM,

in-person at the home of Devy Goldenberg. The book is ***The Coffee Trader***, by David Liss – a compelling novel about capitalism, greed, morality, intrigue, the Jewish community, and a new commodity called “coffee”, in 17th century Amsterdam. If interested, be sure to



**RSVP to Devy Goldenberg at 636-530-9938** or email [dvlg1337@aol.com](mailto:dvlg1337@aol.com).

For more information or to join Book Club contact **Fran Alper at 314-993-4024** or email [fran.alper@outlook.com](mailto:fran.alper@outlook.com)

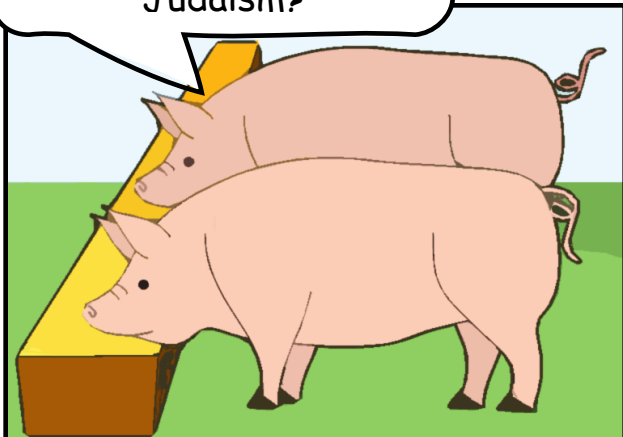
The Book Club will meet on the **fourth Monday of odd-numbered months, 7:15-8:45 PM.**

Make a note of the remaining dates for **2022:**  
*May 23, July 25, Sept. 19, Nov. 28.*

**“Learn from yesterday, live for today, hope for tomorrow.”**

– Albert Einstein

Great idea... but how do we go about getting everybody to convert to Judaism?



## Nutrition in the News: Is It Kosher?

It seems like I'm constantly reading about the new best “super” food. First, it was quinoa, followed by kale.

Then, after stuffing my freezer with fresh fish, I read the warnings about mercury levels, and that I should never, ever buy farmed salmon. Last month I read the benefits of a diet rich in proteins and low in carbohydrates. This month I was informed about harmful antibodies fed to animals and the dangers of excess animal fat. And, of course, the jury is still out on the exact pros and cons of a writer's best friend—coffee.

Daily, we learn about new hidden toxins in our food. Is organic food safer? Are genetically modified grains dangerous? What are the effects of preservatives? When it comes to nutrition, we are probably the most educated generation to date. We've become sensitized to the cause and effect of negative influences on or bodies, on our psyche and on our world.

The innocent-looking food doesn't appear dangerous. The harmless piece of chicken that was supposedly given antibodies looks exactly like the free-range, grain-fed poultry sold for double the price. And who could distinguish organic bananas from regular ones?

But as informed consumers, we recognize that it isn't only what we see that makes an impact. This is true in all areas of life, but nowhere is this more consequential than in the food we ingest, where the food actually becomes assimilated into our flesh.

So we've come to realize the subtle but potentially dire effects on our food, but do we ever consider our food's spiritual “profiles”? Does the food or drink that we consume affect us on a spiritual plane, on a soul level, influencing our character and natural tendencies?

This week's Parshah, Shemini, introduces the Torah's dietary laws. Kosher land animals must be slaughtered in a very specific manner and have split hooves and chew their cud. Fish need fins and scales, and there is a list of forbidden fowl. Notice how all kosher animals and fowl have the characteristics of being non-predatory, peaceful and non-destructive.

Moreover, perhaps, the non-kosher animal's closed hoof represents a spiritual quality of rigidity—being closed off and untouched to the plight of others. Do the kosher animal's “split” and “open” hooves symbolize approachability and sensitivity, as well as receptiveness to growth? Does chewing its cud remind us how we too need to chew things over, and not be too quick or impulsive to judge? Similarly, do the fins that propel a kosher fish forward represent its ambition, which needs to be tempered, like all of our ambitions, by protective scales representing integrity and principles?

On the surface, we may not be able to differentiate between many kosher and non-kosher foodstuffs. But on a spiritual and mystical level, the qualities of every creature affect us profoundly. Unkosher food may be just as physically nutritious, but its spiritual traits can clog our spiritual arteries from being able to assimilate a Torah consciousness.

And perhaps there is no generation better equipped to understand this than our own.

– by **Chana Weisberg**, [www.chabad.org](http://www.chabad.org)



# The Schmooze



**DINNER  
PROVIDED!**



**FUN  
RAFFLES!**

**Join with children  
from around St. Louis for a  
discussion-based Torah learning session  
at NHBZ with Rabbi Avi Okin!**

**YOU DO NOT HAVE TO BE A NHBZ MEMBER FAMILY TO PARTICIPATE**

**4TH GRADE AND UP**

**FOR MORE INFORMATION: 991-2100 EXT: 2**

**NHBZ's Covid protocol is in place. Kids under age 12 are not required to be vaccinated but they will need to remain masked except when eating. Children 12 and up are required to be vaccinated to participate.**





# PIZZA NIGHT

## CARRY OUT ONLY

# SUNDAY NIGHT, MARCH 27



**\$14.00** for a whole cheese pizza with up to  
4 toppings: *mushroom-green pepper-onion-pineapple*

*Order fresh & hot from the oven, or uncooked*

Call 314-991-2100, ext. 2 by 5:00 pm, Thurs., Mar 23  
to place and pay for your order and arrange a  
pickup time -- first pickup at 5:30pm and then  
scheduled as first-come-first-served (No Walk-ins)

You may also email orders to [office@nhbz.org](mailto:office@nhbz.org) and  
pay online at <https://www.nhbz.org/make-a-payment-2/>

***All food is under the supervision of Rabbi Ze'ev Smason***



# Feeling boxed in? It's time to get out of the box

## **Our synagogue helps you to feel comfortable & welcome**

NHBZ members are eclectic and diverse, and desire personal growth without politics or an obligatory commitment to any particular movement, denomination, or label.

## **Our synagogue is proudly Pro-Israel and against the BDS movement**

Support for a secure Israel as our Jewish homeland is not a political or liberal or conservative cause – it is a Jewish cause.

## **Our synagogue will engage you Jewishly**

...with abundant and accessible learning opportunities so that you can become the best version of yourself.

## **Our synagogue has meaningful, spiritually oriented services**

...simultaneously tapping into the enduring wisdom of our people and your personal experience.



**Come grow with us. We are here for you.**  
**Experience Nusach Hari B'nai Zion**



650 North Price Road, Olivette, MO 63132 ★ 314-991-2100 ★ [www.nhbz.org](http://www.nhbz.org)