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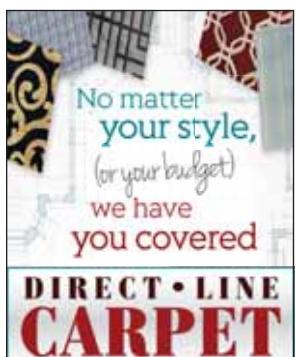
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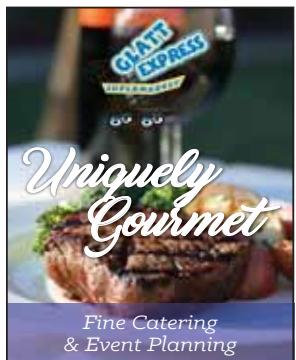
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## New Underground Concrete Barrier to Encircle Gaza, Stop Terror Tunnels

By Udi Etzion/Ynet News

The Ministry of Defense has issued bids to several companies to build a concrete barrier extending several stories below ground to mitigate the threat of terror tunnels; the barriers will have sensors to detect digging and will completely encircle Gaza.

The closed bid has been submitted to 20 Israeli contracting companies. The first part of the defensive underground barrier will go along 10 kilometers of the Strip, with plans to extend the barrier around the entirety of the 60-kilometer border with Israel—thereby completely encircling Gaza.



An anti-tunnel barrier along the Israel-Gaza border seeks to combat the proliferation of Hamas terror tunnels. PHOTO COURTESY OF THE ISRAEL DEFENSE FORCES

## Goldschmiedt Family Donates Ambucycle

By Raphael Poch

Jerusalem—A very special gathering took place this month in the offices of Israel's national pre-ambulance emergency medical services organization, United Hatzalah of Israel. The first cousins of an entire family dedicated a life-saving ambucycle, a medically equipped motorcycle, in honor



Phil and Rochelle Goldschmiedt of Teaneck with the donated ambucycle.

## From Moriah to Yad Vasheem: Studying 'How to Teach' the Shoah

By Sara Linder

Elie Wiesel wrote in *Night*, "To forget the dead would be akin to killing them a second time." After his recent death at age 87, it's jarring to note that there are only about 100,000 survivors alive today, the youngest of whom are about 71 years old. Even fewer are the number of survivors who are still able to share their stories.

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Rachel Schwartz and survivor Daniel Goldman. (CREDIT: RACHEL SCHWARTZ)

SCHOOLS

## Teaneck Star Swimmers Compete in NJ Junior Olympics

By Elizabeth Kratz

Teaneck—Move over, Michael Phelps! Brothers Avi and Ezra Borgen, age 12 and 10 respectively, recently qualified for and swam in the New Jersey Long Course Junior Olympics Championships, which took place at Rutgers University July 28-31. Avi's best event was the 50-meter Breaststroke, which he swam in 39.64 seconds, placing him 31st in the state. Ezra's swim in the 50-meter Butterfly at 35.77 seconds put him ninth in the state,

er against terror tunnels that cross into Israel, the sophisticated barrier will also be able to de-

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Ezra Borgen, left, and his brother Avi Borgen, right, both competed in the New Jersey Junior Olympics last week. PHOTO COURTESY OF MELISSA BORGEN



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## IDF to Open Chareidi Paratrooper Platoon

(Yoav Zitun and Kobi Nachshoni/Ynet-news) First it was the Netzah Yehuda and Tomer platoons in the Kfir and Givati brigades. Now, the IDF is planning to open a special chareidi paratrooper unit as part of continuing efforts to integrate the ultra-Orthodox into Israeli society.

The Ministry of Defense has announced that it is opening up a first-of-its-kind chareidi paratrooper platoon and that it has begun a campaign to draft ultra-Orthodox into it.

The first round of draftees will enter the unit in November. As with every other paratrooper platoon, the chareidi draftees will have to undergo a strenuous selection process lasting several days.

Fliers for the platoon have been distributed throughout chareidi communities in Israel over the past few days alongside ads for the units on chareidi social media pages.

There has been incitement against chareidi soldiers from the community in re-

cent years, and the ministry of defense is trying to stamp this out.

Drafting the chareidim—especially to combat roles—is no easy task. Posters printed by the ministry of defense are seeking to instill both pride in Israel and the IDF alongside pride in Torah study within the sector.

The chareidi soldiers will serve in a base completely devoid of female soldiers, will be provided with glatt kosher food and will have daily Torah studies. After seven months of combat training, the approximately 100 soldiers will be integrated into one of the pre-existing paratroopers' platoons, and will begin their regular service in the various areas of operation.

The head of the battalion will be a paratrooper commander, and the other officers will all be religious and include soldiers who served in the chareidi Netzah Yehuda battalion of Givati.

The platoon will operate similarly to the Tomer platoon of the Givati battalion, whereby after serving for two years in a combat role they will study for the third and final year of the service for either their

matriculation exams, a vocational trade or a mix of finishing their matriculation exams and beginning studying for a bachelor's degree in order to integrate into the workplace.

Defense Minister Avigdor Lieberman held a meeting at the defense ministry with the directorate responsible for the initiative. The minister gave his blessing to develop the initiative as much as possible. The next step in the framework to draft and integrate as many chareidi into the military as possible will see a similar chareidi tank unit set up.

The IDF is expected to draft 3,200 ultra-Orthodox soldiers in 2017.

Deputy Defense Minister Eli Ben-Dahan has been leading the initiative to draft more chareidim into the IDF and fight against incitement in the chareidi sector.

## Trump to Campaign in Israel for Expat Votes

(JNS.org) Republican presidential candidate Donald Trump is reportedly working on a campaign in Israel that will target

American citizens living in the Jewish state who are eligible to vote via absentee ballot, according to a report by Israel's Channel 10.

Trump will appoint Israeli campaign staff by this weekend, and will begin working on the campaign in the coming days, the Israeli channel reported. Trump also plans to visit Israel during his presidential campaign against democratic rival Hillary Clinton.

Israeli Prime Minister Benjamin Netanyahu has said he does not plan to endorse either presidential candidate.

## Palestinian Civil Engineering Student Planned Jerusalem Light Rail Attack

(JNS.org) A Palestinian civil engineering student was revealed to be the terrorist arrested for plotting a large-scale attack two weeks ago on Jerusalem's light rail in revenge for Jews visiting the Temple Mount, Israeli police said on Tuesday.

Ali Abu Hassan, 21, was a student at the

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EZRAS TORAH  
THE HUMAN SIDE  
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**C** CONTINUED FROM P. 4

Polytechnic University from the Palestinian village of Beit Ula in the Hebron region.

Prosecutors said in a statement that prior to taking three pipe bombs and other weapons in a bag to Jerusalem's Jaffa Center light rail stop to detonate during rush hour, Abu Hassan had left a will at the university, Yedioth Ahronoth reported.

Abu Hassan not only built his own pipe bombs with shrapnel doused in rat poison, but he even tested out explosives in open areas in the Hebron region, Israeli police said.

A security guard noticed Abu Hassan and asked him to open his bag for inspection. Abu Hassan was restrained when he ignored the request. Then another guard found the bombs in his bag and he was arrested. Abu Hassan will be indicted for attempted murder.

### IDF Tests Augmented Reality Technology

(JNS.org) The Israel Defense Forces (IDF) is testing the Microsoft HoloLens technology, a smart glass handset that works as a wireless computer, after two units of the device were delivered to the IDF's telecommunications and information technology unit. The HoloLens is an Augmented Reality (AR) device, which the IDF wants to use for training and for conceptualizing enemy territory using holographic images.

"We understand that in the fast world in

which we live, with an emphasis on the technology aspect, the only constant is the element of change. If we fight the next war like we fought the previous one, if we use the same technology that was right for that war, then it likely won't be easy for us to win," Maj. Rotem Bashi, chief programmer at the IDF's telecommunications and information technology unit, told Israel's Channel 10.

*JLNJ Editor's note: Augmented reality is the technology upon which Pokémon GO is based.*

### Israelis Want IDF to Embrace Pluralistic Values System, Poll Says

(JNS.org) A new study on religiosity and pluralism in the Israel Defense Forces (IDF) reveals that a majority of Jewish Israelis believe the IDF should embrace more of a pluralistic values system that includes placing military rules above religion, if necessary.

According to the Israel Democracy Institute's (IDI) "Monthly Peace Index" poll, 72 percent of the respondents said soldiers should obey military orders over a rabbinical ruling should there be a contradiction. Only 12.4 percent said soldiers should obey the rabbinical ruling, and the rest were unsure or declined to answer.

Additionally, 69 percent believe the IDF should have a pluralistic value system including accepting "others" such as the LGBT community, while 23 percent did not believe such a system was good.

The majority of respondents across the religious spectrum believed the army should be pluralistic, with 81 percent sec-

ular, 76 percent nonreligious-traditional, 52 percent religious traditional and 57 percent religious agreeing with that sentiment. However, 29 percent of Haredim respondents disagreed with the open-value system.

### Black Lives Matter Movement Declares War on 'Israeli Apartheid'

(Arutz Sheva) The radical "Black Lives Matter" movement released a formal platform on Monday, singling out Israel for what it calls the "genocide" against Palestinian Arabs and "Israeli Apartheid."

BLM, which emerged in the summer of 2013 following the acquittal of George Zimmerman, a Hispanic man who shot and killed an African American teenager in self-defense, aims to combat what it calls the "War on Black People." The Black Lives Matter movement alleges that the United States actively targets and oppresses African Americans, while promoting "global imperialism" abroad.

In the new BLM platform, the movement claims American society is driven by "white supremacy, imperialism, capitalism and patriarchy."

"As oppressed people living in the US, the belly of global empire, we are in a critical position to build the necessary connections for a global liberation movement. Until we are able to overturn US imperialism, capitalism and white supremacy, our brothers and sisters around the world will continue to live in chains."

While the bulk of the BLM platform

lambasts the United States for what it deems systemic racism, the document also singles out one foreign country for not only criticism, but specific policies.

In fact, while there is scant reference to other countries in the document, Israel is mentioned 10 times, and "Palestine" nine times.

And while other countries are mentioned in passing, Israel is the only foreign country targeted by the platform. Israel is referred to as a "human rights violator" in the BLM platform, and indeed is the only country mentioned by name in that regard.

After accusing Israel of "systematic discrimination" against Palestinian Arabs, apartheid-like policies, and even outright genocide, the platform calls for an end to US foreign aid to the Jewish state, which should instead be diverted to reparations for "victims" of "American war-making" like Iraq and Libya, as well as African Americans descended from slaves in the American South.

"Israel is an apartheid state with over 50 laws on the books that sanction discrimination against the Palestinian people," the platform claims, alleging that there is an Israeli "genocide taking place against the Palestinian people."

The Black Lives Matter platform also calls active opposition to legislation intended to curb the BDS movement, warning the "anti-BDS bills being passed in states around the country," harms "the movement to end the Israeli occupation of Palestine."

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## EDITORIAL

# The Pope's Missed Chance

The revered Pope Francis was uniquely positioned to take a stronger stance on a brutal act of terrorism when he visited Auschwitz last week. He saw for himself how unthinkable crimes against a particular people of faith, in this case the Jews, were caused by the Nazis' feverish urgency to exterminate the Jews. The pope's only comments were to write a line in a guest book begging God to forgive "so much cruelty."

Early last week, Father Jacques Hamel, an 84-year-old Catholic priest, had his throat cut by two Islamic terrorists tied to ISIS, while he was leading prayers inside a church just south of Normandy. That's right, the same Normandy where, in 1944, Americans, Brits, Canadians and soldiers of other nationalities and probably all faiths died while wresting France away from Nazi Germany and helping to bring about the destruction of the nightmare of Hitler's power.

Jews, from Israeli President Reuven Rivlin to the leadership of the European rabbinate to the head of the World Jewish Council, condemned the outrageous act. Even European Muslim religious leaders

publicly condemned the killers and refused to allow them an Islamic burial in France. The attack was called an "attack against all religions" by President Rivlin. British Chief Rabbi Ephraim Mirvis described it as "a despicable desecration of the sanctity of human life in place of peaceful worship."

Dr. Moshe Kantor, president of the European Jewish Congress, said that the "dastardly attack would only strengthen the world's resolve to defeat Islamic terrorism."

Rabbi David Rosen, the American Jewish Committee's international director of interreligious affairs, called the pope's visit to Auschwitz "an important reminder for the world of the depths of inhumanity that are possible and of how Jewish history uniquely testifies to this." But it was Rabbi Rosen who would later tell the Jewish News Service of his dissatisfaction with the pontiff's comments on Islam with the Auschwitz visit fresh in the pope's mind.

We agree.

At Auschwitz, the pope saw the infrastructure of unthinkable terror standing as a reminder that it should never happen again. Most of the free societies of

the WWII era were fighting an existential war against a "religion" of Nazi tyranny. Nazism had to be destroyed to guarantee the freedom of the world. Today, it is well known that radicalized Islam is the new face of evil.

So while we know that the world is not at war with Islam itself, we wish that the pope had worked harder to join the side of good. The radicalization of Islam should and must be blamed for the wave of terrorism in Western Europe.

"I am not speaking of a war of religions," Pope Francis told reporters on a plane from Rome to Krakow. "Religions don't want war. The others want war," he said. As he returned to Rome he also added, "It's not right to identify Islam with violence. It's not right and it's not true."

We wish that were the case, and we understand the distinction the pope tried to make: Islamic people versus Islamic terrorists. But the simple fact remains: These terror waves in Europe are directly linked to Islamic extremists.

We, too, mourn the death of Father Hamel as we mourn forever the 6 million. He was yet another religious target of hatred.

Radical Islamists killed Father Hamel.

How could the pope miss that?

## PUBLISHER'S NOTE

# Reflecting on My 25<sup>th</sup> High School Reunion



By Moshe Kinderlehrer,  
Jewish Link Founder  
& Co-Publisher

Earlier this week, I attended what I consider to be a major life event. With nearly 40 of my former high school classmates, we met in Midtown Manhattan to reconnect, see each other, catch up, network a bit and just generally be with each other a quarter century later as members of the class of 1991 from MTA—The Marsha Stern Talmudical Academy/Yeshiva University High School for Boys. It was a special night.

I was one of the reunion committee members involved in tracking down contact information—emails, phone numbers and Facebook pages—and one important detail about our class became apparent early in the planning process. Approximately 25 members of our class are living and working in Israel today. Among them is the founder of Nefesh B'Nefesh, Rabbi Yehoshua (Josh) Fass, whose work and organization has only strengthened the flow of U.S. olim to the State of Israel. It was downright startling to see how many of our chevra made aliyah in the past two decades. It is perhaps emblematic of where our Orthodox community has shifted and moved around in the past two decades...and where it's heading in the near future.

Not only has our class moved to Israel in

significant numbers, but we are also spread all over North America as well, with members in virtually every major city in North America. At the reunion, we even had a classmate from Northern California, Josh Spivak, come in and participate (Josh—thanks for the Facebook posts and all your help).

Another fact that emerged was the clear evidence that over 90 percent of our class has remained firmly connected to the Jewish community and are still "frum" to some degree or another. Despite all of the chal-



Nearly 40 members of YUHSB/MTA Class of 1991 at its 25th Reunion this past Monday night. This writer is the fourth from the left in bottom/front row.

lenges that living in the modern world entails, it was clear that most of us did not turn our backs on what our MTA rebbeim and teachers tried to instill and impart to us. Of course, some intensified their commitment to Yiddishkeit after leaving MTA, some stayed more or less the same, some less so, but, overall, the vast majority of our class remains committed to our community and lifestyle. I consider that a success.

More comically, I have to admit that there were a few of my classmates whom I almost didn't recognize after 25 years and I felt bad asking who they were, although, as it turned out, nearly everyone there felt the same way. (*Reminder to self and to YU staff—please make sure to insist on name badges for our 50<sup>th</sup> reunion.*) In our defense, we were a big class for MTA—130+ graduates—and even though we spent nearly four years in close quarters, it was still easy not to know everyone well.

The event started at 7 p.m. and as is the case with all successful reunions, relatively few left before 10. We schmoozed and caught up on life, our families, our careers, even traded a dvar Torah or two (thanks to happily retired MTA Varsity Coach and classmate Daniel Gibber of Teaneck) and we were just happy to see everyone. It was really wonderful to hear and see firsthand how many of my friends and former classmates are now running their own companies, their own medical practices or departments, leading Jewish schools, shuls and communities, or just advancing in their chosen careers and professions.

I could easily go on and on about the reunion and how special each of our class members is, but as the memory of the event begins to recede and the post-event

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Facebook comments flow from those who couldn't make it but wanted to or should've made it but forgot about it, I resolve to do a better job in trying to stay connected to my MTA peers. As a microcosm of the Jewish community, we have done a lot and continue to do...this is a group of people I want to stay connected to until the 50<sup>th</sup> anniversary and beyond. I hope I will.

(Special thanks to my friends and the mostly NJ-based members of our committee—Alex Solomon [without whom the reunion likely would not have come off], Daniel Gibber, Zvi Rudman and Dr. Michael Wiederkehr. I think we have signed ourselves up to run the 50<sup>th</sup> reunion or perhaps a 30<sup>th</sup> or 40<sup>th</sup> if Alex has his way... I am looking forward to it.)

## LETTER TO THE EDITOR

### DNC Ultimately Expressed Unity and Idealism

Your recent editorial, "The 'Red' Flag of Philadelphia" (July 28, 2016), about the Democratic National Convention coping with a splinter group that was disruptive, is true. It is also true that some of the group-held views were anti-Israel. However, they did not control the con-

vention. Their extreme anger and furious behavior was the result of the fact that they could not get their way.

At the opening session their voices were heard. But as the convention proceeded to its conclusion, any TV watcher would have been impressed by the unity and idealism expressed. No anti-Israel comments occurred.

Finally, the convention's platform on Israel is at least as favorable as that of any past administration.

If your readers think there is any other choice, let them beware of the fascist overtones of "just believe in me." One-man rule leads to chaos. Both can be expected.

**Mishel Greenberg**  
Teaneck

# Wave of Islamic Terror Presents Clash of Ideals for European Media

By Alina Dain Sharon/JNS.org

Beginning with the bloody July 14 Bastille Day terror attack in Nice, France, that left 84 people dead, Western Europe has seen an unrelenting wave of violence mainly perpetrated by individuals with connections to or sympathies with the Islamic State terror group. These attacks on European soil are now occurring with a near daily frequency, with five different lone-wolf shooting and stabbing terror attacks in Germany in late July, at least three of which were claimed by the Islamic State, as well as the slaying of a Catholic priest in northern France on July 26.

Amid the shock and confusion that many Europeans are grappling with over the unprecedented wave of terrorism, European media organizations are similarly confounded over how to report on the violence that conflicts with the values of liberalism and humanism that have long defined Europe.

After the attack in Nice, the BBC tweeted an article with the headline "France's President Holland returns to Paris for crisis meeting for Nice lorry 'attack.'" This headline, which used quotation marks to cast doubt on whether the incident was a deliberate attack, and did not use the word "terror," was followed by other headlines in the BBC, and in other European news organizations, such as "Syrian migrant dies in German blast," or "Bomb-carrying Syrian dies outside German music festival; 12 wounded," and others.

In a June article, JNS.org reported on how many international media outlets have come under fire for initially reporting misleading information about the attack at the Sarona market in Tel Aviv, and in some cases not describing the shooting as terrorism.

Representatives from the American Jewish Committee (AJC) in France and Germany reached out to JNS.org to confirm this, and indicated that after the terrorist attacks in Brussels, the French media devised a comprehensive map of the Islamist terrorist attacks that had taken place across the world. Twenty countries were affected between the November 13 attacks in Paris and the Brussels attack, but Israel was not included.

In addition, they said, both when it comes to news coverage of terror in Israel, and at times when it comes to European terror attacks, there is often short-lived public outrage and sparse political consequences. Media headlines on occasion reflect a reluctance to call terror by name, instead trivializing the severity of the attacks and obscuring the hateful motives of the perpetrators by referring to problems with depression and mental illness.

Daniel Schwammthal, the director of AJC's Transatlantic Institute in Brussels, also told JNS.org that when these terror attacks first take place, there is a tendency on the part of European news organizations to "be careful and not jump to conclusions," and "play down the obvious connection" to radical Islamic terrorism.

"Generally, I think there is a tendency in Europe to avoid the hard truth," particularly the fact that there are as many as 5,000 European Islamic State fighters, some of whom may have returned to Europe from

the Middle East and pose a serious risk to security, he said.

Germany's open-door policy has also allowed a large influx of Mideast refugees to enter its borders, many of whom are fleeing the Syrian civil war. At the same time, at least three of the recent terror attacks in Germany were committed by such refugees.

Although Europe tries to differentiate between individual "bad apple" perpetrators and the whole Muslim community, "opinion polls and studies suggest that a considerable segment of the Muslim community share at least some radical ideas and values," Schwammthal said.

Schwammthal pointed to an article in the German newspaper Die Welt, whose headline "Bremer Einkaufszentrum wegen Verdächtigem Evakuiert" translates to "Bremer mall evacuated because of suspicious (person)."

The article refers to an incident on July 27 where German police pursued and eventually arrested a 19-year-old Algerian asylum seeker who escaped a psychiatric hospital after threatening to blow people up. The man had previously praised the Islamic State terror group. A bolded first paragraph underneath the article headline stated: "Due to danger posed by an Algerian who escaped from a psychiatric hospital, a Bremen mall has been evacuated. He previously expressed sympathy for the Islamic State. The police arrested him."

While this paragraph does acknowledge the man's history of praising the Islamic State, the terror group is not mentioned in the headline. When it is mentioned in the first paragraph, it is stated only after it is explained that the man escaped an asylum, thus downplaying the man's connection to radical Islamic terrorism.

While Schwammthal called the motive to "protect innocent Muslims from hostility" as "noble," he also believes this kind of thinking has led to an opposite result.

"People are obviously making a connection between radical Islam and terrorism," but they see this attempt in the media and by some political leaders "to obfuscate or play down" this connection, and "I'm afraid it may make people much more likely to turn to (extreme right or populist) radical parties," he said.

However, he also acknowledged that this "tendency to blame the society at large rather than individual" is "of course much worse when it comes to European media coverage of the terror situation in Israel."

Analysis by the Committee for Accuracy in Middle East Reporting in America (CAMERA) and from BBC Watch have also shown that overall the number of articles and headlines misrepresenting terror attacks in this manner does still apply more greatly to European news coverage of Palestini-

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**Rivki Chudnoff PT, MSPT** is a licensed physical therapist with offices in New York and New Jersey. Her practice, Hamakom Physical Therapy, specializes in women's health and pelvic floor physical therapy.



**Rachel Hercman, LCSW** is a psychotherapist specializing in relationship and sexual functioning, women's health, and trauma. She works at Maze Women's Health in Manhattan.



**Yoetzet Halacha Shoshana Samuels** serves as a Yoetzet Halacha in Teaneck. She is committed to teaching women of all ages and stages about taharat hamishpacha and related women's health and halacha topics.



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The Teaneck Yoetzet Initiative is sponsored by Rinat Yisrael, Shaare Tefillah, Netivot Shalom, and the generous support of community members

## OP-ED

### Wave of Islamic Terror Presents Clash of Ideals for European Media

CONTINUED FROM PREVIOUS PAGE

an terror attacks in Israel, than to Islamic State-inspired attacks on European soil.

CAMERA analyst Marcelo Wio, who analyzed Spanish media as an example, told JNS.org that "in Spanish, to refer to terror attacks, we have a special word 'atentado terrorista.' So, *atentado* is a word that immediately makes a reader think terrorism. This word is almost never used for Palestinian attacks. Only when unavoidable."

This "is just a consequence (or even a necessary element) of a deliberate policy to frame Israel not only as responsible for the (Israeli-Palestinian) conflict, but as responsible for the situation in the Middle East. Thus, Israel is portrayed, in news after news texts, as an archetypical of evil or oppressor."

When it comes to news coverage of the Middle East, this tends to happen only with the Jewish state. "Not even the war in Syria has produced such headlines," he said.

"The average European reader has incorporated the difference of coverage as a natural (and even necessary) thing, as Israel is 'different' from the rest, and the attacks against its citizens is something evidently justified (oppression, etc.). In this way, the Palestinians have become the archetypical victim," whereas "back in Europe, they see the attacks against them as attacks against culture, liberty, progressivism, enlightenment. Israel is the opposite of this representation, according to the media's portrait," Wio said.

Nevertheless, Israeli-Arab journalist Lucy Aharish recently expressed awe at the wording of several recent headlines of articles about the European attacks on Israel's Channel 2 on July 26.

"It's amazing. We're speaking about four occurrences that happened in a row in Germany," she said in a conversation with a reporter, as translated from Hebrew. "They (Germans) don't even know how to digest it," she said.

"Whenever there's a terror attack in Israel, we're usually really shocked over the headlines (about the attack) that exist abroad, but then you realize that even when this happens over there, they don't know how to explain it, translate it or actually use the words 'man killed so and so (number of) people. No, (they write) that the poor guy (the terrorist) died," she said.

AJC's Transatlantic Institute's Schwammthal said that the fact that Islamist attacks in Europe are now occurring more frequently and causing mass casualties makes it more likely that more European authorities will increase security and toughen legislation, as they already have in France and Belgium.

But "given the true dimensions of the problem," he is not as optimistic.

"It's very difficult to keep track of so many people," who often become radicalized much earlier than people believe during their early upbringing at home and in institutions where things like anti-Semitism or other radical ideas are seen as completely normal.

As Israel's Aharish said about the news headlines, "You don't know whether to laugh or to cry. They live in La La Land."

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# Iran Ranked World's Top Money-Laundering Risk, Despite Relaxing of Financial Sanctions

By TheTower.org Staff

Iran was ranked as the world's top global money-laundering threat by the Basel Institute on Governance this week, marking the third straight year that the Islamic Republic held the position.

The 2016 Basel Anti-Money Laundering (AML) Index identified Iran as the highest money-laundering risk out of 149 countries surveyed, The Wall Street Journal reported. A statement accompanying the index explained that "although a majority of countries legally comply with current AML/countering terrorism financing (CTF) standards, they fall short in the effective implementation and enforcement of these laws."

According to the Journal, companies are hesitant to resume commercial ties with Iran because of money-laundering concerns.



IVAR HUSEVÅG DØSKELAND/Flickr

The publication of the index comes a month after the Financial Action Task Force (FATF), a global anti-money-laundering watchdog, suspended financial countermeasures against Iran for one year. At the time, sanctions experts Mark

Dubowitz and Toby Dershowitz of the Foundation for Defense of Democracies (FDD) wrote that the decision to temporarily suspend sanctions rather than totally remove Iran from the FATF's high-risk blacklist indicated that the country "still has a long way to go before it's safe to do business there."

Dershowitz and Saeed Ghassemnejad, an associate fellow at FDD, wrote earlier this week that Iran is attempting to convince nations that it is serious about complying with FATF standards, including on combating the financing of terrorist groups, by referring to recent legislation passed by its parliament. However, according to Abdolmohdi Arjmandnejad, the Central Bank of Iran's deputy for anti-money-laundering affairs, "liberation organizations are not subject to this law and the Supreme National Security Council decides who is a terrorist."

Since Hezbollah, a terrorist organization that has targeted Western interests for over 30 years, is considered a "liberalization organization" by Iran, Dershowitz and Ghassemnejad observed that the country is merely using "wordplay not to cease terrorism but to justify it."

Iran has complained that it has not received the benefits it should have from sanctions relief after all nuclear-related sanctions were lifted from the country in January. Some Iranian officials, including Supreme Leader Ayatollah Ali Khamenei and Central Bank of Iran governor Valiollah Seif, have threatened that the nuclear deal could collapse if Iran doesn't receive more investment and further sanctions relief.

However, many financial sanctions were imposed on Iran before nuclear sanctions were imposed as a reaction to the country's money laundering and financing of terrorist groups. The New York Times editorial board asserted in April that Iran's corruption was responsible for the country's economic problems. Similarly, Stuart Levey, President Barack Obama's former undersecretary of the treasury for terrorism and financial intelligence and now the chief legal officer of HSBC Bank, wrote in The Wall Street Journal in May that because Iran remained a risk for "financial-crime risks and the underlying conduct," his company had "no intention of doing any new business involving Iran." The Journal, CNBC and other outlets reported a few days later that other European banks were hesitant to do business with Iran because of the risks involved.

An International Monetary Fund official also told Iranian authorities in May that "the best thing the government [of Iran] can do, and the banks can do, is to bring those standards up to international levels and try to reassure foreign partners, banks and otherwise that Iran's banks are safe to deal with."

Despite the limitations that corruption-related sanctions impose on Iran, nuclear-related sanctions relief has provided the Iranian economy with enough of a boost to possibly grow by 4 percent per year for the next five years. The Central Bank of Iran earmarked much of that sanctions relief for military spending, which is expected to grow by 90 percent next year.

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## As Part of Cabinet Reshuffle, Former U.S. Amb. Oren to Lead Israel's Public Diplomacy

By TheTower.org Staff

Former Israeli ambassador to the U.S. Michael Oren was appointed deputy minister of the Prime Minister's Office and head of Israel's public diplomacy, The Times of Israel reported Monday. The move comes as part of a cabinet reshuffle involving Prime Minister Benjamin Netanyahu's Likud party and Kulanu, the second-largest party in the governing coalition.

Oren, who served as Israel's envoy to Washington from 2009 to 2013, joined the nascent Kulanu party in 2014. While Oren's new duties remain



Michael Oren PHOTO: MIRIAM ALSTER/FLASH90

unclear, it is likely that he will play a supporting role to Netanyahu, who continues to act as foreign minister.

Kulanu leader Moshe Kahlon, who currently serves as finance minister, will also assume the economy portfolio. Ze'ev Elkin of Likud, who is

acting as Jerusalem Minister of Affairs, will take over the Environmental Protection Ministry. Employment matters, which had previously been part of the Economy Ministry, will now be transferred to the Welfare Ministry, currently headed by the Likud's Haim Katz.

In May, Netanyahu brought in the Yisrael Beiteinu party to stabilize his governing coalition, and made its head, Avigdor Lieberman, the cabinet's defense minister. Lieberman replaced Likud's Moshe Ya'alon, who subsequently left the government.

The work will be divided between four Israeli companies, including Solel Boneh.

The new defensive line will cost more than two billion NIS, and the first bids which are to be issued will be worth several million shekels.

The barrier is supposed to end the tunnel threat once and for all, much like how Iron Dome has helped significantly reduce the number of rockets being shot by Hamas at the Israeli home front.

Other companies who have issued bids are Rafael, Israel Aerospace Industries, Elta and Ampers.

### New Underground Concrete Barrier to Encircle Gaza, Stop Terror Tunnels

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tect tunnel digging close to it, which will enable the IDF to destroy these terror tunnels before they pose a threat.

Due to the sophistication of the project and the depth to which they will have to dig, Israeli contractors will require assistance from foreign corporations with experience in erecting underground barriers.

Several international companies have already refused to work with the Israeli companies due to political issues. A representative of one of these companies who even took part in a tour of the area said that his company decided at the last minute not to cooperate on the project due to political sensitivities. The ministry of defense meanwhile announced that it doesn't know of any instances of companies refusing to work with Israel due to political considerations on this manner.

Work is set to begin on these underground barriers in October 2016.

## Ilana Gottlieb to Address AMIT Afternoon Tea in Teaneck

Teaneck—AMIT, Israel's premier education network, will host a summer afternoon tea on Shabbat afternoon, August 6, at 5:00 p.m. at the home of Lois Blumenfeld and Dr. Norman Sohn, 1358 Sussex Road, Teaneck, NJ. Mrs. Ilana Gottlieb, director of Midreshet AMIT, AMIT's post-high school gap-year program for international students, will address this year's event.

The event is held in memory of long-time AMIT supporter Anita Scharf whose daughter Donna Hoenig continues her legacy and is active in the Teaneck AMIT chapter. The event will feature a keynote address by Mrs. Gottlieb titled "Shirat Miriam: Appreciating the Feminine Voice," which will focus on the contributions of the feminine voice to Judaism throughout its history.

"The summer afternoon tea is held during The Nine Days as part of the time of introspection before Tisha B'Av, the day commemorating the destruction of our holy Temple," said Senior Director of AMIT's Tri-State Region Genene Kaye. "The event highlights the core religious and educational values of AMIT. We are creating more community events like this to bring the world of AMIT closer to our current and prospective supporters and to highlight the full spectrum of services AMIT provides our communities both here and in Israel."

For more information or to register, please visit: <http://amitchildren.org/events/teaneck-summer-afternoon-tea/>.

*Founded in 1925, AMIT is the premier education network in Israel, serving more than 32,000 students each year in its 110 schools in 29 cities throughout Israel. AMIT enables students to reach their fullest potential and become productive members of Israeli society with the skills necessary to build a successful future. For more information, please visit [www.amitchildren.org](http://www.amitchildren.org).*



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## IDF Colonel Bentzi Gruber to Speak at Keter Torah



Col. Bentzi Gruber with his soldiers

This Sunday, August 7, following the 9 a.m. minyan at Keter Torah, Colonel Bentzi Gruber will present a multimedia presentation on "Ethics in the Field," a behind-the-scenes look at the Israel Defense Force's daily efforts to both ensure the country's security and uphold one of the most rigorous military codes of ethics in the world today.

Col. Bentzi Gruber is vice commander (reserves) of Division 252, an armored division of 20,000 soldiers. He has established internet startups, been a real estate developer and initiated biotech research. He is founder of "Chesed In The Field," a non-profit that brings together IDF reservists and chronically ill and disabled children for special events throughout the year, instilling the values of community and social responsibility in the hearts of thousands of soldiers. Col. Gruber also estab-

lished "Ethics in the Field" to shatter myths and present the facts missing in today's discussion of Israeli counter-terrorism.

Congregation Keter Torah is located at 600 Roemer Avenue, in Teaneck.

## Shashi Ishai to Hold Benefit for Terror Victim at Chabad of Teaneck

On Monday, August 15, at 8 p.m., Shashi Ishai, formerly of Chabad of Teaneck, will hold a benefit at Chabad of Teaneck for the Israeli terror victim Ayala (bat Rut) Shapira.

About a year ago, while returning to her home with her father in the Shomron, Ayala's car was firebombed by a molotov cocktail. She survived, but 80 percent of her face and upper body were left unrecognizable.

For every "chai" donation, Ishai's book "Ask Avigail," a compilation of funny stories from her blog, will be given away.

Please RSVP to [expurimqueen@gmail.com](mailto:expurimqueen@gmail.com).

Chabad of Teaneck is located at 513 Kenwood Place.

## Teen Organizes Blood Drive in Memory of Grandmother

The Young Israel of Teaneck will be holding its second annual blood drive on August 28 from 8 a.m. until 2 p.m. The event is being organized by recent high school graduate Sara Schatz, in memory of her grandmother.

To sign up, visit [tinyurl.com/youngisraelblooddrive](http://tinyurl.com/youngisraelblooddrive), or just show up that day. Please contact Schatz at [saraschatz01@gmail.com](mailto:saraschatz01@gmail.com) or 201-708-5249 with any questions, or to get involved in any way.

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## COMMUNITY NEWS

### Goldschmidt Family Donates Ambucycle

CONTINUED FROM P. I

of their grandparents, who suffered atrocities at the hands of the Nazis just before World War II broke out.

Phil Goldschmidt, together with his brother, Danny, and all of their first cousins, dedicated the ambucycle because they felt it would be a good memorial to their grandparents, who lost their business in Germany during Kristallnacht before being forced to flee for their lives. The cousins dedicated the ambucycle so that it will be used to save lives in Israel, after so many lives were shattered in the Diaspora.

Goldschmidt told The Jewish Link, "My brother and I got all of our first cousins together and we agreed to make the donation in their honor to United Hatzalah, because we wanted to save lives in Israel. I'm hoping that other people hear about what we did and get involved with United Hatzalah and follow in our footsteps and also become partners in saving lives."

Phil explained how his family, who is now very involved with the organization, first heard about the work that it does. "We first learned about the organization at the AIPAC conference two years ago, when we heard Eli Beer, the founder and president of the organization, speak. He told the conference about his personal story where he, as a young boy, began an organization that has saved tens of thousands of lives in Israel over the years. That blew us away!"

What further impressed the family was how much of an effort the organization makes in order to shave off minutes from



Phil Goldschmidt with the driver of the new ambucycle, Effie Fisher of Tel Aviv.

female volunteers. "We had a personal experience with the idea of Hatzalah already, even though it is a very different organization. We already knew how important such an organization is. It runs in the family, one might say. Our daughter-in-law is currently enrolled in the EMT course for women in Jerusalem," he added.

Rochelle is teaming up with Moshe Klyman of Underground Training of Tenafly to have a bootcamp event open to the community on September 25, whereby participants will be raising funds for United Hatzalah. In addition, in November, Rochelle will be running the New York Marathon under the United Hatzalah banner. The combined goal of both events will be in an effort to raise money for another ambucycle for the organization.

"As Eli says, with a little chutzpah and a little will, you can save people's lives." For more information about her run, visit <https://israelrescue.org/RochelleGoldschmidt>.

When asked why the family specifically wanted to donate to United Hatzalah in memory of their grandparents, Phil answered by saying, "A person can donate to lots of worthy organizations, but there are very few that can guarantee that the donation they make will save a person's life. Here it is very clear that everything is being used to save someone's life. Another thing that really inspired us is the fact that the organization is "united." Whether people are Haredi, secular, Dati or otherwise, the medics will come and help no matter who they are. The medics themselves come from a wide variety of backgrounds and represent a unity within Israel, something that we all can learn from, especially during the period of The Three Weeks that we are currently in."



From left are Effie Fisher, the driver; Eli Beer, founder of United Hatzalah and Ari Goldschmidt, son of Phil and Rochelle. Also pictured are Phil and Rochelle, their daughter-in-law, Yaffa, and Phil and Rochelle's grandchildren, Zusha, Sarah, Tzvi and Yisroel; Phil's niece Dena Wimpfheimer; her children, Ilanit, Liat and Yoav; Rochelle's mother Devorah Hilsenrath and her sisters, Chaya Heuman and Aviva Rappaport.

responding to life-saving emergencies. "The concept of arriving at the scene of an emergency quickly, in some locations in under 90 seconds, is something that is just unbelievable, that we can really visualize. This is especially true in Jerusalem, a city known for its narrow streets. In such a place, an ambucycle that could easily navigate around traffic is a very important tool to help save lives more quickly than a conventional ambulance. So we were also impressed by that. We've also had the opportunity to come to Israel and see the organization in action."

Phil's wife, Rochelle, is a personal trainer who, as an EMT, was formerly part of Hatzalah Staten Island, one of the few Hatzalahs in the United States that accepts

Beer said, "Our organization is entirely donor-based. Being inclusive, developing a personal relationship with all of our volunteers and donors, and gaining the support of like-minded people who want to see unity in Israel based on the common goal of saving lives, is what United Hatzalah was founded upon, and what it thrives on. Once like-minded people, such as the Goldschmidt family, see what we are doing, they cannot avoid becoming a part of the organization. We are ecstatic to count the Goldschmidts as a part of our large family."

For more information, please contact Jason Katz, regional development officer of Friends of United Hatzalah, at 646-833-7108 or [www.IsraelRescue.org](http://www.IsraelRescue.org).

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# Yoetzet Event to Address Women's Health Issues

By Tamar Snyder Chaitovsky

Last summer, University of Michigan researchers gave 68 women MRIs seven weeks after giving birth. What they found was startling: 41 percent had undiagnosed tears in their pelvic floor muscles and 29 percent had fractures in their pubic bones. Another study found that 49 percent of mothers experienced urinary incontinence a year after having a baby, and 77 percent suffered from persistent back pain.

Many women in the frum community quietly endure health concerns like these without realizing how common they are, and that there are treatments available to assist them.

The theme of this year's Fourth Annual Community-wide Yoetzet Event For Women is: "Am I the Only One..."? The event, which will take place on Wednesday, August 10, at 8 p.m. at Congregation Rinat Yisrael, will feature three experts who will address issues that many women deal with at various life stages, often silently since they erroneously believe that they are the only ones struggling with these challenges.

Panelists include Rivki Chudnoff, a licensed physical therapist with offices in New York and New Jersey; Rachel Hercman, a psychotherapist at Maze Women's Health in Manhattan who specializes in relationships and sexual functioning, women's health and trauma and Shoshana Samuels, who serves as the Yoetzet Halacha for the Teaneck community.



Yoetzet Halacha Shoshana Samuels

The three panelists will address Jewish women's health from three different perspectives: physiological, emotional and halacha/hashkafa. After sharing stories and examples about the types of issues they come across, they will then answer questions from the audience. Questions can also be submitted anonymously in advance at [www.rinat.org/yoetzetevent2016](http://www.rinat.org/yoetzetevent2016).

"Women are frequently surprised to hear that they are not the only ones struggling with pelvic floor issues, and they are reassured to find out that there are treatments available," says Chudnoff, who specializes in women's health and pelvic floor physical therapy. "In our grandmothers' generation I imagine there was a lot more 'grin and bear it' going on, with a quiet acceptance that pain or leaking were just part of life as a woman." Thanks to modern developments, medical advancements and improved understanding of these condi-

tions, women have many more treatment options available. "It is my hope that women will leave this event empowered to improve their own quality of life," she says.

Rachel Hercman, who also serves as a consultant to Shalom Task Force, will explore self-awareness as it pertains to sexual and emotional intimacy as well as the effect of the media and popular culture on relationship expectations.

"In this technological age, where we often communicate from behind glass screens, there is something powerful about women joining together face-to-face and addressing issues that are shared by so many but are discussed by so few," she says. "I am grateful for the opportunity to address sexual intimacy because Shalom Bayis is important and the bedroom is part of the bayis—how things are going there can affect the whole relationship dynamic."

In addition, hearing that one's own experience is shared by others can be an incredibly validating feeling, she says.

The evening's third speaker, Shoshana Samuels, serves as a Yoetzet Halacha at Teaneck's Rinat Yisrael, Netivot Shalom and Shaare Tefillah (and welcomes questions from all members of the community). She responds to over 1,000 questions about taharat hamishpacha and related women's health and halacha topics each year from the Teaneck community and regularly consults with local rabbanim on cases.

"This year I would like to stress the benefits of keeping taharat hamishpacha with the confidence the Torah and our sages intended us to have, as we do in other areas of our service of God," she says. "Confidence in this area is attained, like with most things, through thorough and continued ed-

ucation of the relevant concepts and laws. Women who ask questions can practice the laws of taharat hamishpacha with the assurance that they are doing it right, rather than be tormented wondering, 'Am I the only one who hopes she's counting right? Am I the only one who feels like I'm cheating the system? I am the only one who makes herself a niddah more frequently than necessary? Who experiences stress and anxiety in the tahara process? Am I the only one who feels this is just really tough sometimes? Am I the only one that dreads mikvah night? Am I the only one who feels guilty when I make some decision on my own?"

The goal of the evening, she says, is to assure women that they are not alone in their difficulties with taharat hamishpacha as it relates to the details of observance, the various effects on their spousal relationships, their life-cycle moments from approaching marriage to peri-menopause and every attempt at pregnancy, pregnancy, birth and loss in between and the incredibly difficult realities some of us face with domestic violence and illness, including mental illness. "You're cared for, you're a part of a community, you're supported and ultimately, you're strengthened," she says.

An important message is that "the laws of Jewish family life are not meant to make people suffer; if someone is suffering or feels isolated or unsupported," she adds, "her rabbi and/or yoetzet is here to support her."

*The Fourth Annual Community-wide Yoetzet Event for Women will take place on Wednesday, August 10, at 8 p.m. at Congregation Rinat Israel, 389 West Englewood Avenue, in Teaneck. For more information or to RSVP and/or sponsor the event, please visit [www.rinat.org/yoetzetevent2016](http://www.rinat.org/yoetzetevent2016).*

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# Noam's 11th Annual Outing Supports Scholarship Fund

By JLNJ Staff

The Yeshivat Noam 11th Annual Outing was a resounding success on July 25 at White Beeches Golf and Country Club in Haworth, NJ. In addition to 90 golfers enjoying a beautiful day on the course, over 30 women attended the activities of the day: "Cardio and Core" with Rachel Ashendorf, a beautiful lunch and massages on the terrace, and the "Chopped" cooking competition by Nachum Segal Network radio host and cooking personality Naomi Nachman.

The event co-chairs responsible for this success were David Isaacson and Akiva Romanoff. Working in partnership with past event chairs Jason Suss and Jonathan Gellis, these dedicated leaders spent hours recruiting golfers and managing event logistics. Some of the many highlights of the day were the giveaways, including an orange Nike dri-FIT golf shirt, a blue dri-FIT T-shirt from event sponsor The Rothenberg Law Firm, InjuryLawyer.com, golf balls sponsored by Kindersmiles, stress balls donated by Borger Financial Services, tees donated by TD Bank and a bag sponsored by Chestnut Holdings and Jacob Solomon Employee Benefits.



Elie Borger, Yeshivat Noam dad, celebrating his Closest to the Pin victory.

The golfers opened the day with a putting green contest. The three winners were Ethan Keiser, Marc Rothenberg and Chanan Vogel. At the end of the outing, which ended after about 14 holes due to thunderstorms, golfers were awarded prizes for closest to the pin, longest drive and lowest scoring foursome. Congratulations to Elie Borger for Closest to the Pin, just 3 inches from Hole 1! (see photo)

The afternoon event "Chopped," led by Naomi Nachman, was one of the highlights of the day. Yeshivat Noam moms competed in three teams against each other to use creative ingredients, such as popcorn and marshmallow fluff, to make a delicious meal. Team One was Tamar Rothenberg and Rena Zelig, Team Two was Rachel Cyrilnik and Stefanie Diamond, and the Winning Team was Leora Cohen and Shulamit Holzer. The cooking was all done on-site and judged by Yeshivat Noam moms Chavie Hagler and Batya Paul, as well as Yeshivat Noam Executive Director Enid Anziska.

The money raised at the outing supports the scholarship fund. Approximately 20-25 percent of students are recipients of financial assistance each year. The co-chairs of the on-site raffle and the online Bidding for Good auction, Dalia Stelzer and



Contestants and judges with Naomi Nachman, top right, who led the game "Chopped."

Rena Zelig, were an integral part of raising important funds for Yeshivat Noam. Some of the big-ticket items included Adele tickets, Billy Joel tickets, a foursome at Liberty National Golf Club, in addition to the 100+

other prizes that were awarded!

According to Director of Development Amy Vogel, "Events such as outings, raffles and auctions are a tremendous undertaking for any organization and require the



Event co-chairs Akiva Romanoff and David Isaacson.

dedication of a large number of volunteers. At Yeshivat Noam, we are blessed with a parent body that is dedicated and committed to helping our school and our students thrive."



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## COMMUNITY NEWS

### Moriah to Host Golf, Tennis and Cycling Outing

The Moriah School in Englewood, NJ, one of the nation's premier Jewish day schools educating more than 700 students from across Bergen County, will be hosting its 13th Annual Golf, Tennis & Cycling Outing on Monday, August 15. The event will take place at Edgewood Country Club, River Vale, NJ, from 10:15 a.m. until 8:30 p.m.

Every year Moriah holds an online auction that helps raise additional funds for the school. The auction will be held from August 3 through August 16 at

[www.biddingforgood.com/moriah](http://www.biddingforgood.com/moriah). Items include tickets to major sporting events and concerts, golf foursomes, beauty treatments, children's classes and camps, personal training packages, travel-related items and local shopping and restaurants.

For more information on Moriah or the 13th Annual Golf, Tennis & Cycling Outing, please contact Ari Lewis, the events and marketing manager, at 201-567-0208 ext. 393 or [ari.lewis@moriahschool.org](mailto:ari.lewis@moriahschool.org).

To register for the outing or the dinner only, go to [www.moriahgolf.org](http://www.moriahgolf.org).

### YU to Offer Live Webcast and Shiurim Online for Tisha B'Av

New York—As the Jewish calendar passes through the summer months, the period colloquially known as "The Three Weeks" is being observed through various stages of mourning over the destruction of the two Temples and other Jewish tragedies. The period began with Shiva Asar B'Tammuz, the fast of the 17th day of Tammuz, and the laws of mourning will intensify during the Nine Days, beginning with Rosh Chodesh Av on Thursday, August 4. The Three Weeks will culminate with the 24-hour-plus fast of Tisha B'Av on Saturday night, August 13 through Sunday, August 14.

Yeshiva University's Center for the Jewish Future (CJF) offers many resources to prepare for these weeks of mourning.

On YUTorah.org, hundreds of shiurim on topics related to mourning for the Temple from renowned educators around the world are available for those seeking to learn more during this time. Those looking for inspiration can subscribe to a daily email with a short video message during the Three Weeks from Yeshiva University's Torah Mitzion Kollel in Chicago. And the downloadable Benjamin and Rose Berger Tisha B'Av To-Go features more than 40 pages of divrei Torah on Tisha B'Av-related topics from YU faculty, staff and students.

On the day of Tisha B'Av itself, Jews from around the world can join YU for a special webcast featuring Rabbi Dr. Jacob J. Schacter, University Professor of Jewish History and Jewish Thought and senior scholar at the CJF, and Rabbi Dovid Gottlieb, co-founder of Ganai Ha'ela and rebbe at Yeshivat Har Etzion, for an all-day analysis of the *kinot* (lamentations) said on Tisha B'Av and a deeper look into the nature of the day. Rabbi Schacter's remarks will focus on the significance of the 10th day of Av in history and theology; both shiurim will be followed by a recitation and discussion of *kinot*.

The webcast can be viewed at [YUTorah.org/tishabav](http://YUTorah.org/tishabav), or members of the community are welcome to join Rabbi Schacter for the live program in Teaneck, New Jersey, at Congregation Keter Torah at 600 Roemer Avenue, or Rabbi Gottlieb on YU's Israel campus at 40 Duvdevani, Bayit Vegan, in Jerusalem. The program in Teaneck is sponsored in appreciation of Rabbi Schacter and Yeshiva University and in commemoration of the 38th yahrtzeit of Helen Friedman Kuflik, Hodel Ruchama bat Avraham Shlomo and Etta Malka, by Shuli (Kuflik) and Dr. Avi Rockoff of Newtonville, Massachusetts. The Israel program is sponsored by Rebeca and Saul Lubetski and Noa and Jay Zwiebel.

### Rabbi Rakeffet to Speak at Bnai Yeshurun on Pluralism and Halacha

Bnai Yeshurun, at 641 West Englewood Avenue in Teaneck, will be hosting Rabbi Dr. Aaron Rakeffet-Rothkoff for lectures throughout this Shabbat, August 6. On Shabbat morning he will speak about "The Blessings of a Sovereign Jewish State," before Mincha on "Is There Pluralism in Halacha?" and finally, during seudah shlishit, about "Is There Pluralism in Hashkafa?" In addition, on Sunday, August 7, at 9:30 a.m., he will give a lecture called "The Role of Minhag and the Mistake of the Conservative and Neo-Conservative Movements." Following that lecture he will be available for book signing of "Rakafot Aharon, Volume 3."

Both rabbi and author, Rabbi Rakeffet is best known for "From Washington Avenue to Washington Street," his scholarly memoir, and a two-volume book about Rabbi Joseph B. Soloveitchik, who was his teacher. Rab-



Rabbi Rakeffet

(CREDIT: SHVUT AMI)

bi Rakeffet was formerly the rabbi of Congregation Beth Ephraim of Maplewood, NJ, and has taught at Jerusalem Torah College (BMT), Machon Gold, Michlalah and Midreshet Moriah in Israel. Now a professor of rabbinic literature at YU's Gruss Kollel in Israel, Rabbi Rakeffet previously served in the IDF military rabbinate. In 1980, he also joined the Mossad on its secret Naiv operation, teaching Torah to Jews in the Soviet Union.

Following this chapter of his life, Rakeffet decided to help found Shvut Ami, which is an organization that works to reconnect unaffiliated Russian Jews to their Jewish lives. Bergenfield's Rabbi Dovid Cofnas is executive director of American Friends of Shvut Ami and is available for further questions at 201-575-9080 or [dcfnas@shvutami.org](mailto:dcfnas@shvutami.org).



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# Earning a 'Double Mitzvah' With JFS Bergen/North Hudson's Meals on Wheels

By Pearl Markovitz

In a world in which earning "double points" is a frequent goal, the opportunity to earn "double mitzvah miles" is a bonus. Jewish Family Service (JFS) of Bergen and North Hudson provides a service through their Meals on Wheels program that enables both its providers and recipients to earn mitzvot. Under the capable direction of Volunteer Coordinator Nina Ashurov, individuals with special needs deliver meals to homebound seniors several times a week during which they interact and often bond socially.

JFS of Bergen and North Hudson delivers over 40,000 meals each year to homebound seniors and people with disabilities. More than 200 volunteers serve as a lifeline to these individuals, delivering meals and providing a friendly visit. This program has



## of Bergen and North Hudson

been in place for close to 30 years. More recently, JFS has partnered with several local agencies that deal with developmentally disabled individuals. Several times a week, groups from these agencies board vans driven and staffed by their sponsoring agencies and deliver meals throughout the

Bergen County and North Hudson areas. Ellen Finkelstein, Director of Marketing at JFS, attests, "It is really amazing to see the interaction. Not only are the volunteers doing a great mitzvah but they are providing the seniors with an opportunity to perform one as well through meaningful social interactions with the deliverers."

Shelley Levy, Director of the Guttenberg Center for Special Services at the Kaplen JCC on the Palisades, told The Jewish Link that the JCC has been partnering with JFS for approximately seven years. Once or twice each week, three to six adults from her day care program, together with one to two staff members, sort, package, label and deliver meals to elderly and/or infirm recipients. Says Levy, "Through this 'powerful partnership' our participants are learning to give back to their community. They are also learning essential socializing skills



A Meals on Wheels client (front, center) pictured with three Kaplen JCC students.

through interacting with the recipients. The recipients, who enjoy these visits, are performing a great mitzvah by providing these valuable encounters. This is indeed a 'win-win' experience."

Jenelle Colon is the director of Day Programs at Hope Autism Solutions. Her program provides adults 21 years and older with "daily life enhancements." Her participants, who live at home or in group homes, spend 75 percent of their days in community service including working in food banks, filling candy bottles for parties, gardening on the grounds of domestic violence shelters and maintaining trails for a local arboretum. They also deliver food packages through Meals on Wheels. On Wednesdays and Thursdays, seven volunteers are accompanied by staff members in distributing food packages to recipients. "Our population has difficulty communicating directly with others. They rarely look directly at the people with whom they come into contact. Surprisingly, when they deliver the food packages weekly to the homebound seniors and the infirm, they do communicate 'face to face.' Occasionally, hugs are even provided upon coming or going. They love it," beams Colon. Again we see how the Meals on Wheels program provides a double mitzvah opportunity, for providers as well as recipients.

Yedei Chessed, located in Chestnut Ridge, is a large social services organization providing group homes, day habilitation programs, pre-vocational training and other vital services to individuals with special needs. As coordinator of the men's activities program, Miriam Adler provides her participants with three to four monthly goals and incorporates activities through which to achieve these goals. Among these activities is the delivery of Meals on Wheels. On Mondays, participants, accompanied by staff members, are driven to Hackensack to pick up and address their food packages. Most of the volunteers are moderate to high functioning and come from Orthodox homes in the Monsey area. According to Adler, "The volunteers as well as the recipients all express great gratitude to us for the opportunity to be part of this program. We have no resistance on the part of the participants and they look forward to seeing their recipients each week. A win-win situation and a true double mitzvah."

To learn more about all the services available through Jewish Family Services of Bergen and North Hudson contact [Ellen@jfs bergen.org](mailto:Ellen@jfs bergen.org) or visit their website at [www.jfs bergen.org](http://www.jfs bergen.org)



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## COMMUNITY NEWS

### From Moriah to Yad Vashem: Studying 'How to Teach' the Shoah

CONTINUED FROM P. 1

Therefore, keeping alive the memory of the six million who perished in the Holocaust is both more difficult and more important as the number of survivors continues to dwindle with each passing day. Gone are the days when children personally knew those who made it through the war, when the stories could be heard firsthand. Yad Vashem, the World Holocaust Remembrance Center on Mount Herzl, which was established in Israel in 1953, is working to develop tools to prevent the disappearance of the Holocaust's victims and survivors from the world's psyche.

Rachel Schwartz, the middle school English department chair at The Moriah School, teaches Holocaust literature as part of her curriculum. In sixth grade the students read *The Island on Bird Street*; in seventh, *Anne Frank: The Diary of a Young Girl*; and in eighth grade, *Maus* and *Night*. Last year, Schwartz got involved in Moriah's "Names Not Numbers" program, which was initiated at Moriah in September of 2012 by Abigail Herschmann. The eighth-grade students are given the opportunity to learn an in-depth history of the Holocaust, interview survivors and compile everything into a documentary, which is then shown to the community.

The granddaughter of survivors, Schwartz grew up hearing the stories of how her grandmother was hidden in Po-



Rachel Schwartz with survivor Eva Lurie

(CREDIT: RACHEL SCHWARTZ)

Yad Vashem's educational philosophy focuses on understanding the emotional ability of students to handle certain aspects and details of the war. In addition to teaching and explaining the deaths, it is important to open with the stories of people who were liberated, she added.

Yad Vashem created a new video toolbox, the implementation of which is aimed to help teachers in the classroom, providing them with practical materials and discussion points. Several times the participants broke up into sessions based on how old their students are, so that everyone received age-appropriate material to teach.

Together, they discussed the use of literature, art and films to further the understanding of the students. The lectures were also about the modern problems of anti-Semitism and dealing with Holocaust denial. Schwartz said that she already knew a lot of the material, but gained from hearing about the complexities of how to teach the subject. It was validating for her to learn that other educators and other schools are struggling with forming an appropriate Holocaust curriculum as well.

Survivors from all across Europe came to speak over the course of the program. To name just a few, one person was saved by Schindler in Poland, one hidden in a monastery in Italy, and one was a partisan (a fighter in irregular military groups in the Jewish resistance against the Nazis). Others came from Lithuania and Slovakia. One sentence that stayed with Schwartz is, "The Holocaust is not really just about six million, it's about the story of a Jew who gets murdered, but this story happened six million times." Every single person's story is different, a fact that Schwartz tries to emphasize to her students at Moriah.



Oskar Schindler's grave at Mount Zion, Israel in Roman Catholic Franciscan Cemetery (CREDIT: RACHEL SCHWARTZ)

land and her grandfather was a member of the Polish underground. This summer, she was invited to attend Yad Vashem's International School for Holocaust Studies "Seminar for Educators in Jewish Education: Teaching About the Shoah and anti-Semitism," from July 19 to July 28.

The schedule was intense. "In terms of history, I am studying early 19th and 20th century anti-Semitism, Nazi Ideology, the creation of the Final Solution as well as Jewish resistance and Jewish life during that time, just to highlight a few of the classes," she said. "In terms of pedagogy we are discussing how to bring the children into the study of the Holocaust safely and take them out safely as well."

She indicated that she tells her class, "Resistance wasn't just picking up a gun or fighting. It meant when there was a whole group of men in a barrack who would share one set of tefillin to daven even for a min-

CONTINUED ON P. 23

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## Black Box Studios Kicks Off Theater Season This Month

Black Box Studios kicks off its inaugural professional theater season this August in its new and constantly evolving home in the heart of vibrant Teaneck: The Black Box Performing Arts Center (BBPAC). In tandem with its acclaimed student productions, this August and September Black Box Studios unveils a professional repertoire that includes a staged reading of *Fifth of July* by Landford Wilson, a full production of *Bad Jews* by Joshua Harmon, as well as a Saturday late-night run of *Evil Dead: The Musical*. BBPAC will also showcase improvisation in its monthly Uncensored Adolescents and Improv Bowl shows.



The Black Box Performing Arts Center is located at 200 Walraven Dr. (just off Palisade Ave.) Teaneck, NJ 07666. Tickets vary in price for each show, and are available in advance at [www.blackboxnynj.com](http://www.blackboxnynj.com) and at the door.

The BBS August performance schedule is as follows:

- Improv Bowl, August 17  
Live, team-format improvisation that is entertaining, engaging and safe for all ages. Hosted by Huey Esquire. Tickets: \$7.00 (at the door only).
- A Staged Reading of *Fifth of July* by Landford Wilson, August 22–23. Directed by Matt Okin.

Set in 1970s rural Missouri, Ken Talley has just returned from the Vietnam War, legless, and is due to become a teacher again, but instead becomes stressed and hopeless. Ken invites his relatives and friends to his family homestead, hoping to sell it. The results are bidding wars, family tension and the revelation of long-kept secrets.

Mon, August 22, and Tues, August 23, at 8 p.m. Tickets: \$15.

- Uncensored Adolescents, August 24  
Live, group improvisation performed by teenagers, but targeted to more mature audiences. Anything can happen and you never know what you may hear (or see),

### The Moriah School's Rachel Schwartz Learns In Depth at Yad Vashem

**C** CONTINUED FROM P. 21

ute, or to barter soup for a match to feel as though you're lighting Shabbat candles." Any tiny act reminiscent of "normalcy" was a form of resistance, a way for people to re-humanize themselves, and continue fighting for survival even just one more day.

One of the biggest takeaways for Schwartz was the impossibility of studying the death of the Jews and the persecution of the Jews without first understanding the lifestyles and cultures of these communities. "Moriah is actually a bit ahead of the game," she says, teaching about life before the war, during the war and then after the war, showing what was lost and also what was maintained, how the victims did not give up.

so viewer discretion is strongly advised. Hosted by Huey Esquire.

Tickets: \$7 (at the door only).

• *Bad Jews* by Joshua Harmon, September 7–24. Directed by Matt Okin.  
A dark comedy inspired by Harmon's visit to a service featuring grandchildren of Holocaust survivors, *Bad Jews* is the story of a family searching for a beloved heirloom hidden during the Holocaust and fighting their cultural appropriation and morals.

Wed, Sept. 7 (preview); Thurs, Sept. 8; Fri, Sept. 9; Sat, Sept. 10; Thurs, Sept. 15; Fri, Sept. 16; Sat, Sept. 17; Thurs, Sept. 22; Fri, Sept. 23; Sat, Sept. 24. All performances at 8 p.m. Tickets: \$20 adults/\$18 students/seniors.

- *Evil Dead: The Musical* by George Reinblatt, Frank Cipolla, Christopher Bond and Melissa Morris. September 24–October 31. Directed by Matt Okin. Musical Director: Huey Esquire.

In this modern horror musical, a group of college friends decides to go camping in the woods. With an unexpected turn of events, demons are given free reign on the campsite and evil spirits are unleashed.

Sat, Sept. 24; Sat, Oct. 1; Sat, Oct. 8; Sat, Oct. 15; Sat, Oct. 22; Sat, Oct. 29: performances at 10:30 p.m. Mon. Oct. 31 at 7:30 p.m. and 9:30 p.m. Tickets: \$18.

Based in Teaneck, BBS offers collaborative theater workshops and performances for adults, teens and children. Cutting-edge professional productions and innovative programs for students of all ages, experience levels and backgrounds run year round. BBS teaches using an improv-based method that BBS's founders developed during their years working in theater in New York City. BBS also teaches acting classes and runs drama clubs in private and day schools in Bergen County and the Greater New York area. BBS offers private coaching in acting, singing and musical theater, and has popular summer intensive theater programs for kids and teens. The experience of Black Box's professional teaching artists covers all disciplines—acting, singing, dancing, music performance and composition, directing, producing, writing, managing and lighting—and comes from Broadway, off Broadway, film, concerts, television and new media.

Visit them on Facebook at [bbsnynj](https://www.facebook.com/bbsnynj) or online at <http://www.blackboxnynj.com/>.

Although she has not yet visited the concentration camps in Poland, it is a goal of hers. It is very valuable for everyone, Jews and non-Jews alike, to go and see the standing testaments to the Holocaust, in order to better comprehend the horrors and tragedies brought about by the Nazis during World War II, Schwartz said.

Reflecting on her experience at Yad Vashem, she said, "Getting the opportunity to hear from world-renowned professors and simultaneously meeting survivors, all in Jerusalem, is the pinnacle of Holocaust education for an educator. To do that all in Jerusalem under a Jewish state is the ideal."

Sara Linder is a JLNJ summer intern. She is a Teaneck resident and a student at the University of Maryland-College Park.

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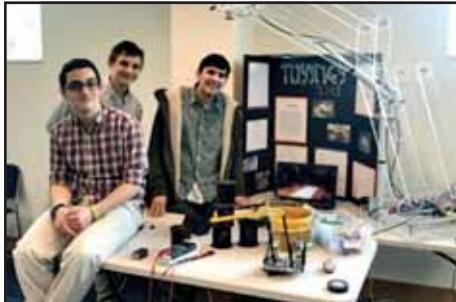
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## YUHSB Receives Grant for STEM Education

New York City—The Marsha Stern Talmudical Academy/Yeshiva University High School for Boys (YUHSB) has received a \$191,000 grant from a fund set up by Caroline and Joseph Gruss to upgrade and extend its STEM (science, technology, engineering and mathematics) curriculum. “Given the importance of STEM disciplines to career success in the 21st century,” said Rabbi Joshua Kahn, head of school at YUHSB, “we are thrilled to get this vote of confidence in our efforts to bring the benefits of STEM education to all YUHSB students.”

Over the last five years, YUHSB has introduced STEM-related courses and activities into its curriculum, such as a two-year scientific engineering program, AP computer science, robotics and classes in coding. In 2014, the robotics team, despite the fact that it had only been in existence for two years, took fifth place out of 30 teams in the FIRST Tech Challenge regional competition, and did equally well in 2015, placing in the top 10 of 35 teams.



The grant will allow YUHSB to pursue a two-step STEM-building program. Step 1 will be to strengthen its current STEM curriculum through more courses and more opportunities for students to interact with STEM experts, design innovative projects and enroll in more competitions and events to showcase their inventions. Step 2 will involve an infrastructure build-out of a Makerspace and computer labs, which will provide the facilities for students to create and refine projects.

Kahn is especially enthusiastic about diffusing STEM skills throughout the stu-

dent body. “STEM work focuses on problem-solving, critical thinking and hands-on and collaborative learning in the service of innovation and creativity. These skills are important to every area of study, STEM and non-STEM alike, and we will be equipping our graduates with portable and sharable abilities they can apply to anything they do in their careers.”

Megan HLZacks, science department chair at Yeshiva University High School for Boys, is excited by the possibilities the grant opens up for more inventiveness and ingenuity among the students. “Through this kind of inquiry- and project-based learning,” she explained, “students push themselves to innovate and create solutions to everyday problems, impressing themselves in the process by what they are able to accomplish through previously untapped talents.”

This grant follows a similar grant for \$191,000 given to The Samuel H. Wang Yeshiva University High School for Girls (Central) from the Gruss Foundation to put in place an innovative STEM program.

## Teeaneck's B'nai Yeshurun Sends Water Backpacks to IDF



A small sampling of the 200 soldiers serving in Netzach Yehuda who received water backpacks from Congregation B'nai Yeshurun and Yashar LaChayal. The battalion is doing the dangerous and tireless work of defending the Beit El region.

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## Moriah to Offer End-of-Summer Programming

The Moriah School is excited to offer a wonderful opportunity at the end of the summer that will be available to all of Bergen County's day schools, run by Moriah Plus. This program will be offered for the last two weeks of the summer, August 22 and August 29. The goal of this program is to keep all children involved in a nurturing camp environment, incorporating the usual fun camp activities as well as a variety of Moriah Plus classes such as MMA, Zumba, jewelry making, street jam, graffiti art—just to name a few! Programming will be available for students from nursery through fifth grade.

Moriah Plus, Moriah's premier comprehensive after-school program, incorporates homework, healthy snack and recreational activities. It is entering its third successful year at The Moriah School, with over 350 children participating.

To register your child or for additional information, please email moriahpps@gmail.com.

## Ezras Torah in Bergen County: A Legacy of Giving

Once, an American rabbi visiting Tzfat was stopped by a wizened old Jew. "Send regards to my father in America!" said the old man emotionally. "Your father?" asked the rabbi in bewilderment. The man was surely old enough to be a grandfather—how could he have a father living in America? "Yes—Rabbi Yosef Eliyahu Henkin of Ezras Torah! He supports me like a father!"

Rabbi Henkin has long passed away, but his legacy of giving lives on through Ezras Torah, the charitable organization he so selflessly led, which has assisted thousands upon thousands of poverty-stricken Jews, first in Europe and later on in Israel, ever since it was founded in 1915, over 100 years ago. In America, Ezras Torah is widely known for its Jewish pocket calendar (in both Hebrew and English) filled with pertinent halachos, and poster-sized Hebrew wall calendar for shuls with comprehensive information about synagogue customs and services plus zmanim for many American cities. However, in Eretz Yisrael, Ezras Torah is known to many Torah Jews and their families as a refuge in times of financial need.

Throughout a typical day, the busy Ezras Torah office in Jerusalem is deluged with requests for assistance. An orphan comes in to beg for financial help to make her wedding. A family calls in desperation—both parents are unemployed and there is no money left to buy food for the upcoming holiday. A third calls with an urgent request—their child has just been diagnosed with a serious illness and they cannot afford the expensive medical treatment required. And the last may simply request a short-term loan to repair a broken fridge. All are helped through Ezras Torah's trademark caring and compassion. Currently, Ezras Torah assists over 6,500 Torah Jews in Eretz Yisrael per year.

Ezras Torah's generosity is dependent solely on its many donors and supporters. People can either donate to Ezras Torah directly or invest in an innovative endowment-fund program. These endowment funds can be established in memory of a loved one, or in honor of a special person or event, and can be started with a minimum pledge of \$1,000. Each endowment fund is individually named per the specifications of the donor. Donors can choose to direct their endowments to the Free Loan Fund, to be available to the poor in the form of interest-free loans with favorable payment terms. Or they can choose to have their endowment funds securely invested in the United States, with all income sent to Israel monthly as outright grants to the poor. This way, monies are safeguarded in US currency and protected from the vacillating value of the Israeli shekel. When a fund is established in memory of a loved one, Ezras Torah will arrange for Yahrzeit, Kaddish, Mishnayot and other memorial services upon request.

Throughout the many vicissitudes of life in Israel, Ezras Torah is there to lend a helping hand. Over 85 percent of the money Ezras Torah raises goes directly to its programs, which include:

**Hachnosas Choson ve'Kallah**—Wedding Fund for Orphans. Often, when a new couple is engaged, their time of joy turns into a time of stress and sorrow, as they worry about covering the myriad costs associated with a wedding. This stress is magnified in the case of an orphan groom or bride, as they have no parents to turn to. Ezras Torah gives sizable financial grants to orphaned brides and grooms to help them prepare for their weddings or set up new apartments.

**Keren Refuah**—Emergency Medical Fund. Many families struggling with serious illnesses are simply unable to pay the exorbitant medical costs needed for proper treatment. This program offers financial



help to those who cannot afford the medical treatment, testing, surgery and rehabilitation they so desperately need.

**Jewish Holiday Grants**—While the advent of the Jewish holidays such as the Yomim Noraim, Sukkot and Pesach is meant to be a joyous time, the poor desperately wonder how they will be able to afford all the costs associated with the holidays—building a sukkah, finding an etrog and lulav and buying matzot and food. New clothing and shoes are dismissed as an unimaginable dream. Ezras Torah provides financial aid to needy families so they too can enjoy the holidays.

**Housing Grants and Loans**—The cost of a new apartment in Israel is exorbitant. In worst-case scenarios, families may live in basement bomb shelters for lack of a better alternative. Ezras Torah offers interest free-loans and when necessary, outright grants, to help growing families to purchase new apartments or expand current homes.

**Free-Loan Fund**—Ezras Torah offers interest-free loans to thousands of people annually. Such loans help tide struggling families through challenging periods while keeping their pride and dignity intact. Once these loans are returned, the monies are again recycled to lend out to other families in need.

A 2015 national survey revealed that nearly one out of three Israeli children live in poverty, making Ezras Torah's aid more urgent than ever. Ezras Torah needs your assistance in order to keep supporting Israel's poor Torah families. Rabbi Yosef Eliyahu Henkin, ZT"l, and the wizened old Jew of Tzfat who considered him a father may have both long passed away, so too HaRav Dovid Lifshitz, ZT"l and Rabbi Emmanuel Gettinger, ZT"l past presidents of Ezras Torah have passed away. But let us show our Israeli Torah brethren that they still have compassionate brothers and sisters in America.

### August 10th Ezras Torah Event in Fair Lawn

There will be a fundraising event in Bergen County with refreshments served on Wednesday, August 10, 6 Menachem Av, with Mincha at 7:40, in the home of Rabbi & Mrs Shmuel Leifer, 8-28 Fairhaven Place, Fair Lawn. Please attend and contribute generously. Contributions can also be sent to Ezras Torah, 1540 Route 202, Suite 2, Pomona, NY 10970 or made online at [www.ezrastorah.org](http://www.ezrastorah.org).



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# NCJW's 'Back 2 School Store' Helps Empower Young Students

By Sharon Mark Cohen

The National Council of Jewish Women—Essex County Division, "NCJW/Essex," brought the spirit of tikkun olam to new heights on Sunday, July 31. Together with Congregation B'nai Shalom in West Orange, the organization created a "Back 2 School Store" and resource center for economically disadvantaged children and their families. This was the program's eighth year and, as in past years, NCJW/Essex brought volunteers to set up a makeshift store inside the synagogue.

Growing from 235 children, who were sent under recommendation from 13 social service agencies in 2009, participating students numbered over 650 from neighboring Essex County communities this year. The students were determined to be economically disadvantaged by one of the now 32 participating social service agencies.

The idea first came from NCJW in St. Louis, Missouri, which started a Back 2 School Store about 15 years ago. Three chairwomen from NCJW/Essex traveled to St. Louis a full year before piloting the program in New Jersey, to get suggestions and inspiration from the already established program.

The program is not open to the public and not advertised. Students from kindergarten through fifth grade come to the store only by the recommendation of approved agencies, and are pre-registered and given name tags upon check-in. They are then paired with a personal shopper.



Volunteers help children get ready to try on clothes and shoes.

Shari Harrison, 2016-2018 president of NCJW/Essex, noted that the same amount of merchandise was available in the morning as at the end of the day, so no matter what time the children shopped they were afforded the same selection. The clothing was all purchased by NCJW volunteers through generous donations by over 60 individuals, families and businesses. There were freshly stocked shelves and hangers available from 9 a.m. to 4 p.m., with 24 dressing rooms. The children were not allowed to leave without trying on the clothing and shoes.

Asked about the proverb, "Give a man a fish and you feed him for a day, teach a man to fish and you feed him for a lifetime," one of the three co-chairs of the event this year, Jill Sorkin Johnson, responded, "...[It's] so rewarding for everyone...the kids, parents



and volunteers. They are not just handed a fish, ... [but this is] teaching the kids to choose and make decisions. They have to decide themselves what they look good in. It's the self-esteem. They get to choose the clothes and supplies themselves and feel empowered. That's the beauty of the day."

She went on to tell the story of one girl who said her mother told her she had to pick a black or blue coat so that her younger brother could wear it after she outgrew it. Heartwarming, her personal shopper told her that she could choose the pink or purple coat she really wanted and her brother could come and pick his own coat.

Ally Friedman, an intern at NCJW and rising sophomore at Tulane University, was moved by the confidence the kids got from picking out the clothes. They saw they could be leaders in their own lives, making their own decisions and not having their parents tell them what to get. She felt it was a good way to unite people of different faiths and break down barriers.

Over 475 volunteers kept the children safe and rotating, in 45-minute shifts, through the various selections of new clothing and shoes, as well as fresh school supplies and toiletries, at no cost to them or their families. The volunteer positions ranged from personal shoppers and dressing-room assistants, to security personnel and those who restocked the items.

Some of the volunteers requested to work with the children, while others preferred to be behind the scenes. Sorkin Johnson pointed out that there were Spanish-speaking volunteers and adult personal shoppers, as well as those who were professionally qualified to shop with children with special needs.

While the children were in the room with their personal shopper, parents and caregivers were in the Gaelen Family Resource Center, where there were booths set up regarding health screenings and education, as well as community services and

career opportunities. Harrison said there were also police on hand to do fingerprinting of the children for the National Child ID program.

Sorkin Johnson mentioned that the thank-you notes from the parents and agencies over the years would often bring tears to the committee members, and that the youngest of the children would send notes with their handprints. Just watching the children standing in front of the full-length mirrors outside the dressing rooms, sporting their new outfits and pleased smiles, was enough to make anyone feel the joy.

NCJW volunteers took over the synagogue space for a week and a half to set up, use and break down the store. When Rabbi Robert Tobin, spiritual leader of Congregation B'nai Shalom, gave the invocation, Sorkin Johnson relayed that he said it "truly means so much for the synagogue to help the community, and brings him and the congregation great joy."



The information was provided in Spanish for the non-English speakers.



One of the participants makes clothing selections.

Preparation for the 2017 store has already begun. For more information about the Back 2 School Store, please access [www.ncjwessex.org/volunteer/back-2-school-store/](http://www.ncjwessex.org/volunteer/back-2-school-store/).

## Bris Avrohom Holds Men's Halacha Class

Bris Avrohom holds a men's halacha class twice monthly on Monday evenings. Topics include the laws of Shabbat as well as insights into the weekly parsha. The classes are facilitated by Rabbi Avremy Kanelsky, youth and Torah education director at Bris Avrohom, at his home.



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## Dots & Dashes: Rabbi Donn Teaches Hebrew Basics in Caldwell

Many people learn through osmosis, but questions often remain as to how, exactly, to do certain things. Dots & Dashes is a learning opportunity in a safe environment to help get things straight and know precisely how Hebrew vowels, letters and words sound, are formed and sung. Every member of the group will be taught according to his or her ability, from the advanced to the novice. The class will work on perfecting the articulation and singing of Kiddush, Kaddish and other commonly recited prayers.

Many people, even those who have grown up observant, are unaware of how to properly pronounce and articulate Hebrew words. There is a right way and a wrong way to read words in Hebrew. The beauty of this class is that all doubts will be removed, and participants will be able

to feel confident in their knowledge, understanding and execution of the prayers in shul and at home.

Rabbi Donn Gross, spiritual leader of Congregation Bet Dovid, will be the class instructor. He has been a chazan and baal koreh for 30 years and spent several years studying at the Belz YU Cantorial School. His background is extremely varied—from Litvish to YU Modern Orthodox to Lubavitch, with a sprinkling of Conservative exposure to round things off—he is therefore well suited to meet the needs of a class whose participants come from differing backgrounds.

For more information, and for a schedule of class times, please contact Rabbi Gross via the shul's Facebook page at <https://www.facebook.com/Congregation-Bet-Dovid-965006876863103/>.

## MIDDLESEX NEWSBRIEF

### Genealogy Club of Central Jersey to Meet in Highland Park

The next meeting of the Genealogy Club of Central Jersey (GCC) will be Thursday, August 11 at 7 p.m. at Ahavas Achim in Highland Park. The meeting will be devoted to one of the club's periodic workshops for solving individual genealogical problems. Persons seeking help in furthering

their genealogical research should attend. In order to provide some structure for the meeting, and to use time as effectively as possible, please send a short synopsis of the issue with which you would like assistance (e.g., what you've already tried and what you want to find out) to [reiss@rci.rutgers.edu](mailto:reiss@rci.rutgers.edu). Persons who send a synopsis will receive priority.

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## Inaugural JNF Brunch Held in Monroe

By Marina Brodetsky

Over 150 eager and excited individuals filled the room at the Towne Centre Clubhouse to show their support for Israel during Jewish National Fund's first-ever Garden State Summer Brunch on July 17. The event brought in a substantial display of monetary support from the Monroe community. The overwhelming response from attendees is an indication of the tremendous work that JNF is doing, which resonates across the world, activating people to get involved in such a meaningful cause.

Rebecca Shimoni-Stoil, Washington correspondent for The Times of Israel and a PhD candidate at Johns Hopkins University



Speaker Rebecca Shimoni-Stoil



Guests enjoying the JNF Summer Brunch

sity, gave the keynote address at this year's highly anticipated event. Her remarks focused on the US-Israel relationship and the future thereof.

"It's so exciting to see the growth and popularity of JNF Breakfasts across New Jersey," said Marcy Needle, Central New Jersey Board Member. "Talk about multi-tasking! Where else can you network, eat breakfast, learn about an issue that impacts Israel and see how JNF's vision is translated into action throughout the country—all in an hour? Once you hear the JNF story, you'll want to be a supporter too!"

Attendees of the breakfast got a glimpse into the vision of JNF and how it provides a unique voice in building a prosperous future for the land and people

of Israel. JNF strives to bring an enhanced quality of life to all of Israel's residents and translate these advancements to the world beyond. JNF is "greening" the desert with millions of trees, building thousands of parks across Israel, creating new communities and cities for generations of Israelis to call home, bolstering Israel's water supply, helping develop innovative arid agriculture techniques and educating both young and old about the founding and importance of Israel and Zionism.

To learn more about JNF in Central New Jersey, upcoming events and how you can get involved, please visit [jnf.org/newjersey](http://jnf.org/newjersey) or contact Michael Zimmerman, Director, Central New Jersey at [mzimmerman@jnf.org](mailto:mzimmerman@jnf.org) or 973-593-0095 ext. 822.

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# Bava Kama 60



By Rabbi Zev Reichman

*May these words of Torah serve as a merit le'iluy nishmat Menachem Mendel Ben Harav Yoel David Balk a'h.*

This week we learned Bava Kama 60. These are some highlights.

**Bava Kama 60: He left his loaded gun in the classroom and a child fired it and damaged another boy. Did the adult have to pay?**

A question: A teacher also served as the head of security for a school. He was negligent. He left his loaded gun on his classroom desk and left the room. One of the young children took the gun, played with it, pulled the trigger and a bullet discharged and damaged another child. Did the owner of the gun have to pay for the damage?

Rav Spitz in his book *Mishpatei Torah* ruled that the teacher did not have to pay.

He pointed out that based on lessons early in the tractate we might have thought that he would be liable to pay. On Daf 19, the Gemara taught that if a person leaves a string out and a chicken gets entangled

in the string, with which it then damages, the owner of the string is liable. He is considered a person who lit a fire and the fire then spread. His leaving the string in a place where it was likely that a chicken would take it and then move it is akin to lighting a fire with a flame large enough that a normal wind would spread it to his neighbor's field. The one who lit the fire should have known that a normal wind would come. He is therefore responsible for the damage wrought by the wind. One who leaves out a string near chickens, also, was aware that the fowl would likely get entangled in the string and move it to a place where it would damage. The Gemara also taught that one who placed a stone on a roof, in a location where a normal wind would bring it down to the street, is liable if a normal wind brought the stone down to the street and people were damaged. Perhaps, leaving a gun in a room of children is like leaving a string or a stone in the presence of forces that would likely damage with them. The person who left the gun on the desk should be liable for the damage that the gun caused.

Our Gemara, however, is the source for the ruling that the teacher is exempt from paying for damages. Tosfot explains on our

page, that in the case of the string and the stone, the damager, it was created by the person who put the string and stone in place. The wind and chicken merely moved the damager. If wind would create the damager, there would be no liability. For example, if someone gave a coal to a child and the child then fanned the coal into a flame, the owner of the coal would not be liable to pay. He gave an object that was not a damager to a child. The child created the damager. The owner of the coal would not be liable. If someone gave a child matches, and the child struck the matches into flames and then threw them onto the papers of a neighbor, the owner of the matches would not have liability. The owner of the matches had not created a damager; someone else created the damager.

A gun itself is not a damager. A fired bullet can damage. The child who pulled the trigger and fired the bullet created the damager. The teacher was negligent. However, the negligence was not with a mazik. He was careless with materials that could be turned into a damager. He would be exempt under the laws of man, although he would be morally obligated to pay.

(*Mishpatei Hatorah*)

#### Drastic Times Call for Drastic Measures

A Baraita in our Gemara taught about times of danger. "If there is a plague in the

city, a person should not walk in the middle of the street. For the angel of death will be walking in the middle of the street during times of danger. If there is peace in the city one should not walk along the edges of the street. In times of peace, the angel of death hides in the shadows and creeps along the walls at the street sides." What is the meaning of these statements?

Orach Yesharim explained this lesson as an ethical instruction. Generally, the correct approach is moderation. Rambam rules that one should always adopt the middle approach. One should not be overly emotional. One also should not be apathetic and emotionally detached. A happy medium is to be found for all attributes and traits. The golden mean is represented as the middle of the road. In times of peace, one should avoid the edges. This means one should avoid extreme behaviors. However, the Baraita is teaching that desperate times call for desperate measures. If it is an era of a spiritual plague, then one cannot try for moderation. When the majority of the nation has left observance, those who would like to remain loyal must go to the edges of the street. They must take on extreme measures of piety and holiness so as to withstand the pressure of the masses. In difficult times, holy zealousness is a virtue.

(*Peninei Hadaf, Veshinantam*)

## TEXT INSIGHTS

### Tehillim 116:3: Chevlei Mavet Have Encircled Me



By Mitchell First

Many of us know the term chevlei mashiach. Although this term is not found in Tanach and is a later expression, the word chevlei (root: chet, bet, lamed) is found in Tanach. It has the meaning of the anxiousness and/or labor pains that the expectant mother feels approaching birth. So chevlei mashiach means the period of anxiousness or pains before the coming of the mashiach.

Tehillim 116:3 (Hallel) refers to chevlei mavet. What is the meaning of this phrase? This would be a strange metaphor: a combination of a pre-birth image with a death image. Is this what chevlei means here?

In order to solve this problem, we have to look at the interesting root: chet, bet, lamed. Aside from the meaning we just discussed, it has three other meanings in Tanach: (1) cord, (2) to take a pledge and (3) to cause damage. (A reason the Hebrew letter chet is often found in roots with multiple meanings is that this letter seems to be a merger of two different earlier chet letters. The distinction between these two earlier chet letters is preserved in some of the other Semitic languages, such as Arabic.)

Going back to our original question, the sentence that interests us (Tehillim 116:3) reads: *afafuni chevlei mavet, u-metzarei sheol metza'uni...* The word *afafuni* means **encircled**, and the last three words mean "the **confines** of sheol have found me." All of this suggests that chevlei mavet is utilizing the "cord" meaning of the root chet, bet, lamed.

Our phrase "afafunei chevlei mavet" is also found at Tehillim 18:5. There, in the next verse we find: *chevlei sheol sevavuni* (encircled me), and a reference to *mokshei mavet* (snares of death). These phrases also suggest that chevlei mavet is utilizing the "cord" meaning of the root chet, bet, lamed.

One of the main functions of cords in Biblical times was to trap and kill animals by tying them to a stake. That is the image that "chevlei mavet" of Tehillim 18:5 and 116:3 is trying to conjure. The image is one of imminent mortal danger, of one already entwined in the bonds of death.

The Rishonim on chevlei mavet of Tehillim 18:5 and 116:3 usually interpret it in one of two ways. Some give a "pains of death" meaning, based on the birth anxiousness/pain meaning of chet, bet, lamed. Others point to I Samuel, Chapter 10, where *chevel* seems to mean a "group/band" (probably deriving from a "cord/tied together" meaning); these Rishonim interpret chevlei mavet to mean a group of enemies who are trying to kill.

But the Daat Mikra commentary realizes that all the contextual clues point to chevlei mavet meaning "cords of death" and that the image is one of the trapped animal. However, the Daat Mikra commentary is hesitant to give this as the primary interpretation, because usually the expression "cords of" is punctuated as "chavlei" (with a patach), not "chevlei" (with a segol). (This may also be why the Rishonim avoid the "cords of death" interpretation.) Therefore, the Daat Mikra commentary concludes that the literal meaning of chevlei mavet must be "pains of death," but that the underlying image of "cords of death" and a trapped animal is surely intended as well.

My own review of chevlei in Tanach revealed that even with a segol, the meaning is sometimes "cords of." See "chevlei sheol sevavuni" at Tehillim 18:6 and II Sam. 22:6, and "chevlei resha'im" at Tehillim 119:61. So, there is no bar to adopting the "cords of death" meaning as the primary meaning of chevlei mavet. Of course, even if the primary meaning is "cords of death," perhaps the other chet, bet, lamed meanings of anxiousness/pain, or damage, were intended to be alluded to as well.

For a classic example of a double meaning in Tanach, see Gen. 18:23: *Ha-af tispeh tzaddik im rasha*—Will you **also** destroy the righteous with the wicked? *Af* here cer-

tainly has a double meaning and alludes to the "anger" meaning of *af* as well.

Can we connect the "cords" meaning of chet, bet, lamed with the "anxiousness/pain of pregnancy" meaning? One attempt is made by a midrash that states that within the body of the pregnant woman are cords that hold the unborn infant, and that the undoing of their knots marks the onset of labor. Alternatively, S. Mandelkern suggests that the pregnant woman is writhing and twisting as if she was tied.

Now, I would like to tie up (!) a few loose ends: (1) The root chet, bet, lamed means "sailor" at Yonah 1:6 and four times in Yechezkel Chapter 27. This is because tying a rope was an integral part of ancient sailing. (2) Every day, shortly after Baruch She-Amar, we recite the following phrase from I Chronicles 16: *Lecha eten Eretz Canaan, chevel nachalatchem*. Here, *chevel* has the sense of a surveyed and allotted tract of land. Why? Because it was surveyed and measured with a cord!

Mitchell First is an attorney and Jewish history scholar. His recently published book, "Esther Unmasked: Solving Eleven Mysteries of the Jewish Holidays and Liturgy" (Kodesh Press, 2015), is available at the Judaica House in Teaneck and at amazon.com. He can be reached at MFirstAtty@aol.com.

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## A Yemenite Sefer Torah at Shaarei Orah

By Rabbi Haim Jachter

An amazing new addition to Congregation Shaarei Orah, the Sephardic Congregation of Teaneck, arrived last week. Beloved and long-time Shaarei Orah members Rachel and Itamar Carmi presented the beautiful 50-year-old scroll to our congregation to the delight of all.

One congregant posed a poignant question. He heard that the Yemenite Sefer Torah differs from the Sefer Torah of other Jews. He wondered whether the differences rendered the Torah invalid for use by those who are not part of the Yemenite Jewish community.

I responded that Hacham Ovadia Yosef (Teshuvot Yehave Da'at 6:56) endorses the use of Yemenite Sifrei Torah by all Jews. He notes that there are only two differenc-

es in the lettering of the Yemenite Torah scroll. One difference is the letter yod in Bereishit 9:29. Yemenite Torah scrolls state "Vayehiyu bnei Noah" and other Sifrei Torah state "Veyehi bnei Noah." The other difference is in regard to the word "daka" (Devarim 23:2) from the phrase "petzua daka." The Yemenite tradition is to write an alef as the last letter in the word daka and others write it with a heh at the end of the word. Rav Yosef said that there has been considerable dispute regarding the spelling of these two words and there is ample and copious support to both the Yemenite tradition and the tradition of the rest of Am Yisrael. Thus, Hacham Ovadia concludes that it is acceptable for all Jews to use the Yemenite Sefer Torah.

When I told this to the Shaarei Orah member, he was astonished. He was rightfully amazed that despite the many thousands of years and miles apart, the only

differences were in two letters. He expected the differences in the lettering to be far more dramatic, given the degree of separation among the Jewish people.

This fact, indeed, is both amazing and instructive. It is a dramatic testimony to the dogged determination of all Jewish communities to maintain the integrity of the Torah, despite any and all challenges. In every Jewish community throughout the far-flung Jewish world, scribes, scholars and ordinary Jews assiduously and scrupulously preserved the tradition as passed from one generation to another.

The result is equally dramatic. Despite the many miles of separation, we preserved a unified Torah text, ensured that we remain *am ehad*, one nation. Rav Saadia Gaon famously asserted that "*Ein umoteinu umah ela b'Toratah*" (our nation is a nation only by virtue of its Torah). The Torah text unifies all of the Jewish people

and, more than anything else in Jewish life, the unified Torah text has maintained us as one nation.

The Gemara in Ta'anit famously relates the cogent and central lesson expressed by an elderly Jew to Honi HaMa'agel: "Just as my ancestors planted for me, so too I plant for my descendants." Just as Jews in every community maintained the Torah text without deviation and left a precious and unparalleled legacy of Jewish unity, so too must we make every effort to faithfully and loyally pass our mesorah/tradition to the next and future generations in an authentic manner, in keeping the unified path of our people throughout its journey through history and toward the ultimate redemption.

Rabbi Haim Jachter is rabbi of Congregation Shaarei Orah, the Sephardic Congregation of Teaneck.

## A Lesson From a Rest Stop

By Rabbi Eliezer Zwickler

In my family, when we drive on vacation, we have our set rest stops we visit when taking a familiar trip. As we have family in Baltimore, the rest stop on Interstate 95 in Delaware has always been a favorite destination along our journey. When traveling on an unfamiliar path, I may stop at a rest stop but may not notice or remember nor document its location. The objective is to get to our destination; the rest stop is just a moment in the journey.

For me, there is something intriguing about observing people and their disposition when at a rest stop. Some look awfully tired, while others appear full of excitement. At times, families may be taking

pictures so that the stop in their journey is documented and can become a memory.

This week we finally catch up with the rest of the Jewish people, as far as kriat ha-Torah is concerned, by reading the double parsha of Matot and Masei. Since Pesach, we have been a week behind Israel according to parsha order.

The Torah details 42 segments of the journey of Bnei Yisrael through the desert on the way to Eretz Yisrael. Were these stations along the way significant? What was the need to document each rest stop on the journey of our nation to reach its objective, entering the Land of Israel? Rav Nissan Alpert, zt"l, explains that stations are metaphors for our journey through life. Stations, segments, rest stops, are symbolic of the challenges we face as individuals through our own personal journey. When we reach a rest stop, we tend to take stock of how far we

have traveled already on our journey, and how much more we have to travel. While this is true when driving in a car, it is also true when we face our personal emotional and spiritual journeys. A rest stop affords us the opportunity to look at how many miles we have traveled, and gives us the courage to continue our journey with the words of "we are almost there" ringing in our ears.

For many of us, a rest stop gives us a chance to look back and internalize the lessons of our journey up to the current point, and adjust the next segment of our travel accordingly. For some, it may mean our ability to make amends with errors of judgment in the past, and resolve to strengthen our sense of self moving forward. For others, it may be a chance to memorialize the happiness of past experiences, to reflect upon that which we may have lost and gather the courage to move forward in a different path.

Rav Alpert suggests that people experience failures in life's journey different-

ly. While some respond with resignation and disappointment, others treat failure as an opportunity for growth. The journey of Bnei Yisrael in the desert included many bumps and curves. Each stop along the way had a lesson within it. For this reason, the Torah detailed each location. With the help and support of Hashem, they survived and eventually thrived, through the acceptance of responsibility, tenacity, courage and the ability to learn from their errors.

The same recipe can be effective for our own personal journeys through life and the challenges that come our way. So, as we continue our summer journeys, don't just let a rest stop pass by as we are on our way. Yes, a "rest stop" can be a life-altering experience.

Rabbi Eliezer Zwickler is rabbi of Congregation AAB-J&D in West Orange, NJ, and is a licensed clinical social worker in private practice. Rabbi Zwickler can be reached at ezwickler@gmail.com.

## BRINGING THE PROPHETS TO LIFE

## My Father, Master of My Youth

By Rabbi Neil Winkler

This week's haftarah, the second of the "tlat d'pur'anuta," three haftarot of punishment that precede Tish'a B'av, is taken from the second and third chapters of Yirmiyahu and is a direct continuation of the selection that we read last week. This, the first prophecy that the navi addresses to Israel, accuses the people of being disloyal to God. By turning to the false gods of other nations, Israel abandoned their faith in the one God and, by doing so, were even worse than the nations who remained faithful to their gods. That faithlessness, Yirmiyahu argues, is what led the people to be ungrateful, for when one doesn't believe that Hashem is the One, the only, the all-powerful, he will not see Him as the source of all blessing and all good and, therefore, deserving of our thanks.

Sadly, Israel was led onto this wayward path as a result of the blessings God had showered upon them. Their success led them to believe that they are a privileged nation, protected by God, whose Temple stood in their midst, and, as they mistakenly believed, who would never allow His Temple to be destroyed! Even while under the Babylonian siege the Jerusalemites chose to heed the words of the false prophets rather than look into their own actions and repair their ways. This is why the prophet cries out to them: "How can you claim: 'We have not sinned?' Look at your path in the valley (perhaps referring to Gei Ben Hinnom, where they practiced Molech worship of child sacrifice) and see what you have done!!" Tragically, Yirmiyahu's words remain unheeded, for Israel fails to realize that she is only "privileged" when she accepts her divine responsibilities and "chosen" only to carry out God's mission for her.

With the approach of Tish'a B'av, the haftara reminds us to repair that sin by tak-

ing a fresh look at our lives and recognizing God's presence and His kindness that surround us. By doing so, we would be more aware of the many blessings we have received and better appreciate God's benefice so that we could properly thank Him for it. Only in that way can we fulfill God's

wish that He expresses at the end of the haftara: "Oh, if you would but once again call me 'My Father, Master of my youth.'"

Rabbi Neil Winkler is a past rabbi of the Young Israel of Fort Lee and now lives in Israel.

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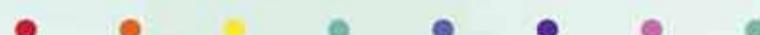


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# Polish Holocaust Story by Fair Lawn Native Dispels Myths

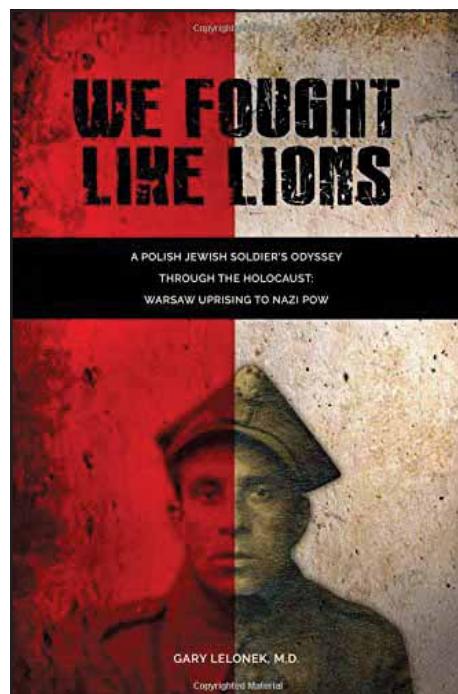
By Robert Isler

*We Fought Like Lions: A Polish Jewish Soldier's Odyssey Through the Holocaust: Warsaw Uprising to Nazi POW*, by Gary Lelonek, M.D., CreateSpace Independent Publishing Platform, May 2016, \$13 (soft cover).

During World War II, Jews marched into the gas chambers like lambs to the slaughter. They rarely showed any form of resistance. So goes the common misconception. Dr. Gary Lelonek wrote *We Fought Like Lions*, based on his grandfather's exploits during the war, largely to dispel that myth.

Dr. Lelonek, who was born and raised in Fair Lawn where his parents have lived for over 35 years, didn't set out to prove anything when he first embarked on his journey of discovery. He knew little of his family's history and simply wanted to learn. So, back in 1999, he began to do research along with his brother-in-law. His grandfather had died five years before this undertaking began, and wasn't one to share his experiences when he had the opportunity. He simply didn't want to talk about it.

What Dr. Lelonek did know was that his grandfather had six siblings, five of whom had settled in Israel after the war, with the whereabouts of the sixth unknown. After essentially putting his search on hold for a decade, Dr. Lelonek, in 2010, contacted the International Tracing Service (ITS), housed at the US Holocaust Memorial Museum, hoping his grandfather's missing brother, Chaim Lelonek, had somehow registered



Three generations of Leloneks

with them. This could peel away some of the mystery. After a two-year silence, the first breakthrough occurred in May of 2012. He received 36 documents, ship manifests, DP Camp stops etc. on the movements of Charles Lelonek for the five-year period after the war. What astonished Dr. Lelonek was that Charles Lelonek, who the ITS thought was the missing sibling Chaim because of similar names, was actually his own grandfather. One thing led to another, and Dr. Lelonek soon hit pay dirt. He learned that in 1981, his uncle was taking a

History of the Holocaust class, and had an extensive taped interview with Charles Lelonek for the project. His uncle's copies of the tapes were in bad shape, but a duplicate had been given to the Museum of Jewish Heritage. A curator retrieved and sent the two CDs, which revealed a story recorded over 30 years earlier.

Charles Lelonek was instrumental in a decision that very well may have saved the lives of his entire family. They lived in a Polish town called Sierpc, and had occupied the same house for 250 years. It was 1939

and they were among the first sets of Jews forced to wear the yellow star. The true nature of the Nazis was not yet apparent, but they were forcibly evicted from their town to Warsaw in the period leading up to the rounding up of Jews to the ghetto. The choice was to remain in Warsaw, or take their chances by fleeing to the Soviet-occupied eastern portion of the country. Charles was uncomfortable that all Jews were told by the Nazis to gather into one central location. His persuasiveness won out. After he convinced his parents to take the dangerous journey, his father said, "I will take my talis and tefillin and see what's going on." Less than a year later, they were sent to Siberia. Once Hitler attacked Russia all bets were off, and Stalin allowed the formation of the Polish People's Army, a nationalistic division of the Russian Army whose goal was to liberate Warsaw and other eastern European cities. It was composed of both Jews and non-Jews, and it was where the 27-year-old Charles Lelonek got his start as a resistance fighter.

The book goes on to detail the areas of training the makeshift army received, the machine guns, artillery and other weaponry used, and Charles Lelonek's description that they all felt they were fighting for the right cause and were readily willing to give their lives for it. The Polish People's Army went on to help liberate the cities of Lublin, Kovel and Kharkov, among others, and were often involved in hand-to-hand combat. "We fought like lions," is one of the

CONTINUED ON P. 34

An advertisement for Eitankatz Pure Simcha. The top half features a black and white photo of a man singing into a microphone. The word 'EITANKATZ' is written in large, gold, serif capital letters above the photo. The bottom half has decorative gold scrollwork on either side. The text 'PURE SIMCHA' is in gold, followed by 'PROVIDING THE PERFECT BALANCE OF PROFESSIONALISM AND CLASS, ALONG WITH THE HIGHEST LEVEL OF SINCERE, LEIBEDIG, AND PURE JEWISH MUSIC'. At the bottom, there are three contact details: 'WWW.EITANKATZ.COM', '718.770.7973', and 'INFO@EITANKATZ.COM'.

# A License for Independence



By Oren Oppenheim

Over a year ago, I wrote a column about how I was preparing for my permit test and how I was getting ready to take to the roads. Almost a year after I took my permit test for the first time, I took it a second time (note to self: don't take government-made written tests during final exams!) and at last got my permit. What was I up to in between? Email me and I'll send you links to the Ramaz 11th-grade syllabus, plus the College Board website. But at last, in December 2015, I got my permit and scheduled my road test for June 30th...which eventually got pushed off because of a summer program.

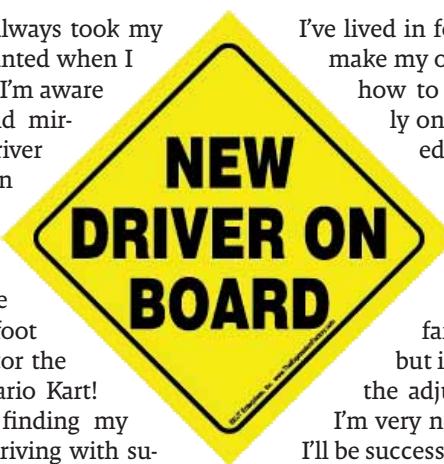
Yes, it seemed for a while as if I'd never actually drive, allowing all of you to breathe a sigh of relief that I would not be taking to the roads. But breathe easy no longer, as towards the end of July I finally took and passed my road test, and received my probationary driver's license! Watch out, America, because I'm taking to the roads! (Actually, I'm currently the world's Most Defensive Driver™, so you all have nothing to worry about.)

I suppose one day I'll feel fully comfortable behind the wheel, but right now (despite having done practice driving for over six months, and having taken six hours of formal lessons) it still feels novel, and slightly nerve-wracking, every time I go

in the driver's seat. I always took my parents' driving for granted when I was younger, but now I'm aware of all of the dials and mirrors and details a driver needs to pay attention to. Also—perhaps we can blame Nintendo for this—I know that when driving, one does not keep his foot down on the accelerator the entire time like in Mario Kart! Jokes aside, I'm still finding my footing, and I'm still driving with supervision for the time being so that I can become more adept before I start travelling on my own, but it's nice to have at least finally made it to that point.

By becoming a licensed driver, I've transitioned from being a frequent passenger to someone who can sit behind the wheel; I've been afforded more independence and responsibility because of my age and experience. It's pretty appropriate that this happened at this stage in my life, which is a stage where I'm slowly being afforded more independence and responsibility in general—even as I face a massive paradigm shift in my entire life.

I've finished high school, and in a few short weeks (!!!) I'll be all packed up and flying to Israel to begin my gap year in Jerusalem. It's hard for me to believe that before I know it, I'll be living independently a few thousand miles away from the area



I've lived in for all my life, having to make my own decisions and learn how to function independently on a level I've never needed to before. Of course

I'll be in touch with my parents through WhatsApp and Skype, and I've got plenty of friends and family in the Holy Land, but it's still going to be quite the adjustment. To be honest, I'm very nervous. I'm hoping that I'll be successful, but I have very little idea of what it's really going to be like. But—like my experiences driving and earning my license—I'm going to keep pushing forward. When I'm given more

independence and responsibility, I'll do my best to use it in the right way, to stick to the right road (apologies for the driving pun!) and to do the right thing, even when faced with a new set of rules and experiences. After all, as cliche as it sounds, that's part of growing up, and I'm ready to look beyond the "permit and road tests" of high school to the uncharted road that is the rest of my as-of-yet unwritten future.

Oren Oppenheim, 18, is an alumnus of Ramaz Upper School in Manhattan and lives in Fair Lawn, NJ. This coming fall he will be attending Yeshivat Orayta in Jerusalem; he will start college at the University of Chicago in 2017. He is currently a high school intern at the Metropolitan Museum of Art. Contact him at orenoppenheim@gmail.com.

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## The Sandwich Generation



By Banji Latkin Ganchrow

When one thinks of a sandwich, usually pleasant things come to mind. After all, what is more delicious than a corned beef on rye with Russian dressing? Unless, of course, you prefer a tuna on toast or a peanut butter and jelly. Though, peanut butter has gotten a pretty bad rap lately because of all the allergies. In any event, you can't really go wrong with a good sandwich. That is why I am curious as to why the pleasant thoughts of a tasty meal have been thrown into a mildly unpleasant stage of life referred to as the "Sandwich Generation."

I have heard this phrase throughout the course of my life, but have only recently come face to face with its harsh reality. Here I am, in the middle of two stages of life. I have my beautiful boys on one side, and my beautiful parents on the

other side and I am in the middle, holding the generations together and taking care of everyone on either side of me.

My maternal grandparents both died relatively young. My mother was only 45 when she was orphaned. In the years they were alive, she was a very devoted child. Having my dad drive her into the city to keep my grandmother company when my grandfather would have dialysis, bringing their favorite foods in to keep them sated. When my grandfather died, my grandmother was at my house all of the time. We were roommates. She taught me that you can eat an apple after you brush your teeth and nothing bad will happen.

My mother taught me the importance of taking care of those who cared for you. This is not an easy task. On the one hand, you have your children who still need you. Of course with only boys, they really only need me for, well, everything—laundry, food, food, laundry. (Is there an-

ythng else? Oh yes, carpool and to drive them to college basketball games in random locations). Then there are my parents. For the past two years, my dad has had some mobility issues. No one seems to have any answers, and any treatments that they were hopeful about have ended with a further decline. There is a fine line between wanting to help your parents and having them become dependent on you—for rides, for trips to the supermarket, for changing the lightbulbs. It is done out of love and not obligation.

Most recently, my dad developed sepsis and cellulitis, which resulted in an extended hospital stay. As I write this, he is in rehab, learning how to walk again. Denial seems to be the most powerful defense mechanism in this situation. Hoping that life will go back to "normal," but realizing that things will never be the same. Things you take for granted, like being able to stand up by yourself. So, perhaps, denial and depression.

How do you leave your parent alone in the hospital or rehab? How do you not spend your day worrying about them

and advocating for the best care possible? This is all part of the untasty sandwich. The trying to be in three places at one time and being present for everyone. You forget about yourself. Which isn't necessarily a bad thing, until you decide to treat yourself to having your hair done and the owner of the salon gasps in horror when you walk into her shop. Or you get a free trip to Israel and your husband has to step up to the plate because there is no one else to help. It seems you need to turn off the part of your brain that allows you to imagine all of the bad things that could happen.

Would I trade who I am with someone with less empathy and more apathy? Never. Because who I am is from my parents and hopefully, my boys will learn from that. Even if they don't, I tried my best to set a good example.

Though sometimes, I wish a sandwich were just a sandwich.

Banji Ganchrow hopes to make you laugh again next week...and she hopes to laugh as well.

## Aging Kids



By Mordechai Schmutter

You know what I noticed, as my children are hitting the double digits? Apparently—and get ready to fall over here—kids that are older are harder to parent than kids that are younger. Bigger kids, bigger problems.

I can't be the first person to notice this, right?

I tried calling my parents, but am getting absolutely no sympathy from their end.

I mean sure, we complain about the "terrible twos," and how toddlers run around and don't really understand every word we say when we tell them not to do things. Who flushes a potato?

Older kids, on the other hand, can understand you, but they still don't listen. Or they don't hear you, because they're trying to concentrate on who-knows-what and they can't think because you're right over them saying... something. I don't know.

Where do they learn to tune out adults? Is this something they pick up in school?

Another thing is that when all your kids are little, there are fewer of them. I have more kids now than when I had two little kids, and two of them are still little. And as it turns out, each kid has his or her own needs that you have to deal with at the same time, and while you're dealing with one, the others pass the time by fighting. And that becomes your problem too.

"Oh my goodness; you're fighting again? I just settled a fight!"

"No, this one's dumber!"

You also occasionally get calls from the school, and they make it sound like you're the only one whose kids have issues.

"Am I?" you ask.

"Um, I have to go," the principal says. "I have another meeting."

But they do have helpful advice:

"Get them to go to bed earlier," they say. "Also, make sure they do all their homework."

Well, it's either one or the other.

And don't even get me started on bed-

times. Yes, they have official bedtimes, but that's a losing battle. Let's say you want your kids to go to bed at 7. Let's say you have an occasional victory where they actually go to bed at 7. You won, right?

Wrong. Because pretty soon it's their birthday, and they have to go to bed a half hour later, because at a certain random date dictated by the sun and the moon, they will suddenly require less sleep. You think that gets better when they're older? You think at some point they learn and go, "Oh, they're telling me to go to bed for my good"?

But there's no good way to get them to go to bed. At least with little kids, if they don't do what you say, you make them do it. How do you get bigger kids to do anything? You can try saying, "1...2...3!" and then chasing them up the stairs, but that just gets their blood pumping, and there's no way they're going to sleep now. They can't fall asleep after running up the stairs for their lives. Can you go to bed right after a workout? Ha. Workout.

I have an 11-year-old, and I still go "1...2...3," only now she's old enough to realize that there's no real consequence when I get to 3. It's basically just chasing them to where they're supposed to go. So sometimes I have to come up with a punishment. But what?

They say that slapping is a lazy punishment, and I get it. But I have to come up with a new punishment every time, and I have three seconds to come up with something that fits the crime and is tough but fair while I count, each number progressively louder. Am I stalling for time? I bought myself three seconds.

And when I do think of something, it's usually not that impressive, and they're like, "That's it? That's what we were scared of?"

Or else it's way too repressive:

"That's it! You can't leave the house until you're 30!"

And I don't realize until afterward how harsh that was.

Wait. Why would I want them here until they're 30? They don't even listen!

But in addition to constantly thinking of new punishments, you have to be rigidly consistent about them, or else one kid

goes, "The last time I did something sort of like this, you gave me a worse punishment!" And I'm like, "That was three years ago; how am I supposed to remember that? Maybe I was shocked when you did it, but now you've jaded me."

They have long memories, and they commit to memory all the punishments I've ever given them, because apparently they do make an impression. They can't remember something I asked them to do a minute ago, but they remember how I punished them for it last year.

What am I supposed to say? "Go to your room until I can think of a punishment?"

I can't get them to go to their room when it's bedtime. Do I have to sit outside their room and make sure they stay in there? Why am I punishing me? And how am I going to quietly call my parents and ask for advice from right outside their door?

Not that it matters. My parents are still not being helpful.

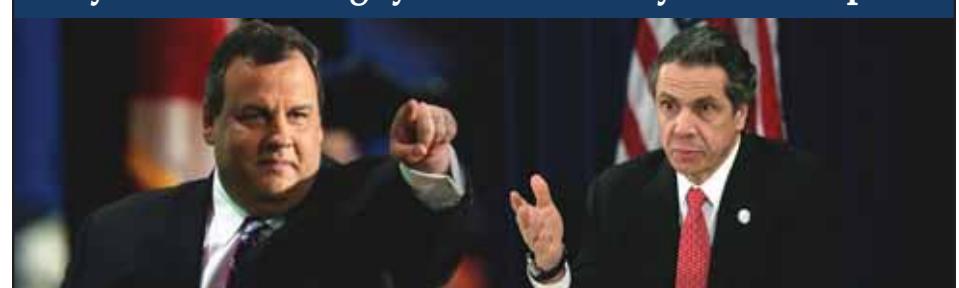
Mordechai Schmutter is a freelance writer and a humor columnist for Hamodia, The Jewish Press and Aish.com, among others. He also has five books out and does stand-up comedy. You can contact him at MSchmutter@gmail.com.

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# Israeli PM Netanyahu Visits ALEH's Rehabilitative Village in the Negev

Jerusalem, Israel—On Thursday, July 28, Israeli Prime Minister Benjamin Netanyahu and his wife, Sara, visited the Negev-based rehabilitative village of ALEH ([www.ALEH.org](http://www.ALEH.org)), Israel's foremost network of state-of-the-art facilities for children with severe physical and cognitive disabilities, to pay tribute to Major General (res.) Doron Almog, recipient of the 2016 Israel Prize for lifetime achievement and contributions to society and the state.

Major General Almog, the Chairman of ALEH Negev-Nahalat Eran, and his wife, Didi, led the Prime Minister and his wife on a tour of the rehabilitative village, including stops at the integrated kindergarten for children with severe disabilities and their regularly abled peers, the outpatient physical therapy clinic and the intensive care ward. The Prime Minister also met with several national service volunteers and active IDF soldiers who give of their free time to volunteer at ALEH.

"Here at ALEH, we saw 'Love thy neighbor as thyself,' the central tenet of Judaism and the guiding principle of humanity, put into action. Here there is an understanding that everyone has a soul, and men, women and children of all abilities—whether they be Jews, Christians, Arabs or Bedouins—are treated equally, with deep and unending love," commented the Prime Minister following the tour.

"Through its work with our most severely disabled citizens, by giving deep respect and loving care to each and every one



Prime Minister Benjamin Netanyahu and his wife, Sara, greet students at the integrated kindergarten for children with severe disabilities and their regularly abled peers, while Major General Doron Almog and ALEH Negev CEO Avi Wortzman look on. PHOTO CREDIT: LENS PRODUCTIONS



Prime Minister Benjamin Netanyahu and his wife, Sara, pose with Major General Doron Almog; his wife, Didi; ALEH Negev CEO Avi Wortzman; JNF CIO Eric Michaelson and a group of ALEH residents and volunteers. PHOTO CREDIT: LENS PRODUCTIONS



Major General Doron Almog and Avi Wortzman, CEO of the ALEH Negev, introduce Prime Minister Benjamin Netanyahu and his wife, Sara, to some of ALEH's older residents. PHOTO CREDIT: LENS PRODUCTIONS

of them without exception, ALEH exemplifies the very essence of both Judaism and humanity."

Sara Netanyahu, a licensed child psychologist, added that ALEH's educational model is ideal for individual and societal growth. "When children of all abilities and backgrounds are brought together in this way, cared for by individuals who value nationalism and volunteerism, and are taught to focus on their similarities and capabilities, rather than their differences and disabilities, they will grow up



Prime Minister Benjamin Netanyahu and his wife, Sara, play with a young ALEH resident in the rehabilitative village's intensive care ward. PHOTO CREDIT: LENS PRODUCTIONS

to be kinder, gentler and more complete adults, and our society will reap the benefits."

Since 2005, the Negev-based rehabilitative village, one of four ALEH facilities across Israel, has provided a continuum of residential care for more than 200 children with severe physical and cognitive disabilities as they grow from adolescents into young adults. In addition to providing services and outpatient care to thousands of individuals from Israel's southern region, including rehabilitative treatments

and therapies, dental care, physiotherapy, hydrotherapy and communication and speech therapy, ALEH Negev also invests heavily in the region, currently employing close to 300 local residents.

"ALEH Negev is a vital component to southern Israel's growth, and today's visit by the Prime Minister shows the importance of this facility, as well as the impact of JNF-USA donors, who allow the ALEH staff to provide the best treatment and care available," said Eric Michaelson, Chief Israel Officer for Jewish National Fund in Israel (JNF-USA). "We are proud to support and partner with Major General Almog and the many dedicated professionals and passionate volunteers who work at ALEH Negev to ensure that no Israeli is ever left behind."

A decorated soldier, Almog gained renown for his role as the first Israeli paratrooper reconnaissance commander to land at the daring rescue mission in Entebbe in 1976, and later for his participation in Operation Moses, which brought thousands of Ethiopian Jews to Israel in the 1980s. As the head of the IDF's Southern Command from 2000-2003, he protected Israel's southern border from infiltration by terrorists from Gaza.

After retiring from the IDF, Almog joined forces with ALEH and dedicated his life to helping individuals with special needs live to their fullest potentials.

"I am so grateful to Prime Minister Benjamin Netanyahu and his wife, Sara, for visiting ALEH, as this visit is a powerful message indicating the Israeli government's commitment to both developing the Negev and providing the best possible support and care for the weakest members of our society," said Major General Almog. "With the government and the JNF as our partners, we will continue to lead a revolution in caring for Israel's special needs population, making the desert bloom with compassion."

Dr. Lelonek began transcribing the tapes in 2012 with no initial plans to turn them into a book. However, with all the material, the documents, the first-person accounts, it became inevitable. What impacted him most was his grandfather's description in the tapes of visiting his own parents' graves in Israel several times. They died a month apart in 1967 and were buried in Haifa. The fact that they were able to die a natural death rather than being destroyed by their enemies, "...and (to) see the graves and the names written forever in Israel" was very moving. Dr. Lelonek noted that an added bonus for himself was



being able to share the story with his grandmother, Charles Lelonek's wife, who is in her late 90's and knew little of this history.

Dr. Lelonek is a board certified Child, Adolescent and Adult Psychiatrist in the Emergency Department at Northwell Health/LIJ Medical Center in New Hyde Park, New York. He lives in Flushing, Queens with his wife and three children. His book can be found on Amazon at this link <https://www.amazon.com/We-Fought-Like-Lions-Holocaust/dp/1515181596>.

Robert Isler is a marketing researcher and writer who lives in Fair Lawn. He can be contacted at [robertisler23@gmail.com](mailto:robertisler23@gmail.com).

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# Yom NCSY: An Amazing Part of the ‘Best Summer Ever’

By Banji Ganchrow

More than 1,500 teens from every OU/NCSY summer program come together at Bar-Ilan University to celebrate the magic of unity and being in Israel. Each program wears different colored t-shirts with the words “Best. Summer. Ever.” emblazoned on the front and the name of their respective programs on the back. Yachad’s Yad B’Yad, Euro ICE, GIVE, BILT, JOLT, NCSY’s Summer Kollel, and TJJ are just a few of the programs. Some teens are religious and some are being introduced to religion for the first time, but they are all learning to have an appreciation for their homeland. Eight months go into the planning of what first appears to be quite the logistical nightmare, but the program was produced seamlessly and its success was evident in the faces of those in attendance. Even the adults stayed until the end of this seven-hour program and they did it happily. Speakers included Naftali Bennett, the Minister of Diaspora Affairs, and Miriam Peretz, author of “Miriam’s Song” and mother of two sons who gave their lives for the State of Israel.



For the second year, the first part of Yom NCSY is an Israel yeshiva fair. As the majority of the teens are approaching the end of their high school years, the planners thought this was a great way to introduce the campers to the different programs that Israel has to offer. Rabbi Gotch Yudin, the director of Ashreinu feels it is “a wonderful opportunity to meet future students and share our program with them.” Uri Pilichowski, the Director of Admissions at Migdal Hatorah and a rebbe, said, “This is a fantastic opportunity to bridge the two experiences, of being in Israel for the summer and being in yeshiva for the year. Our yeshiva is looking to answer questions about who we are and that fits in perfectly with the NCSY mentality.” Benji Kalmanowitz, a camper from Jolt Israel, said the fair was “a great way for me to see what is out there. It is really exciting to know that I have so many choices.”

After the fair, the teens participated in a festive barbecue, followed by a jam-packed program in the incredible setting of the Bar-Ilan University amphitheater. Keevy Fried, from Southern NCSY and the organization’s director of education and associate international director, said there were almost 150 kids from Florida on different programs. “Eighty-five are on the TJJ program and do not come from a religious background.” TJJ is the Anne Samson Jerusalem Journey for kids who are in public school and are experiencing Judaism, in some cases, for the first time. In a follow-up study done on the teens who attended this summer program, it was revealed that the impact it had on their lives was indelible; less intermarriage, more Jewish communal involvement.

Rabbi Micah Greenland is the International Director of NCSY and one of the coordinators of this event. “This is Yom NCSY’s eighth year, and our first year at Bar-Ilan. There is a tremendous magic in getting all



Nachum Segal speaks with NCSY’s Rabbi Micah Greenland

of the programs together at the same time. The wide spectrum of Jewish backgrounds is what prompted the concept.”

David Cutler, Director of NCSY Summer, said, “Yom NCSY started as an idea to show off how many kids we have in Israel for the summer. It has turned into the highlight of our summer—just under 2,000 in attendance this year. It is the very essence of who we are in NCSY and what we are so uniquely qualified to do. Kids from all over the world

and all walks of life celebrating together as one Jewish family.”

Minister Bennett expressed to the crowd, “Israel is the home of every Jew in the world. Whatever happens in your life, you always have a home here.” And in an emotional speech given by author Peretz, “All Jewish people need one thing, to open our hearts. I want to say to all of our enemies, we won. You can kill our body, but not our spirit... And to all of you children here

tonight—be good people and do chesed and come to Israel in good times and sorrow.”

Shira Hagler, a camper on NCSY GIVE and a Bergenfield resident, was amazed by the event. “It is so great to see everyone and be here in Israel.”

Teaneck resident Lilly Polonetsky, another JOLT Israel camper was “so happy to be a part of such a great program. It is fun to see so many friends that are also in Israel. This is a great way to get everyone together.”

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# Start-Up Nation Draws Teaneck's Akiva Futter

By Pearl Markovitz

At the age of 23, Akiva Futter, Teaneck native, is already confident about his life's goal, that of contributing to the Jewish people in Israel through the world of technology. Futter will be making aliyah on the summer 2016 Nefesh B'Nefesh flight on August 16, with many other Teaneck natives and residents of all ages.

A recent graduate of the University of Maryland, where he pursued a degree in Computer Science, Futter was afforded a unique opportunity through a program called The Israel Tech Challenge, to explore the world of high tech in Israel up close.

Created by The Jewish Agency for Israel in partnership with the National Cyber Bureau of Israel's Prime Minister's Office, Israel Tech Challenge brings over 100 gifted Jewish students and young professionals from around the world in computer science-related fields to Israel for one of three experiences. Futter was a participant in two of their three programs, which he joined in between his sophomore and junior years. The experience was eye opening and life changing for Futter. As for his draw to technology, that came as no surprise having grown up in the home of his father who works as a venture capital attorney in a law firm. As for the Israel draw, Futter claims his father once sat him down and challenged him to "Look at the list of subjects available at the university and decide which one you think is an area where you can best contribute if you want to immigrate to Israel." And so he did.

During one of the programs, the 10-day Israel Tech Challenge Experience, Futter and his talented co-participants from

all over the world visited tech companies. They then were invited to take part in a 24-hour "Hackathon" during which they tried their hand at coding and creating original programs, apps and websites aimed at solving real-world problems.

Futter participated in the Israel Tech Challenge during Operation Protective Edge in the summer of 2014, which posed an additional challenge to his experience. He said he experienced a very tense time in Israel and was able to help out during a very complex period. During his 10-week internship in Tel Aviv at CheckPoint Software Technology Ltd., Futter's Israel Tech Challenge internship coordinators were intermittently being called up to *miluim* (reserves) during which time he and his co-interns were left to "take care of themselves." However, Futter felt it was a very rewarding experience for him, as many other programs had added precautions in place during this period. He remembers working at his desk when suddenly the *tzeva adam* (red alert) would appear on his phone. He then hurried with the others to the *cheder mugan* (safe room). It was an authentic Israeli experience.

Futter's family background and educational experience leave little doubt as to why he will be boarding that NBN flight shortly. Futter was born and raised in two areas of Teaneck, where his family was a member of both Congregations Rinat Yisrael and Keter Torah. He attended Yavneh Academy from kindergarten through eighth grade and



Akiva Futter - soon-to-be oleh from Teaneck.

then on to SAR for high school. He spent his gap year at Yeshivat Har Etzion (Gush) and then attended the University of Maryland for four years.

Futter's summers were spent at Camp Moshava in Edot Aleph through Daled and Machal. Two summers were spent in Israel, one on Kibbutz Sheluchot in the Beit Sha'an Valley,

and a second on Bnei Akiva's Mach Hach Ba'aretz program. Futter returned to Moshava as a woodshop coordinator and counselor for several summers.

Futter's advocacy for Israel began as early as middle school. His activism continued at the University of Maryland, where he served as the legislative coordinator of Terps for Israel in which capacity he arranged visits to members of Congress and their staffs from Maryland as well as Florida, New York and New Jersey among other states, to advocate for strengthening the US-Israel relationship.

Parents Dror and Karen Futter have been major influences in their son's decision and are very supportive of his move. Each was greatly imbued by their own parents with a dedication to the land of Israel. Dror's parents moved to the US from Israel and made it a point of speaking only Hebrew to their children. Among numerous relatives, they have a daughter who settled in Israel and they themselves are readying for their imminent return. Karen has a brother whose children and grandchildren live in Israel. A Memphis native, she is proud of the legacy of her parents who hosted the very first Memphis AIPAC parlor meeting.

For the young Futter, Israel is the only way to go. "I feel like a better person in Israel. I'm happier and even more sure of myself here. In my wonderful Teaneck community, young people like myself live in a 'perceived bubble.' We are raised in an all-encompassing Jewish world until we venture out at some point either in college or when we enter the workforce. Then we see that accommodations must be made for our lifestyle. In Israel, our lifestyle is woven into the fabric of everyday life, and I feel that is a place where I want to lay down my roots."

## ORGANIZED AND CLUTTER FREE

### Why I Quit Facebook



By Eileen Bergman

When I launched my organizing business in November 2014, well-meaning friends and business associates gave me the same advice: "You must have a Facebook page for your business." I was a new business owner and eager to do all the right things to get my service offering out there. Up until that point I had been a casual Facebook user with fewer than 150 "friends" in my database.

I took my time deciding on whether or not I wanted to: (a) make the effort, (b) carve out the time and (c) deal with the interruptions that I witness Facebook (FB) causing with other users. Instead of being sold on setting up a business page, I decided to bow out of FB completely. I would like to share my reasons with you.

People misbehave. I hear friends talk about their FB pages and how certain hot topics can become blown up and inappropriately handled with bad language and knee-jerk reactions. No thank you, not interested!

Breaking up with friends by "unfriending." Really? Is this what our modern technology has come to? Instead of picking up the phone and talking it out, with one click you can cut that person out of your online life and be done.

Time sucker. There are enough interruptions from texts and e-mails on our cell phones, iPads, laptops and desktops. If I became distracted with all the social stuff that goes on I would never get any work done. If I want to catch up with a friend, I pick up the phone and call them or send them an e-mail.

Fear of missing out (FOMO). During my workday I come across many interesting people who tell me about the podcasts and music they listen to, the games they play online, and the YouTube videos they en-

joy. If I spent as much effort on my electronic media, I would never get any work done, make money or have free time to enjoy my personal life after work hours. If I am not the first to hear that another celebrity tweeted a nude photo of their behind, I think I will survive another day.

I'd rather just live my life and not feel like I have to share every hamburger grilled, new dress purchased, fun event with my family and salad eaten with a world that is already on electronic overload.

I understand that there is a time and place for FB. People live far away from parents/children/loved ones...for them it works. But I'd rather pick up the phone or send a photo via my iPhone before I broadcast my everyday experiences to the world, or at least my 150 so-called "friends."

Almost two years after my launch, I am in the position of having a full calendar, a database of satisfied customers who are long-term users of my services and a pipeline full of prospects who are waiting in the wings to get started organizing with me. If you are feeling pushed into putting your life or business out there, I suggest that you listen to your heart and your head. Do what you feel is the right decision for you, not what everyone is telling you to do.

You can be a successful business owner as well as live a satisfying and fulfilling life without having to put everything on public display. By doing great work, staying front and center with your marketing plan and living your private life as truly private, you have saved yourself time and kept your focus on what is important to you, not what is important to others.

Happy Organizing!

Eileen Bergman is a Professional Organizer, a proud member of the National Association of Professional Organizers (NAPO) and the Institute for Challenging Disorganization (ICD). Eileen may be reached at 973-3236 or eileen@eileenbergman.com.

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## Here's to a Lighter (Laundry) Load

By Sara Linder

Camp is almost over and you're excited for your kids to come back home. You may even be waiting to welcome them with open arms. That is, until you catch sight of the duffel bags being dragged toward the house behind them. A funky smell is wafting your way, and the layers of dirt are clearly visible, on sneakers, sweatshirts, hats and T-shirts. Your arms are probably slightly less open now that the laundry ordeal is looming.

Perhaps the laundry room is right by the garage, so that the kids can dump everything without bringing it through the whole house. Or perhaps you've done what one mother told us she did, and spread a tarp on the floor for her kids' clothes to be piled on. No one wants creepy-crawlies or other camp critters hitching rides home with the campers.

Jill Kirsch, JLNJ's senior editor, shared her practice of telling her kids to throw away their sneakers before even getting on the bus, because she didn't want to ever see them again after camp. "Wear the flip-flops home," this mother of five advised.



Or perhaps you did what Bergenfield resident Rachel Markovitz did for the first time this year, and brought it all to a laundromat.

Upon her son's return from a month at camp, his belongings had accumulated the

expected filth. But, this year, his shampoo opened while in transit and spilled over everything. Armed with detergent and a clean bag for post-wash clothes, Markovitz was amazed by the huge machines and low cost. She said, "It was really a very, very easy experience and I was glad that it was done." Unlike in the past, when the laundry at home seemed to "just drag on," the work was done in less than an hour.

Keith, the manager at Splash Laundromat and Dry Cleaning on Queen Anne Road, deals with thousands of pounds of gross laundry that mothers simply do not want to touch. With over 100 machines, your clothes are ready that day or the next. If you choose to have it done for you, then you can start looking forward to a pile of spotless, folded and fresh-smelling clothing upon pick-up.

Aside from preventing any bugs or dirt from being tracked into your home, going to a laundromat has a community feel to it as well. Being in Teaneck in the heart of the West Englewood kosher shopping district means that Keith has caught on to the Shabbat and holiday schedule, among other Jewish "fun facts." Just last week he watched as the number 613 continuously came up for a couple of women doing their



laundry. Each time it occurred, he laughed. Curious, the women asked why, and Keith explained that he knows it's an important number, saying, "Yeah, that's the number of your commandments!"

Sending your sons and daughters to camp means that you accept the inevitable joys of enabling your children to build beautiful summer memories, clicking through pictures on the camp website and possibly adapting to a quieter house for a few weeks. Part of the package is the seemingly endless loads of wash that are headed your way. Once they're home, life sounds a little bit louder and feels a little more hectic. So, treat yourself to a lighter load, and let someone else clean your dirty laundry.

Sara Linder is a JLNJ summer intern. She is a Teaneck resident and a student at the University of Maryland, College Park.

## LEARNING

## Kollel Chatzos Arranges Ketores Segulah on Arizal's Yahrtzeit at the Kever



Talmidei chachamim from Kollel Chatzos davening on our behalf at the kever of the Arizal on the night of his yahrtzeit.

Tzfas—Kollel Chatzos is preparing for the auspicious day of the Arizal's yahrtzeit by organizing a minyan to recite the Arizal's Ketores segulah at his kever on that midnight. The names of all sponsors and their entire families will be mentioned by the kollel members who will participate in this momentous occasion.

Monday night, the 5<sup>th</sup> of Av (August 8), marks the yahrtzeit of the Arizal, who exposed the depth of Kabbalah. Among the many secrets he revealed is the Ketores segulah. As recorded by his appointed disciple Rabbi

Chaim Vital in Shaar Hakavanos (*Drushei Tefilas Shacharis III*), the Arizal stated: "If a minyan of pious Jews will gather after midnight and they will recite the special Ketores segulah together with concentration, it will definitely make a deep impression and whatever they ask for will be accomplished in Heaven!"

The Zohar says that those who rise at midnight to study Torah have the power to "decree below and their words are carried out above." Now the members of Kollel Chatzos Meron are preparing to daven on our behalf at the kever of the Arizal on the night of his yahrtzeit, especially by reciting his Ketores segulah with deep concentration.

### Ketores Segulah, Tzfas—5<sup>th</sup> of Av, 5776

The schedule for the Ketores segulah recital at the kever of the Arizal on the night of the anniversary of his passing is as follows:

The members of Kollel Chatzos Meron will arise before midnight in Tzfas and prepare for their nightly study ritual. Before heading to their Beis Medrash at the kever of Rabbi Shimon bar Yochai in Meron, they will first stop to visit the kever of the Arizal in the ancient cemetery of Tzfas. There they will perform the Ketores segulah with deep concentration as prescribed by the Arizal, followed by the recital of the names of all of the sponsors who have



The NY Kollel at a special gathering to be mispalel the holy tefilos of the Arizal on the night of his yahrtzeit (2015).

is recited and this is accompanied by the names of the many sponsors.

As an additional incentive, Kollel Chatzos is making a special offer this year: Whoever signs up for the Ketores segulah on the Arizal's yahrtzeit will also have his name and those of his family mentioned at Kollel Chatzos Meron during the nightly recitation of the Ketores segulah for an entire year! Ask about this offer when you call to sign up for the Ketores segulah.

Call the central office of Kollel Chatzos today to ensure your name is included in this year's Ketores segulah: 1-855-Chatzos (242-8967).

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# Celebrating the Beauty of Change



By Rabbi Mordechai  
and Nina Glick

For those who were the pioneers, moving to the Teaneck area 30 and some years ago, we assume that they never would have dreamed that this community would become what it is today. Stories are told to us, as relative newcomers, explaining how the Judaica House on Cedar Lane was one of the first bastions of Jewish life here. Bnai Yeshurun, on West Englewood Avenue, was the hub, with a small group of "immigrants" to the community. From as far away as Brooklyn, Staten Island, Queens and even Boston and Pittsburgh, families made the decision to settle here. We are assuming that at that time housing was much more reasonably priced and those who made the ascent on this community were probably ridiculed for moving so far into the "desert."

Who could ever have predicted the explosion that occurred in this area with regard to Yiddishkeit? The poor person driving by a group of shul goers on Shabbos is relegated to driving 5 miles an hour to avoid hitting the throngs of people walking everywhere.

Similar changes are taking place in other cities. Harlem, an area that was once considered by many to be a dangerous place to visit, has now become totally gentrified. Prices of homes have become out of reach, and apartments as well are being sold well into the six digits.

Much closer to our hearts are the amazing changes that have taken place in our own Yerushalayim. Purchasing an apartment is only available to upper income families, and the amount of building and construction is only palpable for those who have major sources of income. The light rail train has opened easier opportunities for residents and visitors to get around, and for the original Yerushalmis, they find themselves walking in wonder at the changes in their beloved home.

Perhaps more evident today to each of us are the changes that have taken place within ourselves. We can only base our evaluation on our own relationship. Certainly we are not the same two people who married years ago. We realize in retrospect how little we really knew each other before that big day. (We knew each other for four years.)

Like all young couples getting married today, the assumption is that there is noth-

ing about the other person that is not blatantly obvious to us. He or she is so amazingly perfect and then, slowly, changes begin. Talk of intentions of aliyah become lost dreams; hopes of having a large family dwindle down to three being the maximum; intentions of spending time in sharing childcare responsibilities become unrealistic; changes in attitudes toward parents become more strained; and the obvious changes in looks and perceptions were never something that were ever considered possible.

We look at change as something beautiful. It is a fresh start, a rebirth. For a community, it is the ability to continue with the growth and changes and relish each and every one of them.

For a couple, it is the opportunity to hop on the growth spurt in the same way that we watch our children each time they visit the doctor for their physical checkups. We wait with bated breath to see how much they have grown and where they stand on the charts. We as couples should also have a chart. We should be able to check off our growth and our goals and realize that changes are a necessary and vital part of a caring and loving relationship.

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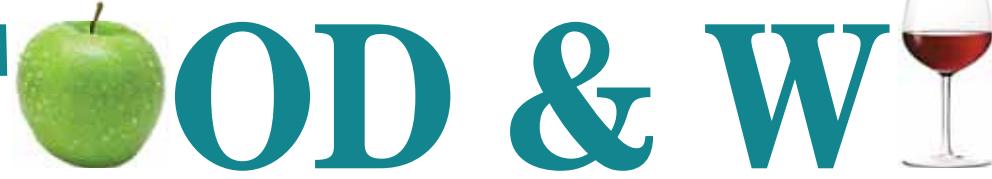
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# FOOD & WINE LINK



## OF NEW JERSEY

### Eggs and Quinoa: Answers to Your Nine Days Recipe Crisis

By Sara Linder

Health gurus and hipsters around the world have been promoting "Meatless Mondays" for a number of years, yet no one does it better than the Jews during the Nine Days. Little do people realize that the concept wasn't actually born out of environmental or health concerns, but rather as a war effort.

The U.S. Food Administration declared that "food will win the war" during World War I, and encouraged citizens to participate in Meatless Mondays and Wheatless Wednesdays. President Roosevelt and President Truman revived the venture during and after World War II, helping American soldiers and Europeans devastated by the war. Only in 2003 did the effort focus on health and preventing illness caused by too much meat consumption. Sid Lerner, of the Johns Hopkins Bloomberg School of Public Health's Center for a Livable Future, advocated the campaign to reduce meat eating.

Since then Meatless Mondays have spread like wildfire. Celebrities, authors and food advocates such as Oprah Winfrey and Michael Pollan have endorsed the idea. Websites and cookbooks have been cre-



Shakshuka recipe (CREDIT: GOOGLE IMAGES)

ated, full of vegetarian recipes that make it easy to forget the lack of meat. It was deemed the top food trend in 2011. Schools and universities are incorporating the campaign into their weekly menu; L.A. even passed a city council resolution to be a "Meatless Monday city."

For most, it's not difficult to forgo the meat one day a week, but the Nine Days pose

more of a problem. There's only so much tofu one can eat before feeling carnivorous cravings. Here are some simple and creative dishes to spice up your meatless menu!

#### Shakshuka

serves 2-4

##### Ingredients

- 1 tbsp olive oil

- 1/2 medium white onion, chopped
- 1 medium red bell pepper, chopped
- 1 medium tomato, diced
- 2 tbsp tomato paste
- 1 tsp garlic powder
- 1 tsp chili powder, optional
- Salt and pepper, to taste
- 4 large eggs
- Crusty bread or pita, for serving

##### Procedure

Heat olive oil in large skillet over medium flame. Sauté onion until soft, then add pepper. Continue to sauté for about 5-7 minutes, until softened.

Add the tomato and tomato paste, stir to combine. Mix in spices and allow to simmer for about 5 minutes. Adjust spices according to taste.

Crack eggs one at a time into skillet, evenly spaced. Cover and allow to simmer over medium-low for about 10-15 minutes, until eggs have cooked "over easy" style. The longer the eggs cook, the less runny they will be!

Remove from heat and serve with bread or pita.

► CONTINUED ON NEXT PAGE

## 9 DAYS TAPAS

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**Eggs and Quinoa: Answers to Your Nine Days Recipe Crisis**

CONTINUED FROM PREVIOUS PAGE

## Black Bean Quinoa Casserole (inspired by Two Peas and Their Pod)

serves a crowd (8-10)

### Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups water
- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 cup corn
- 1/2 cup chopped cherry tomatoes
- Juice of 1 lime
- 1 tsp cumin
- 1 tbsp chili powder
- 1/3 cup chopped cilantro
- Salt and pepper, to taste
- 2 (15 oz.) cans black beans, drained and rinsed
- 2 cups red enchilada or taco sauce
- 2 cups shredded cheese of choice

For topping: Avocado, scallions, extra chopped cilantro and/or sour cream

### Procedure

Preheat oven to 350°f. Apply cooking spray or parchment paper to a 9 x 13 baking dish.

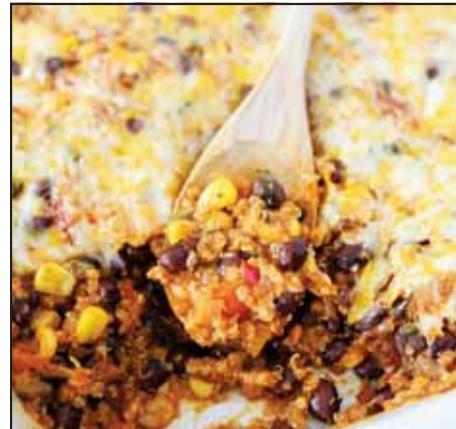
In medium pot, bring quinoa and water to boil over medium heat. Boil for 5 minutes, then let simmer for approximately 15 minutes, until water is absorbed. Remove from heat and cover.

Heat olive oil in large skillet, over medium-high heat. Sauté onion and garlic until soft, about 5 minutes. Add pepper, toma-

toes and corn, and cook 3-4 minutes. Stir in lime juice, cumin, chili powder, cilantro, salt and pepper.

Combine quinoa, sautéed vegetables and black beans in large bowl. Stir in enchilada/taco sauce, then add 1/2 cup of cheese.

Pour mixture into prepared baking dish. Top with remaining cheese. Cover with foil, bake for 20 minutes, then remove foil. Bake about 10 minutes more, until cheese melts and edges are bubbly.



Black bean quinoa casserole

(CREDIT: TWO PEAS AND THEIR POD)

Remove from oven and allow to cool for 5-10 minutes. Serve warm, with toppings if desired.

This casserole freezes extremely well, so feel free to double the recipe or split into 2 smaller pans and freeze half! May need to adjust baking time slightly for smaller pans.

Sara Linder is a JL NJ summer intern. She is a Teaneck resident and a student at the University of Maryland-College Park.



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# THE HEALTH LINK

## OF NEW JERSEY

Published the  
First Issue of  
Every Month

### Robotic Spine Surgery—Now in New Jersey



By Dr. Jonathan Lewin

The use of robotics in the medical field has been gaining ground over the last 10 years. Presently, in particular in spine surgery, its greatest use ap-

pears to be in the application of screws. Traditionally, this has been done using an open-handed technique, in which a surgeon will rely on his knowledge of anatomy and the appearance of the vertebral bones as a patient lies on the operating room table, in an attempt to accurately place screws. In particular, this is com-

mon for fusion surgery. In addition, the use of fluoroscopy or x-ray helps to guide the accuracy of screw placement. However, despite the surgeon's best attempts, accuracy often suffers. As a matter of fact, studies show that up to 5 percent of screws placed are done so in an inaccurate fashion and will need to be revised.



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in all probability, does not necessitate the use of robotics, whereas for a spine that is curved, in which there would be an attempt to minimize the surgical invasion, robotics could be of great help.

Here, at the Center of Spinal Disorders, we attempt to appropriately utilize this as well as other new technologies, on an individualized basis, to customize treatment to best suit your particular needs.

Please do not hesitate to contact us with any questions and/or concerns. We look forward to hearing from you and are wishing you the best of spinal health!

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Dr. Jonathan Lewin is a Board Certified Orthopedic Spinal Surgeon at The Center for Spinal Disorders, providing services for back pain & spinal disorders. Dr. Lewin is one of the few doctors in the states of New York and New Jersey who is experienced in performing Endoscopic Fusion Surgery. He can be reached at The Center for Musculoskeletal Disorders

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# THE HEALTH LINK



## Reducing Health Insurance Cost for the Small Business

By Mark Herschlag



Have you been renewing your health insurance policy year after year with the same old policies with a typical increase?

Business owners with two to 50 employees: there are lots of new options that are changing quarterly. Savings for you and your employees!

### What Is Available for You Today?

For starters, there are your traditional options from popular insurers such as Oxford, Horizon, Amerihealth, Aetna and Health Republic, each of whom offers unique small-business plans.

The most popular new features of 2016:

\*Oxford introduced a new program that will cover the Garden State only, saving 30 percent on the premiums.

\*Horizon launched the new Omnia plan. This breaks down the network into two tiers; as long as you stay in your Tier 1 you'll be sure to have the lowest out-of-pocket expense.

\*Aetna rolled out the new HSA plan that offers one max out-of-pocket expense for the entire family, saving on your premium and out-of-pocket as well!

\*All plans through Health Republic offer nationwide coverage, making them the number-one competitor in nationwide plans.

One major benefit that the group insurance market has over the individual insurance market is enrollees are not bound to their plan choice for the year. You are permitted to make plan changes throughout the year in the event that a particular need arises. A professional broker can guide you through the process.

### Let's Talk PEO

What is PEO? PEO is an acronym for a professional employer organization. As trusted business partners for small- and medium-sized employers, PEOs deliver cost-effective, outsourced services for health-benefit administration. PEO Extensis provider knows you need Fortune 500-level benefits to win top talent in a competitive marketplace. And, you want cost-effective, flexible benefits that fit into your business plans.

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- 40+ plan designs to select from
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- Coverage provided by Aetna, one of the largest national healthcare carriers serving more than 14.6 million workers in all 50 states.

### Let's Get Creative

Popular on the market for its superior rates, terms and refundable premiums are self-funded plans.

Self-funded plans are administered by the insurer, as with conventional plans, with similar copays, billings and reimbursements. The only real difference is that the rates and terms are superior.

The self-funded plans pool all employees regardless of age. The premium rate is determined by averaging out the entire group. Therefore, it is most popular among

small businesses employing the young and healthy. This plan works well for a group of more than six enrolled employees.

Waiting to hear about the refundable premiums?

Based on my experience, the most "oohs" and "ahhs" I hear when discussing self-funding revolve around their refunded premiums. People are skeptical that an insurer would actually return money that they paid out to them (other than in the form of medical benefits). Self-funded plans actually do just that!

At year's end, the insurer assesses the amount it spent on the total claims for each group over the year. If the total spent is less than the total that the group contributed to the claims fund, the insurer returns the difference to the group. The claims fund represents the largest portion of where premiums typically go to. So, generally speaking, the amount that is potentially refundable

is well over one-third of the total premium. Statistically, over 50 percent of enrollees in these plans get some of their premiums refunded each year.

### Which Plan Is Best for Me?

As a New Jersey-based professional insurance agent, I spent an inestimable amount of time studying every nook and cranny of the options discussed, among many other available plans. I have also learned a lot during all the time I spent discussing options with owners of New Jersey businesses of all sizes and industries over the past years.

I can tell you that there is no one-size-fits-all answer. Every business, and every group of employees, needs their own unique plan. You need to know the fine print of every plan to understand the differences, advantages and disadvantages of each one. Only then can you efficiently choose a plan that's best for you and your business.

It is very satisfying for me to utilize my knowledge and experience to help businesses and individuals make a smart and educated choice for their health insurance—one that they'll ultimately be happy with for the long term. I'm always on the front lines, looking at the new options on the market, studying them and then offering them to suitable clients.

The more knowledge, the more choices, the better.

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Mark Herschlag is the founder and CEO of Cosmo Insurance Agency, which is based in Ocean County. Cosmo Insurance Agency offers personalized solutions for individuals and businesses looking to obtain health, life, dental, long-term care or disability insurance.

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# THE HEALTH LINK



## Touro College of Dental Medicine Welcomes Its Inaugural Class

Valhalla—One hundred and ten students began classes last month at the first new dental school to be approved in New York State in nearly 50 years.

Part of Touro College and University System's growing cadre of schools devoted to improving healthcare by training professionals in medicine and related disciplines, the Touro College of Dental Medicine (Touro CDM) resides on Touro's New York Medical College (NYMC) campus in Valhalla, New York. Touro CDM received more than 2,100 applications for the 110 seats of the inaugural class at the school in Westchester County.

"Touro College of Dental Medicine has received an overwhelming response from applicants across the country," said Jay P. Goldsmith, DMD, founding dean of Touro

CDM. "As a result, in a relatively short period of time we have secured a highly talented and ambitious group of students to comprise our inaugural class."

Touro CDM at NYMC received final approval in April 2016 from the New York State Board of Regents. The state also contributed \$2.075 million through the New York State Higher Education Capital Matching Grant program (HECap). The HECap Program is a highly competitive economic development initiative that awards matching capital grants to colleges for the design, acquisition, construction, rehabilitation or equipping of a facility on a college campus that upgrades the school's programmatic offerings, enhances the student life at the college or provides economic benefits to the surround-



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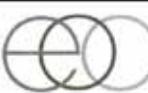
ing area. Touro CDM is one of only ten institutions to receive over \$2 million in funding from the state in 2016.

Funds are being used to renovate the NYMC's Skyline Drive Building, which will house the dental school's classrooms and training facilities, including an advanced digital simulation lab. New York State Senator Terrence Murphy was a strong supporter of efforts to secure the funding.

The Touro College of Dental Medicine at New York Medical College is great news for the Hudson Valley that will not only generate well-paying jobs, but will also bring oral health and priceless smiles

to our region," said Senator Murphy, whose district includes Valhalla. "I am thrilled to partner with this fine institution as they expand their educational horizons and I look forward to their bright future."

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# THE HEALTH LINK



## Dental Implants May Be Your Best Option



By Dr. Steven Nadel

When a tooth is lost, the specialized bony process that houses the tooth begins to resorb due to lack of stimulation. This causes a decrease in width and height of the bone in the area the tooth is lost. Neighboring teeth and opposing teeth begin to move into the space. This causes food impaction, subsequent decay, gum disease and abnormal forces being transmitted to teeth, leading to fracture of cusps that may necessitate root canal treatment or extraction. Loss of teeth can also cause the cheek and lips to collapse, giving an aged look.

The consequences of tooth loss can be prevented by replacing the lost tooth in a timely manner. Although there are several options to replace a missing tooth, the number-one choice for replacing lost teeth are dental implants. Implants are small titanium screws or posts that are surgically placed in the bone. Once integrated into bone, they act like roots onto which small posts are attached that protrude through the gums. These posts provide stable anchors to the replacement teeth. Implants maintain the bone height by stimulation and prevent unnecessary trimming of adjoining teeth for bridge placement. Since implants are titanium posts there is no chance for decay on implants. Implants can service you for many years with reg-

ular, professional cleaning and proper home care.

In the past, many people who were missing one or more teeth opted for a fixed bridge; but a bridge may require the cutting down of healthy, adjacent teeth that may or may not need to be restored in the future. Then there is the additional cost of possibly having to replace the bridge once, twice or more over the course of a lifetime due to decay or gum problems affecting the anchor teeth.

Another option to replace missing teeth is a removable partial denture or complete denture, depending on the number of teeth missing. The chewing efficiency with a denture is reduced to less than half of that of natural teeth. The teeth that support the partial denture are weakened due to the excess-

sive loads acting on them and eventually are lost. The denture rests on the gum, causing tissue abrasion and bone loss. Removable dentures may slip or cause embarrassing clicking sounds while eating or speaking.

Studies show that within five to seven years there is a failure rate of up to 30 percent in teeth located next to a fixed bridge or removable partial denture.

Dr. Nadel has been placing implants for the last 20 years and has successfully placed and restored approximately 3,000 implants with a very high degree of success. He is also trained to perform bone grafting and sinus lifts when there is insufficient bone to place an implant. Please call 646-221-4411 for an appointment. His office can also be reached by email at concierge.dental@yahoo.com. For more information, you can consult his extensive website at [www.implantdentistnyc.net](http://www.implantdentistnyc.net).

## Tips to Prevent the Spread of Back-to-School Germs

(StatePoint) Back-to-school is an exciting time of year for families, but it also means new exposures to germs.

From school desks found to have 400 times more bacteria than the average toilet, to personal items like backpacks and cellphones, germs are everywhere. Taking steps to reduce exposure can make for a healthier school year ahead.

Remember to wash hands and your items frequently - did you know that backpacks have 10,000 germs per square inch?

Then, use shelf liner in areas of your home where school items are stored for extra protection. Try using Easy Liner brand shelf liner by Duck brand with Clorox antimicrobial protection, which protects the liner from the growth of mold and mildew. Plus, the liners can be tossed in the wash for easy cleaning.

Parents can help keep classrooms cleaner by providing teachers with disinfecting wipes and shelf liner to protect desks, drawers and shelves.



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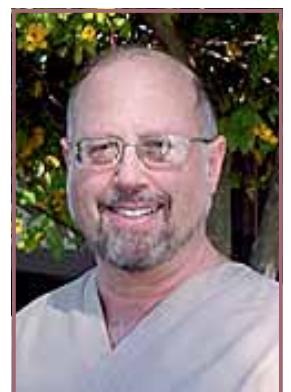
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## A Device that Pulses Away Motion Sickness Offers Hope to Patients

MotionCure halts symptoms such as nausea and dizziness. It could be helpful for chemotherapy patients as well.

(Israel21c) For people who suffer from motion sickness, the revolting feeling of nausea, dizziness and uneasiness can be debilitating.

The market has numerous wearable devices and anti-nausea pharmaceuticals boasting cures or prevention, but as most sufferers will tell you, almost nothing works.

Now, an Israeli team of entrepreneurs offers a solution for some sufferers.

It's called MotionCure and it is developed by Sidis Labs, a Tel Aviv startup that is pulsing away all those bad feelings.

"It's a big thing for everyone who suffers from motion sickness," Sidis Labs CEO Ohad Raz tells ISRAEL21c.

"There's no on/off solution to motion sickness. For some people, MotionCure



MotionCure is worn like a neck pillow.



MotionCure has also proven effective for chemo symptoms and morning sickness.

doesn't work and we're honest about it. If it doesn't work for you, just return it. But for others, the reviews are saying, 'This is like magic for us.' It can be an amazing solution."

MotionCure is a neck brace that looks like a cross between a cervical collar

worn after a whiplash injury and an airplane travel pillow.

The brace transmits pulses to the brain through both the median nerve at the back of the neck and the inner ear's vestibular system — a network of nerves, channels

and fluids in your inner ear, which gives your brain a sense of motion, equilibrium and spatial orientation. The customized frequencies sent to the body and brain help reduce symptoms of motion sickness.

While there are other devices claiming similar results, Raz says, "the real competition is medical; prescriptions, not other devices."

The Sidis Labs technology, says Raz, integrates NASA research and scientific studies.

"Motion sickness is thought to occur when there's a conflict between what your eyes see and what your inner ears, which help with balance, sense," according to the National Health Service of England website.

"Your brain holds details about where you are and how you're moving. It constantly updates this with information from your eyes and vestibular system. If there's a mismatch of information between these two systems, your brain can't update your current status and the resulting confusion will lead to symptoms of motion sickness, such as nausea and vomiting."

A ride in a car, ship, airplane or train can cause motion sickness. People also can get these unpleasant symptoms from amusement park rides or from watching fast-paced movies or video games.

Sidis Labs, named for American mathematician William James Sidis, is also working on a new technology-based device to help alleviate carpal tunnel syndrome.

### Helping chemo symptoms, morning sickness

When the company first developed its product and tested it in Israel in 2015, providing a cure – or at least some help – for motion sickness sufferers was its goal. In the second quarter of 2016, when MotionCure hit the market, the Sidis Labs team was in for a surprise.

Customers who bought the wellness device wrote to the company to say it was bringing comfort to chemotherapy patients and women experiencing morning sickness as well.

"I never expected that we could help people suffering from side effects of chemotherapy. With motion sickness, the worst-case scenario is that you vomit. You can deal with it. But when you get chemo, you suffer from so many other things, and if we can make your life one percent better, it would make us so much happier," Ami Dror, a cofounder and investor in Sidis Labs, tells ISRAEL21c.

Raz says a letter from a cancer support group leader to the company, relating how a woman in her group could finally ride in a car without getting sick and could keep her balance while walking thanks to the Israeli device, prompted the Sidis Labs team to introduce a new policy and set out to help as many cancer patients as it could.

Anyone in chemotherapy who wants to try MotionCure can contact the company and will be given the \$149 device for free.

Raz says he's not worried about the likelihood that he will be deluged with requests. "Our mission is to provide our customers with the highest value and quality of products in order to make their life better," he says.

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## The Challenges of the Influenza Virus

By Dr. Darren Saks

There are many common viruses that we get exposed to on a regular basis, but the one virus that causes the most trouble year after year is the influenza virus. It is so common and damaging that we give it the respect of naming a season after it. Every pediatrician every winter experiences what we simply call "The Flu Season." We can feel it when the influenza virus rears its ugly head because the entire medical community, from offices to emergency rooms, swells with sick visits. This article will help you understand more about how the influenza infection came to be and the options for prevention.

At some point in human history there was an ambitious flu virus that was causing its usual trouble infecting a bird. But this virus had bigger aspirations. This virus set its sight on infecting a human. Other flu viruses had tried to take hold of humans before but none had been able to sustain a contagious human infection. This one was different. The virus waited for the bird to sneeze, and then it spread by inhalation of a large, airborne particle to a nearby human. Once inhaled, the virus found one of the cells in our respiratory tract. It had previously altered its genes just enough so that it could evade our immune system and replicate by hijacking our own cell infrastructure. It made millions of viral children. These new viral progeny were released, leaving our cell weakened, and, once released, each new virus found another cell and another cell and another cell, and so began the grand human battle against influenza. As we overcome this virus we generate fever, cough, sneeze, sweating, vomiting, aches and fatigue. Certain individuals are known to be at higher risk for more serious effects from an influenza infection. These are the youngest, the oldest, those with respiratory problems and those individuals with weak immune systems. Even if you are not one of those high-risk people, the flu will make you feel awful for many, many days.

You have all heard the stats: each year, 500,000 people worldwide die from influenza, approximately 25,000 Americans die and millions of people suffer. Thankfully, on an individual level, we almost always win the battle against influenza by responding with the full weight of our immune system, and then we retain the memory to fight off this virus...unless it changes and tricks us. During influenza infections, small genetic adaptations are acquired by the virus. The changes that most successfully cloak it from our immune system become the predominant strain for any season—Darwinism on the smallest scale. Year to year these genetic adaptations are small but often enough to keep us susceptible even if we have had influenza in the past. This is the reason that scientists have to change the flu vaccine each year—they are taking their best educated guess as to what the flu will look like, and targeting the seasonal vaccine with that prediction in mind. Most of the time they get it right or are very close, and the vaccine effectively primes our immune system for the seasonal strain. Those who get vaccinated are clearly better off than those who do not. Every few decades, however, a human flu virus goes back to its roots and infects other animals, like

a bird or pig. Within these other animals it dramatically reorganizes and then jumps back to us with its new genetic material and a new subtype is born. You all remember the swine flu? That was one of those seismic influenza shifts.

Someday we will create a vaccine that can generate prolonged immunity to all strains of the flu, but we are not there yet. We thought we were close when the live-attenuated influenza vaccine (Flumist) was created. For many years, this form of flu vaccine was able to generate longer immunity and showed effectiveness against strains of influenza not included in the vaccine. Through surveillance, something happened after the H1N1 strain (swine flu) component was introduced and we found the

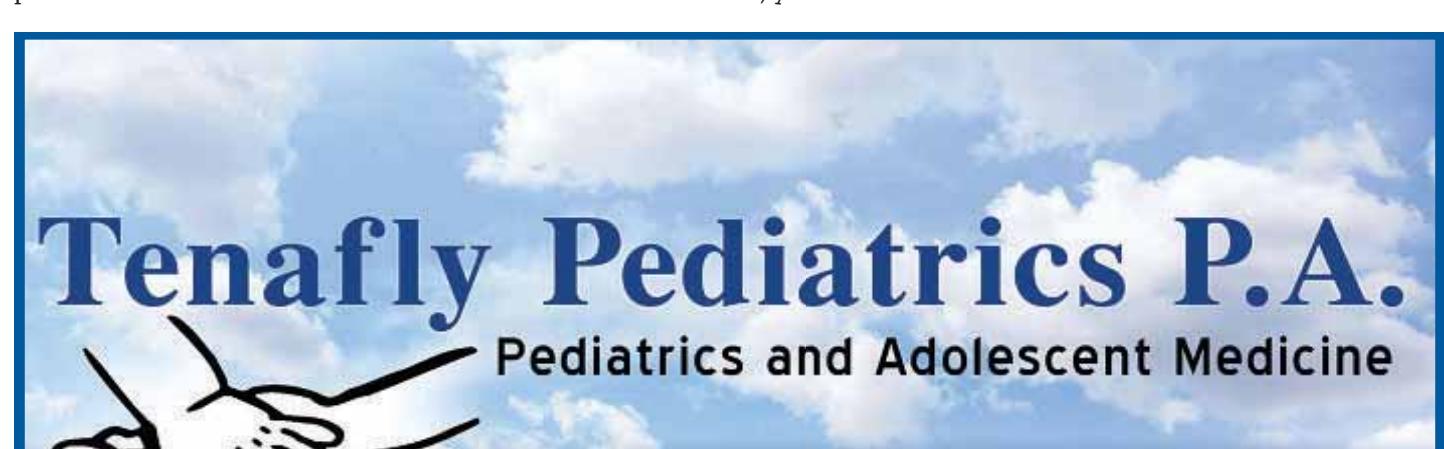
Flumist is not working anymore. It is unclear why this happened, and it once again highlights the challenges we face against an ever-changing dangerous foe. So for now we go back to the seasonal flu shot.

We often hear people ask, "My kids don't get sick or they are not high risk, so why get the flu shot?" A good analogy for influenza vaccination is comparing it to wearing a seat belt. You drive around in your car every day, following traffic rules, but every time you get in that car there is a small risk of getting into an accident. You exponentially improve your chances of walking away unharmed or surviving a crash if you wear a seat belt. Seat belts aren't sci-fi force fields that can protect you from all injuries. As it relates to the flu season, you walk around

every day responsibly washing your hands and avoiding friends/family who are very ill, but every winter there is a chance you will be exposed to the flu. Getting vaccinated greatly improves your chances of staying healthy or having a mild case of the flu. Vaccinations are not sci-fi germ nets that block every exposure.

As you head into this flu season, hopefully you have a better understanding of the human relationship with the influenza virus and the challenges we have faced. It is a fascinating and sometimes terrifying relationship, but with better understanding and common sense we can win this battle together.

Dr. Darren Saks is a pediatrician at Tenafly Pediatrics.



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## You Don't Get to Define Your Disability



By Elozor Preil

In 2011, the US Census Bureau reported that about 12 percent of the total population was classified as disabled. More than 50 percent of those disabled Americans were in their working years, ages 18–64. And the Social Security Administration's February 2013 Fact Sheet projects that about 1 in 4 of today's 20-year-olds will become disabled before they retire. If roughly 1 in 8 Americans are currently disabled and the odds are 1 in 4 that a disability will occur, it seems like an issue that merits serious attention, right? Well...sort of.

- A 2015 study by Insurance Barometer found that "61 percent of Americans say most people need disability insurance, yet only 26 percent have it."

- A May 2014 report from the Council for Disability Awareness found that "57 percent of working adults report having no private disability insurance."

Why doesn't the threat of disability, and the financial havoc it causes, register for many Americans? Where is the disconnect?

First, there is the idea that while death may be inevitable, disability is avoidable. And in a way, that's (partially) true. Good drivers have fewer accidents. Employees that observe workplace safety rules are less likely to be hurt on the job. Except... most disabilities are not the result of automobile collisions or workplace accidents. The JHA Disability Fact Book states 90 percent of disabilities are caused by illnesses. And the National Safety Council finds that 85 percent of disabling accidents and illnesses are not work related.

Then there is the variety. Because there are so many ways in which a disability can occur, there is perhaps the tendency for us to define disability as something that will happen to someone else. Which leads to these confounding statements:

- "Well you know, Ed always had a bad back. It's not a surprise he had to stop

working. But I'm careful about exercise and watch my weight, so I'll never have that problem."

- "I heard Jane was taking maternity leave, but I never thought the complications from pregnancy would keep her from returning. It's a good thing I'm a man."

- "Sure, work can be stressful, and I can understand how it might have knocked Fred for a loop; he has a tough job. But if I were disabled, I'd still work. That's just the kind of person I am."

If I were disabled, I'd still work. That statement (an actual quote from a business owner), has to be the ultimate example of defining disability so it can be ignored.

### A Dose of Disability Reality

An internet search of "disability case studies" sheds light on what real disabilities are like, and how many are not workplace related. Even from this small sample, the breadth of conditions and occupations is sobering.

- A warehouse manager with severe cardiovascular disease
- A pharmacist with a degenerative hip condition
- A nurse with a rare visual disorder causing loss of vision and extreme light sensitivity
- A senior project manager with degenerative lumbar and cervical disk disease
- An investment banker with clinical depression and attention deficit disorder

- A court reporter with cubital tunnel syndrome and related wrist injuries
- A CPA with sleep apnea and clinical depression
- A dentist with a severed clavicle from a bicycle accident
- A doctor with a variety of psychiatric conditions
- An insurance agent with phobias, depression and other psychiatric conditions
- An orthopedic surgeon with numbness in fingers caused by diabetes
- A printer who suffered a heart attack while hiking
- A periodontist with a broken wrist, which surgeries failed to repair

Those who insist on their own definition of disability may not be swayed by this list. But notice how several of the disabilities were the result of conditions that were not immediately traumatic; they were degenerative conditions that got worse, or mental issues that became unmanageable.

Note also that these conditions might not be disabling for everyone; sleep apnea, diabetes and depression do not always result in disability. But for these people, they did. Conclusion: They didn't get to define their disability out of existence. And you don't either.

When is the last time you took a realistic look at the risk of a disability, and your options for dealing with it?



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## Mesorah Enjoys Mountain Biking with Geerz

The Geerz mountain biking program is rolling into another strong season at Camp Mesorah.

For the fourth consecutive summer, Camp Mesorah is proud to be the first Orthodox overnight camp to offer Geerz - a unique and internationally successful leadership mountain biking program. This Is-

raeli based program provides boys and girls with an all-inclusive mountain biking workshop that teaches and strengthens leadership skills. The founder, Rabbi Nachum Wasosky, developed a unique curriculum that is customizable for all ages and skill levels. The goal of Geerz is to help normative youth hoping to expand their life

experience and abilities and also to assist those struggling with today's common challenges including poor health, low self-esteem, anxiety and learning challenges. The program builds confidence among its bikers and utilizes the natural skills of mountain biking to strengthen participants both mentally, physically and spiritually.

Donny Fein, a Geerz board member and director of mountain biking at Camp Mesorah, runs one of the most exciting workshops in camp. He is thrilled to bring this program back to camp this summer and has taken Mesorah's mountain biking to a whole new level. With three new off-road trails this summer, some as long as five kilometers, campers are experiencing nature in a fun and invigorating way. Many of the trails include jumps and bridges, putting the agility of the riders to the test. Fein runs daily sessions for about half a dozen groups, with an average of 17 campers per group. As the summer progresses, campers are motivated to ride longer and try harder trails, proving that the Geerz program harnesses the inherent virtues of mountain biking to guide riders



in discovering themselves and providing them with skills to succeed and grow.

This November 6 through 10, Geerz will be giving back! Team Geerz will ride 190 miles in solidarity with the Alyn Hospital to help raise funds to support Israel's only comprehensive rehabilitation center for physically disabled children. Geerz believes that every child deserves the most out of life and the opportunity to reach their full potential.

To learn more about Geerz, visit [www.geerz.org](http://www.geerz.org) and to see more pictures of Camp Mesorah's amazing Geerz Mountain Biking Workshop visit [www.CampMesorah.com/photos](http://www.CampMesorah.com/photos).



## Gan Israel Tenafly Is Flying High

From Jack the Hoop Wizard to Outragehissss Pets, from swimming to Pump It Up and a jungle themed Shabbat party, week four at Camp Gan Israel Tenafly was a flying success.



## Union Y's Camp Kinneret Enjoys 'Israel Day'

Camp Kinneret boasted a great 'Israel Day' as the Avraham sisters of Springfield prepared for the last weeks of camp.

## Reptile Show Visits Union Y

This was nature at its best, as a reptile show visited the camps at the Union Y on Green Lane to begin the second session.



## TABC Rabbeim Visit Camp Mesorah



Relationships do not take a break over the summer. Last week, TABC rabbeim Rabbis Malitzky and Miretzky drove up to Camp Mesorah and spent the whole day there with over 60 TABC students - incoming, current and alumni. With Dunkin Donuts in hand, the rebbeim and students were eager to reconnect and spend time having meaningful discussions. Rabbi Malitzky gave a special shiur to the boys in the Waiter Learning Program, a program run by TABC alumnus Shua Katz '11. Ari and Dina Katz, parents of Yonatan '19, treated all of the students to a special BBQ lunch where Rabbi Miretzky shared words of Torah. TABC takes pride in the life-long relationships that are forged in school between the TABC staff and students.



## Campers Flip for 'Swim for SINAI'

By JLNJ Staff

Chestnut Ridge, NY/Teaneck, NJ—Five years ago, Dvora and Dov Brandstatter partnered with Camp Shalom's director, Rabbi Yehoshua Gold, to host a swim-a-thon event to raise money for SINAI Schools. Since then, "Swim for SINAI" has raised tens of thousands of dollars to help offset tuition for the families of SINAI, with Chabad Kiddie Camp in Teaneck joining the fundraiser last year.

SINAI Schools provides special education within six Jewish partner schools throughout New Jersey for children with complex learning or developmental disabilities whose needs cannot be met in a regular education setting. The highly individualized programming they create for each child is extremely expensive, and tuition assistance to the parent body is essential for the school's ongoing success and growth.

Fundraisers such as the Swim for SINAI event not only raise critical funds to help parents in need, but educate a new generation of children on recognizing that everyone is different yet equally deserving of respect, and on the importance of helping others in whatever way you can.

"Swim for SINAI is a beautiful illustration of how individual people can really make a difference," said Rabbi Dr. Yisrael Rothwachs, dean of SINAI Schools. "Here you have Dov and Dvora, friends of SINAI and community supporters, who came to us with an idea of how to raise money for our schools, and then set everything in motion themselves—all to benefit our students. The swimathon not only exposes the campers to the concept that there are things that they can do easily that other children struggle over, but it teaches them that they can do something to help. By participating in Swim for SINAI, even the youngest children are helping to make a difference," he said.

With banners, balloons and a table full of prizes, the campers at Camp Shalom were cheered on by volunteers Miriam Motechin and Miriam Kaminetzky on July 5 as they swam lap after lap for SINAI. Camp Shalom even

gives a good-natured heads up to their parent body, warning them that sponsoring per lap can become quite costly with these powerful swimmers, and suggesting that they pledge a lump sum instead.

Rabbi Gold, when he is not running around Camp Shalom in his signature red polo, is assistant director of SINAI's Maor

High School at the Rae Kushner Yeshiva High School in West Orange. He addressed the campers before the swimathon, explaining his connection and his own relationship with SINAI, and making the program a personal event. "I believe so strongly in what SINAI does," Rabbi Gold told The Jewish Link. They provide an excellent education for children with a range of abilities. Camp Shalom is extremely excited to be able to host this important fundraiser for SINAI Schools in our beautiful pools. We are proud to raise money to help an amazing cause," said Rabbi Gold.

Chabad Kiddie Camp held their Swim for SINAI event on July 21, with colorful banners placed at the carpool line in the swimathon colors, reminding everyone to participate and drumming up excitement both before and after the event. "Rabbi and Rebbetzin Simon could not have been easier to work with and were so supportive," said Miriam Kaminetzky, who coordinated the Chabad swimathon. "The Simons themselves are so giving and they continue to teach community involvement by partnering with SINAI for this event."

"This is a wonderful example of teamwork on many levels," explained Jenny Gans, who volunteered with the events this year. "Both camps donated their partner-

ship with swim and collecting the pledges. And in a camp the size of Shalom, the office staff spent hours helping with the bookkeeping behind the event. We could not have done this event without them."

SINAI Schools serves children with a wide range of disabilities—some more obvious, such as social and neurological conditions and developmental disabilities, and others more "invisible," such as complex learning disabilities. The schools provide individualized

programming, highly specialized services, in-house therapies and a 1:2 professional-to-student ratio, placing each child in a class that is both socially and academically appropriate. Because of the extremely high cost to SINAI to provide these individualized services, SINAI relies on the community's recognition and support.

"Without SINAI, these children wouldn't have access to a Jewish education, and their needs would not be met in an inclusive Jewish environment," said Abigail Hepner Gross, director of communications at SINAI. "SINAI is so grateful to the volunteers who coordinated this fundraiser, to Camp Shalom, Chabad Kiddie Camp and, of course, to all of the campers, parents and donors who recognize the need to support our families and to enable us to provide their children with the special education they need."

## Camp Regesh Campers Enjoy Tons of Activities

Camp Regesh campers had a great week digging at the beach, rock climbing and playing laser tag!



## IBECC Day Camp Explores Science

Science Week at the Iris Berman Early Childhood Center Day Camp was such a blast. The kids learned about science and how it exists all around them. They had a fantastic time watching their baking soda volcanoes erupt, blowing homemade bubbles and looking at the world through their very own binoculars.



Designing binoculars (CREDIT: IBECC STAFF)



Blowing home-made bubbles (CREDIT: IBECC STAFF)



Watching the baking soda volcano erupt (CREDIT: IBECC STAFF)



Having fun doing science (CREDIT: IBECC STAFF)

## Camp Shalom Campers Celebrate Shalom's Annual Carnival



## Teaneck Star Swimmers Compete in NJ Junior Olympics

CONTINUED FROM P. 1

and his 100-meter Freestyle time of 1:11.78 placed him 13th. Ezra's times in the New Jersey Junior Olympics qualified him to advance to the next level, so he will swim as a member of the New Jersey All-Star Team at the Eastern Zone Long Course Age Group Championships. The Eastern Zone Championship, made up of teams from Virginia through Maine, will take place August 3-6 in East Meadow, NY.

The brothers are sons of Lazer and Melissa Borgen, of Teaneck's Arzei Darom community. Avi, a rising seventh grader, is homeschooled, and Ezra is entering fifth grade at Yeshivat He'Atid. Melissa told The Jewish Link that the family didn't have any prior experience with competitive swimming and first got involved with swimming simply for safety reasons. "We just wanted them to be strong swimmers," she said. "They were able to really advance their skills because they were working with such an excellent coach, and we continued because of the interest and love of the sport on the part of the kids."

The boys, who both began swimming at age 4, now swim year-round on the Waverunners swim team, which is a competitive team based at the Kaplen JCC on the Palisades in Tenafly. Waverunners Head Coach Juya Cho is a Level 3 ASCA (American Swimming Coaches Association) coach. She earned five gold medals for the Korean Junior National Team as a junior competitor and held the #1 ranking in her age group. She has taught swimming for over 20 years and has been head coach of the JCC Waverunners for the past six.

Ten-year-old Ezra Borgen told The Jewish Link that Coach Cho is very strict. Cho even has a son training in Japan currently, who is preparing to compete in the Asian Games, also known as the Asiad, which will be held in 2018 in Jakarta and Palembang, Indonesia. "You can't really easily please her; she has very high expectations. If I have a goal, she will set it even higher for me," he said.

However, he learned that he "will end up achieving what she set for me." From



Avi Borgen, in a black cap with a red W, swimming the 200-meter breaststroke. PHOTO COURTESY OF MELISSA BORGEN



Ezra Borgen, second swimmer from the top, off the blocks in the 200 IM (Individual Medley).

that, Ezra posited: "Now I know that if I have a goal for myself, I can do it if I try hard."

The team participates in the JCC swim league and also attends USA Swimming meets during the short course (fall/winter) and long course (spring/summer) seasons. (Long course means the swimmers compete in full-size Olympic swimming pools, and short-course pools are half the length.) Practice in the summer tends to run two hours a day, five days a week, with occasional additional early-morning practices. During the school year, the team swims indoors in

the evening four days a week and travels to competitions on Sundays.

"Practices are demanding but the boys really love it. They realize that improving takes a lot of hard work. Occasionally they will have to miss some of the fun things that kids do, like a birthday party, but they love it. It really comes from them; I am just the driver," said Melissa.

Melissa also shared that participating on a competitive swim team as Torah-observant Jews has meant compromising at times. Ezra could not compete in every event he qualified for in the Rutgers competition because they took place

on Shabbat. Since many USA Swimming meets take place on Saturdays, they are sometimes unable to participate in events that would help them advance. "Coach Cho has gone out of her way to find Sunday events for them to compete in, and alternate events when there is a conflict on a Yom Tov," Melissa said. They have also stayed over for a Shabbat near a meet venue when an event ends late on a Friday, she added.

"While they love to swim and to improve on their personal best times, they know that growing in Torah and keeping mitzvot is what will bring them close to Hashem, which leads to true happiness," Melissa said.

Competitions also meant their summer schedule had to be adjusted and tough choices had to be made. "Avi and Ezra chose not to leave for sleepaway camp—the highlight of their year—until after the Junior Olympics in Avi's case, and after the All-Star Zone Championships for Ezra." This meant missing the opening *tochnit* (program) at Camp Stone and the bus ride to camp with their friends, a very difficult choice. "Fortunately, Camp Stone is accommodating their late arrivals, and they will be able to participate in most of their session," Melissa said.

Being both brothers and teammates have brought the two closer as well. "As brothers and on the team, they support each other. It's a diverse team, with kids from different backgrounds. They all respect and cheer each other on," she added.

Every year, since they began competing on the team a few years back, the Borgen boys have pushed themselves to qualify at higher levels. "When we started with swimming lessons at the JCC, we never imagined they would take their swimming this far. This year they competed at the statewide and zone level, but they are eager to go further. It will take a lot of work, but they want to take this sport as far as they can take it."

For now, reveling in his victory, what did Ezra love the most about competing in the Junior Olympics? It was winning the right to buy a "cool T-shirt and sweatshirt" commemorating the event. "It makes me feel accomplished," he confided.

## Gotham Burger Sportstar of the Week: Jake Lebovitch



The Jewish Link of New Jersey and Gotham Burger would like to recognize Jake Lebovitch as this week's *Sportstar of the Week*. Jake pitched the whole game for the Frisch Cougars, leading them to their third straight championship and striking out 11 batters along the way. Cougars coach Bruce Horowitz told JLNJ, "Jake is a great kid. Steady fielder and hard throwing pitcher. Always ready to play whenever and wherever I need

him. He is a real thinker when he is on the mound, knowing when to use power and when to use finesse to get the batter out. Looking forward to having him on the team for his senior year."

### Jake, who is your role model?

My role models would have to be my parents. They are a big part of my success as an athlete and have given me so many opportunities that allow me to be the best athlete I can be.

### Who is your favorite athlete?

My favorite athlete is Derek Jeter. I like how he dominated every time he walked on the field and how he held himself when he wasn't on the field.

### What is your pregame routine?

My pregame routine is to put my headphones on and go into beast mode. After I do that my routine is pretty basic. Have a catch, throw my bullpen and go out and try to win the game.

### What is your earliest sport memory?

The earliest sports memory I have is playing baseball with a plastic bat and ball at age five in front of my first house with my mom.

### What is your favorite sports memory?

My favorite sports memories would have to be winning the championship with my team the past three years. Going out and

fighting with my brothers and coming out as champions three years in a row has produced some of the best memories.

### What is your favorite thing to do when you are not playing sports?

My favorite thing to do when not playing sports is just hanging out with my friends and family. Going to the beach, eating BBQ, playing football, etc.

### What is the best thing about being a Sportstar?

The best thing about being a sportstar is being able to show that if you work hard you get amazing rewards.

The Gotham Burger Sportstar of the Week will receive a \$10 gift certificate to Gotham Burger. Please send nominees for upcoming Gotham Burger Sportstars of the Week to Sports@jewishlinkbc.com.

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Teaneck, NJ

## Teaneck TBO 8U Baseball Team Wins It All

By JLNJ Sports Desk

The 2016 Teaneck TBO 8U summer baseball travel team had a summer they will remember forever. After completing the rigorous 12 game regular season schedule, the team was ready to make a strong showing in the playoffs. Teaneck went 6-6 during the regular season, including three heartbreaking losses in the bottom of the sixth (last) inning after having a lead late in all three of those away games. The long drive home following those tough defeats made this team stronger and determined to play better in the playoffs. Although some teams would have been devastated after losing such heartbreaking games, this team was different. Composed of resilient, mentally tough and gritty ball players, the team was ready to take the disappointment from those regular season losses and use it as a source of inspiration and motivation to make a playoff run. It would not be easy, however, as the team would have to play without outfielder Eitan Goldwasser and infielder Calvin Rose, both recovering from injuries.

After finishing with the overall second seed in the playoffs, Teaneck hosted a first-round matchup against Ramsey Blue. On a scorching hot Sunday morning at Clubhouse, Teaneck took the field looking to avenge two losses earlier in the season to Ramsey Blue, including one of the aforementioned last inning losses just one week prior.



The TBO 8U championship team strikes a silly pose.

CREDIT ZEHAVA REINHART

baseman Daniel Eckman, who turned and fired a bullet throw to catcher Jacob Fine-man. Fineman caught the throw, blocked the plate and tagged the baserunner trying to score from first base for the final out of the 3rd inning, limiting the damage to 2-1. Ramsey Blue added another run in the top of the third inning to take a 3-1 lead. Teaneck, as they had done all season long, came right back in the bottom of the third inning. Following a leadoff walk to Ben Chesner, Daniel Eckman hit an inside the park Little

League homerun to tie the game at 3-3. The confidence on the team was high again, as they knocked Ramsey Blue's best pitcher out of the game.

Ramsey Blue responded by scoring three runs in the top of the fourth inning to take a 6 - 3 lead. It was time for Teaneck to once again mount a comeback, and they wasted no time doing so in the bottom of the fourth inning. Outfielder Yonatan Faber lead off with a single, followed by consecutive doubles by Ben Chesner and Daniel Eckman to cut the lead to 6-5. After a strike-out, starting pitcher Avi Winslow laced a double to left field, and later scored on a two-out double by Noam Grossman, allowing Teaneck to once again take the lead, 7-6, entering the fifth inning. Relief pitcher Benzion Keiser shut down the Ramsey Blue batters in the fifth and sixth innings, not allowing any more runs, and was helped by catcher Zachary Cohen throwing out a runner trying to steal second base. Teaneck added two more insurance runs in the bottom of the fifth inning and escaped with a 9-6 victory. This solid win propelled Teaneck into the semi-finals two nights later, where they would face the number three seed Ramsey Gold. The game would be played at the neutral field of Ramsey as they were hosting the tournament.

With only two days rest, the boys were eager to get back on the field. They displayed a hitting and fielding exhibition, playing their overall best performance of the year when it counted the most. As the home team, Teaneck took their lead from their starting pitcher, Avi Winslow, who came out throwing smoke and gave up no hits in three innings pitched. He struck out the first two batters he faced and induced the



Coaches Ari Eckman and Micah Kaufman preparing the lineup prior to the championship game. CREDIT ZEHAVA REINHART

third batter to hit a weak grounder back to him for the final out of the inning. Teaneck was ready to attack the Ramsey Gold pitcher early, with hits up and down the lineup. In the bottom of the second inning, Teaneck was leading 1-0 when the at-bat of the game - perhaps the playoffs - took place. With two outs and the bases loaded, outfielder Jesse Reinhart fouled off several tough pitches to eventually earn a well-deserved walk and an RBI. Centerfielder Ben Chesner, who was on base an astounding nine out of 10 times during the playoffs, followed with a single, scoring two more runs and putting Teaneck up 4-0 before a stunned Ramsey crowd. The game continued with the same score until the fourth inning, when once again Teaneck attacked the Ramsey Gold relief pitcher and scored another four runs, taking a commanding 8-0 lead. The defensive highlight of the game was an unassisted double play at first base by Benzion Keiser. Teaneck collected their first shutout of the season with a dominating 8-0 victory, which now sent them to the championship game the following night, where they would face the number one seed Clifton.

CONTINUED ON NEXT PAGE

## Zack Rosen Basketball Camp

**What:**  
Zack Rosen Basketball Camp

**Who:**  
Boys Entering Grades 5-12

**When:**  
August 23rd – August 26th (Session 1)  
August 29th – September 1st (Session 2)

**Where:**  
Yeshivat Noam, 70 West Century Road, Paramus, NJ

**Staff includes:**  
Rabbi Gary Beiter, Rabbi Jonathan Kessel

**Cost:**  
\$399 / Session (includes lunch and ZRBC gear)



### Attitude on 3...

My name is Zack Rosen and I'm excited to announce that coming off of a dynamic, uplifting, all-around unbelievable inaugural experience last summer, ZRBC is back for two sessions this summer. Each session will be jam-packed with games, contests, individualized skill workouts, film sessions, vitamins, pro moves, prizes, and much more. Using basketball as the medium, we will internalize how to translate what we learn from playing the game on the court, to playing the real game, the game of life, off the court. Encouraging a teammate, sharing the ball, playing to your strengths, dealing with adversity, being coachable- it's all there within the lines. The guys who join me at the end of the summer will improve in ways that they never thought possible and they will walk out of their ZRBC experience better players, and more importantly, better people. I'm ecstatic for camp. I'm excited to coach. And I'm eager to help guys realize their potential. See you on the court!

To contact Zack, email [zrosen1@gmail.com](mailto:zrosen1@gmail.com)  
To register, visit [www.zackrosenbasketballcamp.com](http://www.zackrosenbasketballcamp.com)

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## SPORTS

### Teaneck TBO 8U Baseball

#### Team Wins It All

CONTINUED FROM PREVIOUS PAGE

Coaches Ari Eckman and Micah Kaufman felt pretty confident about this championship matchup, as earlier in the season Teaneck went to Clifton and beat them 12 - 9 in a high-scoring affair. That game saw several walks by Teaneck pitching. Over the last several weeks, however, the Teaneck fielding had improved significantly, as had their pitching. The concern was whether the Teaneck bats, which had been alive the last few games, would re-



Pitcher Avi Winslow fires a pitch in the championship game. CREDIT ZEHAVA REINHART

approval from Winslow's father, to send him out to the mound.

It was a beautiful environment in which to play baseball on a lovely Wednesday evening in Ramsey, in front of a large crowd. With the national anthem being played in the background as the players were introduced by the public announcer, the kids quickly realized that this would be a championship game to remember. As Clifton was the home team with the number one seed, it was important for Teaneck to score first, and they didn't waste any time doing just that. Ben Chesner led off the game with a double to left field, fol-



Jonathan Milgrom slides into home, scoring a run in the championship game. CREDIT ZEHAVA REINHART

main hot against the strong Clifton pitching. The main concern for the coaches, however, was who would be the starting pitcher for the biggest game of the year, as the team would be playing their third game in four days. After consulting with team physician, Dr. James Andrews, the coaches were assured that Avi Winslow could handle three more innings in the championship game without causing permanent damage to his right arm. That was all the coaches needed to hear, along with

lured by a single by Daniel Eckman. Shortstop Shia Forgash followed with a single, and scored on a double by Avi Winslow. Jonathan Milgrom then walked. With two outs, Yonatan Faber smashed a fastball to deep left field, scoring Winslow and Milgrom and giving Teaneck a 5-0 lead going into the bottom of the first inning. This was more than enough for Avi Winslow on the mound, who continued to throw strike after strike, retiring the overwhelmed Clifton batters. In nine innings of pitching in

four days, Winslow gave up only three runs, keeping his team in every single play-off game.

Teaneck scored two runs in the top of the third inning to take a 7-0 lead. Perhaps some of the fans in the stands thought the game was over, but the Teaneck players and coaches knew full well that a Clifton rally was imminent, and Clifton didn't disappoint. In the bottom of the fifth inning, Clifton started to find holes in the Teaneck defense and scored four runs. With the bases loaded with only one out, third baseman Jonathan Milgrom alertly picked up a little bopper down the third base line and touched home plate, preventing the fifth run from scoring. Benzion Keiser struck out the next Clifton batter on a 3-2 count, keeping the score 7-4.

As the Teaneck players came back to the dugout a little dejected after giving up those four runs, the coaches stressed how incredible it was that they had a three run lead going into the final inning. Championships would never be given to the players, they had to take full control to win it. Shia Forgash led off the top of the sixth inning with an infield hit and went to second on a throwing error. He stole third base, but was unable to score on a little dribbler in front of home plate. A walk loaded the bases and then the Clifton pitcher struck out the next two Teaneck batters. Zachary Cohen was then hit by an inside pitch, and a collective sigh of relief occurred when he was ok. As he walked to first base, Forgash crossed the plate, giving Teaneck an insurance run, and an 8-4 lead going into the bottom of the sixth inning. Clifton's first batter hit a hard shot to shortstop, but Forgash made a nice stop and fired a bullet to first base to get the

first out of the inning. Only two outs to go.

After a walk, the next two Clifton batters struck out and pandemonium occurred in Ramsey. The boys piled onto each other with huge smiles on their faces as they had completed their dream of winning the championship. Three games in four days of some of the best baseball they had played all summer long resulted in a very well deserved championship season. After all their hard work, and playing ball on so many very



Players celebrate following winning the championship. CREDIT ZEHAVA REINHART

hot and sunny days, this group of young boys came together to become a team and make great memories that would surely stay with them for a long time. They can now, and forever, be referred to as champions.

A special thank you from the coaches and players to the parents who drove their kids to the various games, practices and batting cages during the course of the summer. The boys now all have a championship trophy to remind them of the amazing summer of 2016.

# MVP Basketball Camp 2016

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**COST: \$699**

**GROUP DISCOUNT**  
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\$675 per camper in group

More info: [mvp4boys@gmail.com](mailto:mvp4boys@gmail.com)

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## Upcoming CMEK Programs

**August Camps**

**Sign-up by the week/day**

|                    |                    |
|--------------------|--------------------|
| Tenafly - SJC      | Paramus - BPY      |
| August - 1-5       | August - 8-12      |
| August - 8-12      | August - 15-19     |
| August 29 - Sept 2 | August - 22-26     |
|                    | August 29 - Sept 2 |

**SJC - 353 E. Clinton Ave, Tenafly**  
**BPY - 243 Frisch Court, Paramus**

**Sample Day**

|       |                                 |
|-------|---------------------------------|
| 9:00  | - Camper Arrival                |
| 9:15  | - Morning Challenges            |
| 9:30  | - Goals of the day              |
| 9:40  | - Skill Station 1               |
| 10:10 | - Skills Station 2              |
| 10:40 | - Camp Snack                    |
| 10:50 | - Skills Station 3              |
| 11:20 | - Skills Station 4              |
| 11:50 | - Morning Full-Court Games      |
| 12:30 | - Lunch and Hang-time           |
| 1:10  | - Special Camp challenges       |
| 2:00  | - Afternoon Sports Games        |
| 2:45  | - Afternoon Contests and Prizes |

\*Camp activities vary for younger campers.

**Camp Fees:**

|                      | Full Week | Daily |
|----------------------|-----------|-------|
| With your starting 5 | \$250     | \$60  |
| With a friend        | \$270     | \$65  |
| As an individual     | \$295     | \$70  |

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Try our Shabbat Crosswords! Look at each clue like an individual Jewish riddle and see if you can figure out the answers. We've filled in a part of the grid, giving you just enough help for you to do the puzzle in your head - no pencil needed! Answers will be printed next week.

## Proper Pronunciation

By Yoni Glatt,  
koshercrosswords@gmail.com

Difficulty Level: Easy

### ACROSS

1. Groom
6. Cho-Sen Island pans
10. Jewish folklore setting
14. Second to last month some years, biblically
15. Noah's Ark was 50 wide
16. Short-sighted twin
17. One sitting on a Maccabi bench, in a way
18. Bibi's wife
19. Roladin amts.
20. Brooklyn's J with many kosher eateries: Abbr.
22. Most severe (like Sekila)
24. Seasonal greeting
28. Hudson's Penny and Adams' Lois
29. Lingus that might connect to El Al
30. Efes
31. T'chelet, e.g.
32. We make one for shalom
34. Il \_\_\_, Mussolini title

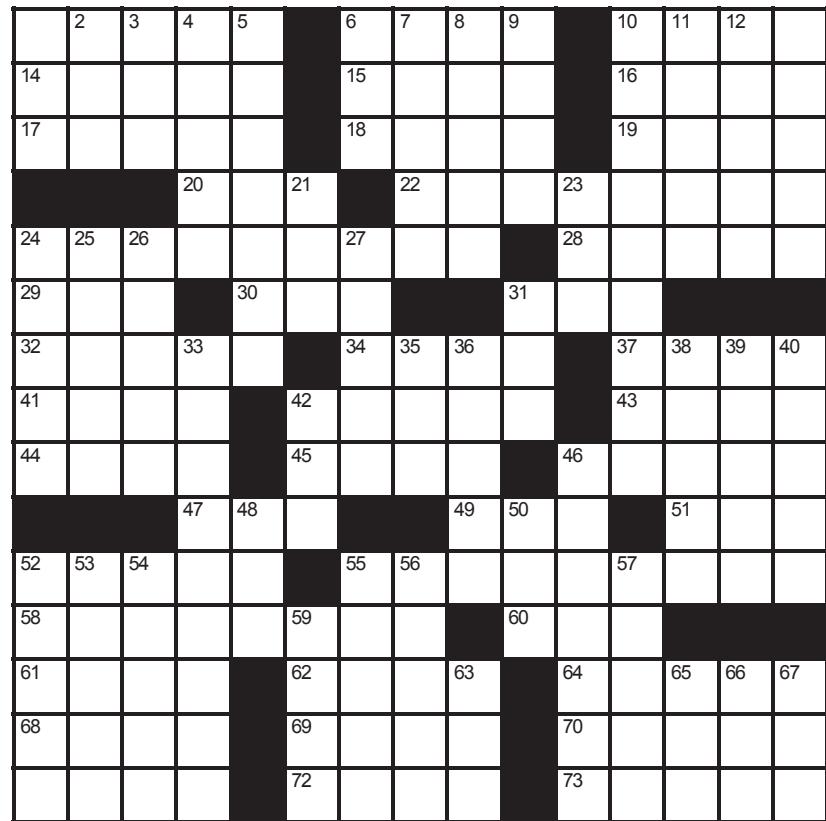
37. Actress Gershon
41. Rice-John musical performed at Hebrew University in 2014
42. Wise ones
43. Aka for 16-Across
44. Arnaz who worked with Jesse Oppenheimer on "I Love Lucy"
45. Song with Hu
46. Joseph was one, once
47. Ima, in England
49. Make chosen
51. Kylo's sci-fi dad
52. Sends (all of one's belongings to Israel)
55. Middle holiday period
58. The Baba Sali's nationality
60. A Gershwin
61. It's the truth
62. Actresses Gardner and Haddad
64. Zayn who got into hot water for tweeting "#FreePalestine"
68. Jay who donated an ambulance to United Hatzalah
69. Former Israeli P.M.
70. A Haim sister
71. With 9-Down a JJ Abrams movie

72. Makes like one involved with 10-Down

73. Name of a major Jewish holiday (or half of a minor holiday)

### DOWN

1. That's life?
2. Annex (the Golan)
3. Dew blessing
4. West Bank and Gaza Strip
5. Beach in Israel with the same name as a 90's trio
6. "...and G-d saw that it \_\_\_ good" (Gen. 1:12)
7. Middle America locale of Beth Israel Synagogue
8. Notable rebel with a Parsha
9. See 71-Across
10. Major low point in the Torah
11. Eppes follower
12. Expire, like a subscription to Moment Magazine
13. Some Elite gums
21. Label that released Pink Floyd's "The Division Bell" (sans Roger Waters)
23. Like Judah Maccabee as a general



## TORAH FUN

### TORAH FUN - MATOT-MASEI 5776

Moshe **taught** the Jewish people the laws of vows and **oaths**. HaShem told **Moshe** to take revenge on the Midianites, so Moshe formed a **group** to go fight them and won the battle. No Jews were **hurt** so the officers brought **extra** offerings as a "**thank** you" to HaShem. The Jewish people acquired a lot of **gold** and silver from the Midianites - HaShem commanded them to kasher vessels which were **once** owned by non-Jews. Per their request, the **tribes** of Reuben and Dan, who were shepherds, received permission to **live** on the eastern **side** of the Jordan rather than in Israel. The Torah gives a **recap** of the journey of the Jewish people in the desert since leaving **Egypt**. HaShem instructed Moshe to tell all the Jewish people when they **enter** Israel to destroy all the **places** that were used to worship false gods. HaShem also reminded the people that the **land** is an inheritance from HaShem specifically for the Jewish people. The borders of the land are defined. Someone who accidentally kills another **person** must go to a city of refuge.

#### SPOT THE DIFFERENCE

Which one is different?  
Hint: The Torah borders of the Land of Israel

|        |         |        |
|--------|---------|--------|
| ZIN    | AZMON   | ZEDAD  |
| SHEFAM | CHEVRON | ZIFRON |

#### WORD FIND

Can you discover the Secret Message? Find and circle the bold, italicized words from the Torah summary in the Word Find. Write the unused Word Find letters in the spaces below to spell the Secret Message.  
Have Fun!

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| T | H | H | U | R | T | I | S | P | A | R | S |
| S | T | A | U | G | H | T | H | A | N | K | E |
| P | E | R | S | O | N | D | H | A | H | E | C |
| R | X | T | I | E | S | L | T | H | E | G | A |
| E | T | L | R | D | A | O | S | T | P | Y | L |
| T | R | O | N | I | E | G | A | A | I | P | P |
| N | A | D | N | S | B | T | C | T | H | T | U |
| E | C | N | O | E | B | E | O | O | H | K | O |
| O | F | A | B | A | R | M | S | I | D | S | R |
| B | A | L | I | V | E | H | S | O | M | R | G |

#### SECRET MESSAGE

#### GEMTRIA

The Jews camped here after Rissah:

|     |     |     |     |    |    |    |    |    |    |    |
|-----|-----|-----|-----|----|----|----|----|----|----|----|
| 1+2 | ת   | ב   | ת   | ח  | ת  | ה  | ת  | א  | ב  | א  |
| 400 | 300 | 200 | 100 | 90 | 80 | 70 | 60 | 50 | 40 | 30 |
| 400 | 300 | 200 | 100 | 90 | 80 | 70 | 60 | 50 | 40 | 30 |
| 400 | 300 | 200 | 100 | 90 | 80 | 70 | 60 | 50 | 40 | 30 |
| 400 | 300 | 200 | 100 | 90 | 80 | 70 | 60 | 50 | 40 | 30 |

#### WORD CMRLESAB

(scramble)  
KEIFN KRFO OSNOP  
EFACAR NPA GTNSO

Hint: Items to tovel in a kaylim mikvah before usage

CANDLELIGHTING IN JERUSALEM 6:52 P.M.

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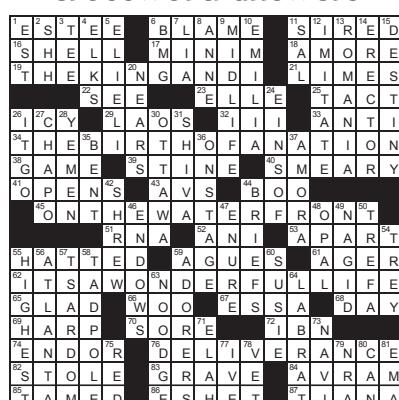
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CHECK YOUR ANSWERS AT:

WWW.THEFAMOUSABBA.COM/MATOTMASSAI

24. Many a Jewish house across the world
25. Place to do a mitzvah involving bird's eggs
26. YU alums
27. Part of a rhyming prophesying duo
31. Guillermo \_\_\_ Toro (he directed Ron Perlman in "Hellboy")
33. "The Chosen" author
35. Arm of Israel
36. Kane of "Unbreakable Kimmy Schmidt"
38. Potato state of a 1991 River Phoenix film
39. Bursts created on the fourth day
40. Modify (a Talmudic translation)
42. One on Noah's Ark
46. Heavenly chart?
48. The Shoah Foundation's CA school
50. City where Bibi went to HS
52. Refine (a metal menorah)
53. Simpson that said "That Yentl puts the 'she' in yeshiva"
54. Sherlock Holmes' Adler, who was never actually confirmed as Jewish
55. "Shalom \_\_\_" (Clinton)
56. Where a truly happy kallah might walk
57. Adumim go-with
59. "Along \_\_\_ A Spider" (movie with music by Jerry Goldsmith)
63. They might spend next yr. in Israel
65. "Viva \_\_\_ Vegas" (Elvis hit)
66. Garten who's the "Barefoot Contessa"
67. Kahane's party

#### Last week's crossword answers



## COMMUNITY CALENDAR

### SHABBAT, AUGUST 6

AMIT Hindy Weinstock/  
Geula Chapter Summer  
Afternoon Tea  
5:00PM, Home of Lois Blumenfeld &  
Dr. Norman Sohn, 1358 Sussex Rd,  
Teaneck  
Guest speaker: Ilana Gottlieb,  
Director of Midreshet AMIT. Topic:  
Shirat Miriam: Appreciating  
the Feminine Voice. For more  
information, please contact Genene  
Kaye at 212-477-5465  
or genenek@amitchildren.org.

### WEDNESDAY, AUGUST 10

Ezras Torah Guest Speaker Event  
7:40PM, Home of Rabbi & Mrs.  
Shmuel Leifer, 8-28 Fairhaven Place,  
Fair Lawn  
Mincha promptly at 7:40 followed  
by the event. Guest Speaker: Rabbi  
Avrohom Schnall, Shlita,  
Rav of Congregation Reiyim Ahuvim  
of Monsey. Refreshments will be  
served.

Community-Wide Yoetzet Event for  
Women  
8:00, Congregation Rinat Yisrael,  
389 West Englewood Ave, Teaneck  
Jewish Women's Journey Through  
Life: "Am I the Only One . . .",  
with Rivki Chudnoff, PT, MSPT,  
Rachel Herman, LCSW and Yoetzet  
Halacha Shoshana Samuels. \$10  
suggested donation. To RSVP  
or sponsor, see [www.rinat.org/](http://www.rinat.org/)  
yoetzetevent2016.

### MOTZEI SHABBAT, AUGUST 13

Teaneck Women's Tefillah (TWT)  
Commemorates Tisha B'Av  
9:45PM, Private home  
Annual reading of Megillat Eicha. For  
information about the private home  
location, email [teaneck.womens.tefillah@gmail.com](mailto:teaneck.womens.tefillah@gmail.com). Women and  
young girls are invited to join together  
in this solemn commemoration.

### MONDAY, AUGUST 15

Moriah's 13th Annual Golf, Tennis &  
Cycling Outing  
Edgewood Country Club, 449 River  
Vale Rd, River Vale  
For more information or to register  
online visit [www.moriahgolf.org](http://www.moriahgolf.org)

### SUNDAY, AUGUST 28

Young Israel of Teaneck's Second  
Annual Blood Drive  
8:00AM-2:00PM, 868 Perry Lane,  
Teaneck  
Sign up at [tinyurl.com/youngisraelblooddrive](http://tinyurl.com/youngisraelblooddrive), or just show  
up. If you have any questions, or if  
you are looking to get involved in  
another way, contact Sara Schatz at  
[saraschatz01@gmail.com](mailto:saraschatz01@gmail.com) or 201-708-  
5249.

### SUNDAY, SEPTEMBER 18

Friendship Walk  
Vote Park, Teaneck  
10:00AM- Registration, 11:00AM-  
Walk, 11:30AM- Walk Celebration.  
See [www.njfriendshipwalk.com](http://www.njfriendshipwalk.com)

## CLASSIFIEDS

### HELP WANTED

#### ADMINISTRATIVE SECRETARY

Growing Yeshiva in Bergen County seeks ADMINISTRATIVE SECRETARY Position requires the ability to multi-task, read/type in Hebrew, proficiency in Google Drive/Microsoft Office and other business programs, graphic arts skills to create newsletters and flyers and program planning. The primary emphasis of this position is to relieve the supervisors of administrative details. If you are detail-oriented, organized and a team player, communicate clearly and concisely, can work independently and are comfortable dealing with children and adults, we are the perfect match for you. Work schedule follows Yeshiva Day School calendar. Send resume to [resumes@rynj.org](mailto:resumes@rynj.org)

#### TEACHING POSITIONS

Due to expansion, YBH of Passaic seeks the following positions for September 2016:

- Elementary & ECD assistants
- ECD permanent sub

F/T MS Special Services Coordinator & Instructor, special ed training & experience required, administrative experience preferred. Learning Center Instructor for our middle school girls' and boys' divisions, general studies, afternoon hours. Special ed training and experience required. Email: Cover letter, resume, certifications & references to: [ppersin@ybhpasaic.org](mailto:ppersin@ybhpasaic.org) or fax to: (973) 777-9477

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### GEMACHS

#### SIMCHAS

Shtick for a Wedding  
Call Wendy at 646/996-2165

#### Centerpiece Gemach – Cong Beth Aaron

Please contact [bethaaroncenterpiecegemach@gmail.com](mailto:bethaaroncenterpiecegemach@gmail.com)

#### A C.H.A.I.N A Chessed and Inspirational Network

A C.H.A.I.N A Chessed and Inspirational Network provides checklists and resources for brides as well as referrals to kallah teachers, etc. For more information call (201) 837-2058 or email [jrfleisher@gmail.com](mailto:jrfleisher@gmail.com).

Hosting a Simcha in your home? The **Teaneck Simcha Gemach** has folding tables, cocktail tables, chairs and coat racks (w/ hangers) available for loan. Contact [Teanecksimcha@yahoo.com](mailto:Teanecksimcha@yahoo.com)

#### Tablecloth Gemach

In memory of Chaim Yissachar ben Yechiel Zeidel Dov Z'L. Specialty cloths in all colors and sizes for every type of simcha. Donations will go to Project Yiche and are tax deductible. Please contact [chayemf@aol.com](mailto:chayemf@aol.com) for an appointment

**Bat Mitzvah Gown/Dress Gmach** Now accepting dresses in excellent condition. Current styles only please. We are happy to pick up or you can drop off in Teaneck. If your unused gorgeous dress is hanging in a closet- let it put a smile on a Bat Mitzvah girl's face. For more info, questions or drop off location please contact Renee at: [reneeschneier@gmail.com](mailto:reneeschneier@gmail.com). Enhance a simcha and do a mitzvah!

#### Fairlawn Gown Gemach

Gowns (wedding gowns, mother of the bride, bridesmaids and flower girls) are loaned free of charge. Please call for appointments. The number is 201 797-

1770. For donations or any other inquiries please contact [Fairlawngemach@aol.com](mailto:Fairlawngemach@aol.com). Appts are not made by email. The Fair Lawn Gemach is under the auspices of Anshei Lubavitch of Fair Lawn.

**Congregation Ahavath Torah** 240 Broad Avenue, Englewood collects flower centerpieces that can be brought to the homebound or those in the hospital. For more information call the Shul at 201-568-1315.

#### FURNITURE DONATIONS

Email [rodzeen@gmail.com](mailto:rodzeen@gmail.com) of a picture of what you'd like to donate and a recipient can be matched.

#### HOUSEWARES

**Housewares G'mach** in Teaneck collects brand new, still in their boxes, serving china platters, mixing bowls and many other house ware items for new Kallahs in need. For more information or to donate contact Sara Beth Fein at [mrsfein@aol.com](mailto:mrsfein@aol.com).

**The Kallah Gemach** collects donations for Kallahs in need. They collect any unopened new items in their original boxes from people who have received gifts that they do not want and offer them to those less fortunate. All the items go to Passaic where the girls can come and see what they may be able to use. We collect things like Judaica, household items, small appliances, giftware, etc. For more information contact Carrie Cooper at 201-801-9028 or via email at [candscooper@gmail.com](mailto:candscooper@gmail.com).

#### MEDICAL EQUIPMENT

**Bikur Cholim West Englewood Medical Equipment Gemach**  
201-836-4425. Wheelchairs, walkers, canes, shower chairs and commodes are available. Text 917-748-2056 or email [bas4home@yahoo.com](mailto:bas4home@yahoo.com). The gemach is located at 1477 Jefferson Street in Teaneck.

#### The Bikkur Cholim of Passaic- Clifton's Medical Equipment Gemach

Wheelchairs, walkers, crutches, canes, scooters and other medical equipment to lend at no charge. For more information or to schedule a pick up contact Yael Gottein at 973-778-9320.

#### The Rinat Chaim Gemach

Lends new and used medical equipment. Items in good condition to those in need, for short-term or long-term use, including motorized wheelchairs, regular wheelchairs, transport chairs, walkers, knee scooters, rollators, commodes, toilet seat raisers, canes, crutches, shower chairs and bathtub transfer chairs. The Gemach will be happy to deliver the items to families when necessary and to receive tax-deductible donations. To contact the Gemach, to borrow equipment, or to contribute, please visit their website, [www.rinatchaimgemach.com](http://www.rinatchaimgemach.com), or contact Yehiel Levy, [info@rinatchaimgemach.com](mailto:info@rinatchaimgemach.com).

#### CLOTHING

**Yad Leah** collects modest and contemporary clothing, infant through adult, to be sent to Israel. Donated clothes must be in either excellent or like-new condition. For more information regarding drop off locations contact Jessica Katz at 973-955-0861 or via email [Jessica@yadleah.org](mailto:Jessica@yadleah.org).

Nursing home physician collects used clothing for needy nursing home residents. Unfortunately many nursing home residents have only bare minimal articles of clothing and lack funds to buy more. Clothes can be picked up and a receipt can be given by the nursing home. Please contact Dr Sam Carr [sscarr246@yahoo.com](mailto:sscarr246@yahoo.com)

#### BABIES AND CHILDREN:

**Teaneck Bris Gemach**  
Bris outfits, pillows, pillow cases, tefilos for mothers to say. Open to the Jewish community. There is no

solicitation of funds. For information or to reserve Email either [david.lobl@gmail.com](mailto:david.lobl@gmail.com) or [zsizzle11@aol.com](mailto:zsizzle11@aol.com) or call Zissi at 718 704 6225.

#### Teaneck Baby Gemach

Collects baby equipment, clothing to size 5T, toys, diapers, formula, and baby food for Jewish families in Bergen County. For more information contact Avi and Ginnie Fried at 718-753-6275, or by email at [Teaneckbabymach@gmail.com](mailto:Teaneckbabymach@gmail.com). Tax donation letters are available for any financial and/or item donations.

#### Premie Clothing

Yad Yocheved – 201 836 2071

#### Passaic Baby G'mach

Collects baby clothing in excellent condition up to size 2T as well as other baby gear including high chairs, cribs, strollers, carriages, changing tables, diapers and formula. They pick up in NJ/NY area. For more information contact Siggy Berger at 201-486-1492 or via email [siggy@aishdas.org](mailto:siggy@aishdas.org).

#### MISCELLANEOUS

##### Bicycle Gemach

Rivky Klar at [bikegemach@gmail.com](mailto:bikegemach@gmail.com)

##### Headphone Gemach

Protect your child's little ears from big noises! New gemach in Bergen County offers infant and toddler sized hearing protection headphones that you can borrow for use at weddings, bar mitzvahs and other loud occasions. Visit <http://musicalears.org> for more info or email [reservations@musicalears.org](mailto:reservations@musicalears.org) to reserve your pair.

##### Laptops and More "Gemach"

Seeking a refurbished laptop, tablet or smart phone? Have an old one, or any parts or accessories, to donate to needy individuals? Contact Mordechai Luchins at [mordechai@luchins.com](mailto:mordechai@luchins.com). This is a donation, NOT a loan.



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## Non-Qualified Mortgages for Qualified Applicants



By Shmuel Shayowitz

Yes, you read the headline correctly – getting a “non-qualified mortgage” is a good thing... sometimes! Since early last year, new regulations were introduced, and mortgage loans now fall under two distinct categories of “qualified” mortgages and “non-qualified” mortgages. While the label of these loan options might be misleading, a myriad of mortgage loan options are now available for the first time in years that can be of benefit to certain consumers looking for competitive mortgages.

### Background

The Dodd-Frank Wall Street Reform and Consumer Protection Act were passed in 2010 as a regulatory response to the financial crisis and the subsequent Great Recession. As a result of this act, the Consumer Financial Protection Bureau (“CFPB”), an independent agency of the United States government, was created with the broad mandate of “consumer protection” in the financial sector. The CFPB introduced “Qual-

ified Mortgages” (“QM”) as a classification of loans that have more restrictive features that help make it more likely that a borrower will be able to afford their loan. A lender must categorically determine that an applicant has the “ability to repay” the mortgage, regardless of how secure the collateral may be. If the guarantor is not able to clearly document accordingly, the loan cannot be classified as a qualified mortgage, and would be subject to the new regulatory restrictions.

### Restriction on Qualified Mortgages

Certain loan features are not permitted in a Qualified Mortgage such as an “interest-only” provisions, (where a borrower will pay only the interest without paying down the principal), a “negative amortization,” feature, (where the loan principal will increase over time) and “balloon payments” requirements (where a larger-than-usual payment will be due at the end of a specified loan term). Additionally, loan terms cannot be longer than 30 years, and there is a limit as to how much income can be used as qualification towards debt (also known as “debt to income ratios”).

### Impact on Mortgage Lending

When following the “qualified mortgage” standards, certain legal reliefs are given to the bank and lender that grant these mortgages. When a bank can show that it made sure applicants had the ability to repay their loan, and that it fell within the QM standards - there are less regulatory restrictions to them, and the loan is less likely that it can be challenged post-closing. In order to preserve and ensure these benefits, many banks have limited their mortgage activities to granting mortgages that only fall into the category of “qualified mortgage”.

Having now defined what a “qualified mortgage” is and isn’t, the CFPB has pushed many banks out of the mortgage business. As a result, many banks have abandoned residential lending altogether. This is detrimental to countless applicants, as the typical local bank might not be of benefit to them when seeking a high quality loan that otherwise falls out of this qualified standard.

### Opportunities to Borrowers

The good news is, non-depository lenders, such as Approved Funding, are picking up the slack and offering affordable and creative loan options, that are worthwhile to

qualified applicants – that are well within compliance and extremely safe. For those with limited income or asset verification, or reasonable credit imperfections, or perhaps home valuation methods that don’t necessarily fall under the “QM” standards – solutions are now feasible! A competent mortgage banker, like Approved Funding, is able to highlight options available under the qualified mortgage standard as well as those outside the qualified mortgage definition that might still be a very practical and useful mortgage solution to meet a homebuyer or homeowners needs.

A special shout out to Dr. Joseph Rozezhadeh!

Shmuel Shayowitz (NMLS#19871) is President and Chief Lending Officer at Approved Funding, a privately held local mortgage banker and direct lender. Approved Funding is a mortgage company offering competitive interest rates as well specialty niche programs on all types of Residential and Commercial properties. Shmuel has over 20 years of industry experience including licenses and certifications as certified mortgage underwriter, residential review appraiser, licensed real estate agent, and direct FHA specialized underwriter. He can be reached via email at [Shmuel@approvedfunding.com](mailto:Shmuel@approvedfunding.com)

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LICENSED MORTGAGE BANKERS**18 Sunrise Ter, Bergenfield**

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**Links Residential**  
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**5 Bedrooms / 4 Bathrooms**

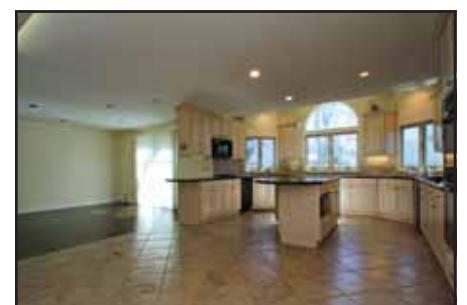
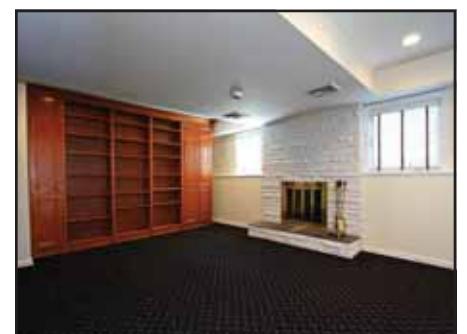
Spacious home in a great Bergenfield location. Extended family suite w/ separate entrance. Entry foyer, living room, dining room, MEIK, master suite w/ walk in closets, large bedrooms, attached 1-car garage and big driveway. Newer deck overlooking fenced in backyard. Listed by Sara Landerer.

**750 Winthrop Road, Teaneck**

**\$999,000**  
**V & N Realty**  
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5 Bedroom, 4 full bath beautifully renovated, multi level home on premiere Teaneck street. Large entry hall, living room and formal dining room, Chef's double appliance granite kitchen adjacent to family room with sliding glass doors to trex deck. Gorgeous master bedroom suite with luxurious bathroom. Second family room with beautiful built in wall unit, wood burning fireplace, full bath and outside entry on ground level. Large finished basement with summer kitchen, separate

office and laundry. Oversized attached two car garage. Paver driveway, Central air, Hardwood floors on first and second floors, loads of closet space, underground sprinklers, security, intercom, fabulous backyard, great curb appeal, walk to all

**Featured Approved Funding Testimonial Of The Week**

**Jeff Benjamin**  
Senior Vice President  
Mortgage Executive

"Shmuel is a tremendously knowledgeable mortgage professional. His ethical approach to the lending industry and his insistence that all of his employees bring the same ethos to their jobs sets him apart. Whether you are a consumer looking for a fair deal on a home loan or a mortgage professional looking for a long-term home, talk to Shmuel and hear what he and his team can do for you."

— Jeff Benjamin  
Mortgage Executive

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**Featured Real Estate Professional Of The Week**

**Louis B. Chapman**  
Attorney  
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The Law Offices of Louis B. Chapman, a firm founded on referral business relationships, has been representing clients across Bergen and Passaic counties for more than 30 years.

They professionally handle all aspects of residential and commercial real estate transactions for individuals and businesses. Mr. Chapman's clients have come to know him as a strong negotiator, who is extremely responsive and very attentive to his client's needs.

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# Golden Rules for an Easy Summer Move

(BPT) - The nicer weather and longer days of summer make it the ideal season for moving. In fact, an estimated 17 to 20 million people move during the summer months. While it's exciting to settle into a new home, the logistics and process of moving can feel overwhelming.

If you're getting ready to pack up and ship out to a new home this summer, follow these tips for an easier move, provided by the experts at Penske Truck Rental:

**Prep for packing:** Save time by ordering your moving supplies like boxes, labels, bubble wrap and packing tape online. Sometimes you can collect boxes at work or ask your local grocery store if they have any available.

**Purge before packing:** Less is better when it comes to moving your belongings. It's much easier to throw away, donate, sell or give away items that you don't need than it is to pack them and move them.

**Pack smart:** Begin with out-of-season and non-essential items. Start early to avoid the stress of last-minute rushing. It's OK to leave a box open; it's much easier to tape a box shut on moving day than it is to pack at the last moment.

**Label boxes well:** It only takes a moment to label a box, but it can save you hours of frustration later. Start by labeling the room the box belongs in and then add details about contents including warnings such as "fragile." As you load the truck, try to keep boxes from each room grouped together.

**Reserve a truck early:** Reserve your moving truck two weeks ahead of time.

To get the right size truck, allow 150 cubic feet of truck space for each fully furnished room.

**Transfer services:** In addition to changing your address, call service providers and utilities to discontinue cable TV, trash collection, water, gas and electricity. Consider scheduling cut-off for a day or two after you move, just in case there is a delay and you still need those services.

**Ready the evening before:** Pick up your truck rental the evening before the move to save time on moving day. Penske professionals will get you familiarized with your vehicle and help you verify the best driving directions to your new home.

**Start early:** By leaving early in the morning, you'll run into less traffic and have extra time to unload at your destination. Take turns driving and take breaks once every two to three hours. Be patient and drive within the speed limits.

**Drive wise:** Moving trucks are taller, wider and heavier than passenger vehicles. Keep in mind they require more distance to stop. Be aware of low-hanging tree branches and building overhangs. Park only in well-lit areas and keep the rear door padlocked and the passenger compartment doors locked.

**Keep important items close:** Create a travel bag to keep your phone, paperwork, credit cards, identification, a change of clothes, beverages and snacks close at hand. Have a passenger snap a few photos while you're on the road and when you reach your destination. A move is something to remember, after all.



Close to shopping, commuting options, community schools and places of worship, this spacious center hall colonial is being offered for under **\$300,000!** It boasts 4 bedrooms, 3 full baths, central air and 1st floor laundry. Basement has high ceilings, large rooms, kitchen, bath and separate entrance! Mother/daughter options are possible in this great house in friendly, small town Elizabeth NJ!

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## The Quadra Offers a Luxury Living Experience

The Quadra overlooks Mesilla Park, a charming landscaped park that sits alongside the original route of the railroad track to Jerusalem. It is situated on Makor Haim Street, a five-minute walk from Emek Refaim Street, and offers close proximity to schools, cafes, restaurants, synagogues and the thriving neighborhood of Baka. The Quadra has a secured private entrance for each building to ensure residents their utmost privacy, and also provides private underground parking. It offers a private pool (25 meters) and gym for its residents. Each apartment has heated floors throughout and a master bedroom with walk-in closet and en suite full bath.

The Quadra is a brand new apartment complex for easy and luxurious living. Each apartment unit has six rooms, or five bedrooms (in Israel the extra room is the living room space), 160 square meters or 1772 square feet and the balcony has nine meters overlooking Jerusalem. (The unit located on the fifth floor offers the best view.) The apartments are located on the first, second, third, fourth and fifth floors.

Each apartment unit is fully equipped with brand new state-of-the-art fixtures—oven, range top, refrigerator, dishwasher and washer/dryer combination.

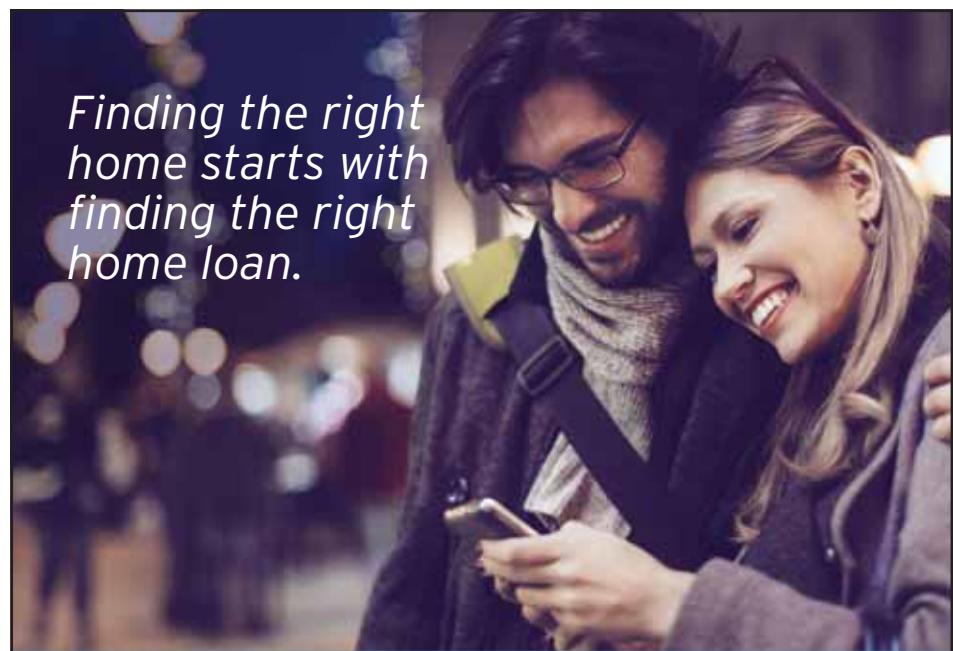


Apartments are offered for sale at 1.8 M USD/5.2 Mil NIS and for rent at 4200 USD/month including monthly maintenance fees/13,000 NIS/month including monthly maintenance fees.

Price does not include taxes and utilities (range from 15,500-17,000 NIS per year).

For more information contact Jen Fruchter, Sales Agent, at [jen@bendine.com](mailto:jen@bendine.com) or 054-5668788.

The model apartment will be furnished by a professional interior designer and will be available for short-term rental starting August 2016.



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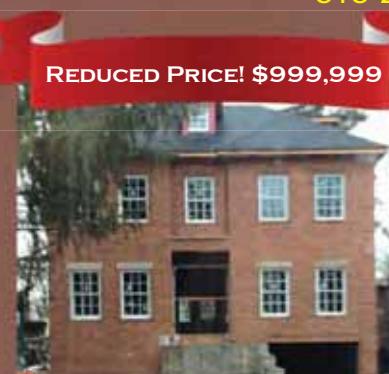


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# Buying on Paper: A Success Story

By Gedaliah Borwick



Four years ago, we were approached by Africa-Israel, one of the largest developers in Israel, to do pre-sales in Savyoney Arnona, a new 200-unit project located in the Arnona section of Jerusalem.

We liked the project as it was situated in an “up and coming” neighborhood, the handsome buildings had upscale touches, the floor plans were well-designed and pricing was reasonable. Most importantly, we felt comfortable associating with the developer due to its sterling reputation in the industry.



Savyoney Arnona (CREDIT: GEDALIAH BORWICK)

## Opportunity Knocks

The developer was awaiting receipt of the building permits to begin construction, and desired a successful sales kick-off event to generate market momentum. We grasped the opportunity and were excited for our clients to “get in on the ground floor” and cut great deals while the developer was particularly hungry to sell.

The existence of a bank guarantee—an insurance policy assuring completion of the project should the developer go bankrupt—gave us confidence that our clients were protected from downside risk while enjoying the opportunity to profit from the project’s upside potential. In addition, the developer was contractually obligated to pay rent should the occupancy date be postponed, which is exactly what happened: the project was delayed by a number of months and the developer, honoring its commitment, has been sending monthly rent checks to the purchasers.

We traveled to the U.S. and pre-sold 11 units at great prices. To give you an idea of

savings, sales prices for the last remaining apartments are currently over 25 percent higher than the first batch of sold units.

## Pre-Sales Are Not for Everyone

After the pre-sale event was over, we continued to sell apartments in Savyoney Arnona. Interestingly, some clients preferred waiting until the delivery date was within a year of contract signing. A number of other clients wanted to better understand the demographics prior to purchasing, to ensure that they would be comfortable living in the complex.

On the topic of demographics, a client who purchased an apartment in Savyoney Arnona gave me one of the best compliments when he asked me, “Do you know the greatest value that you give your clients?” After rejecting my first two guesses, “honesty and trustworthiness” and “fighting for best price,” he explained that, while both of those qualities were true, my greatest value was that I was creating special communities. Through my relationships, I was bringing in wonderful families to buy together and be the nucleus of the next amazing community.

The first building in Savyoney Arnona is finally complete and the buyers are now receiving the keys to their apartments. Sales in the second building, which will be ready for occupancy within the next six months, continue to be brisk due to the project’s good name, owing to the excellent roster of families who have purchased in the project.

## Pre-Sales Specialists

Soon after we did pre-sales in Savyoney Arnona, we were fortunate to do the pre-sales in another Jerusalem project called Bustan Baka, which will be delivering keys to the first apartments within the next few months. Based on these two successful experiences, we have built a reputation in the industry as the pre-sales specialists, and we are constantly on the lookout for the next great development project.

We are currently working on a number of exciting projects, which we hope will become available for sale over the next half year. If you have the temperament to buy “on paper” and the patience to wait a few years to receive the keys, stay tuned, as we have some interesting opportunities in the works.

Gedaliah Borwick is the founder of My Israel Home ([www.myisraelhome.com](http://www.myisraelhome.com)), a real estate agency focused on helping people from abroad buy and sell homes in Israel. To sign up for his monthly market updates, contact him at [gborwick@gmail.com](mailto:gborwick@gmail.com).



## FEATURED PROPERTIES



1



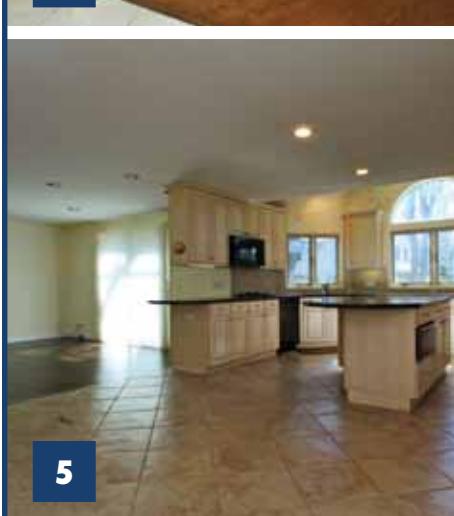
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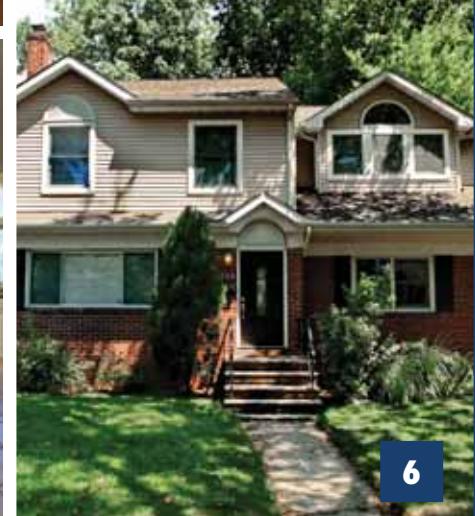
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Contact Esther Shayowitz at 201.638.5858 for more information.

### 1077 Bromley Avenue, Teaneck • \$549,000 • 4 Bedrooms • 2.5 Bathrooms

True Center Hall Colonial with large Living Room/fireplace. Formal Dining, Eat in Kitchen, Family room with sliding glass doors to large patio and lovely back property. Master bedroom with master bath, three additional spacious bedrooms. Full basement with finished family room, small office, and work area.

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### 21 Regent Street, Bergenfield • \$939,000 • 5 Bedrooms • 3.5 Bathrooms

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### 596 Berwick Ave, Teaneck • UNDER CONTRACT!

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### 750 Winthrop Road, Teaneck • \$999,000 • 5 Bedrooms • 4 Bathrooms

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Contact Debra Botwinick at 201.851.1035 for more information.

### 265 Briardiffe Road, Teaneck • \$995,000 • 6 Bedrooms • 4.5 Bathrooms

Upscale, renovated, 6 bedroom Center Hall Colonial in popular location. Living Room with Fireplace, true Banquet sized Formal Dining Room, generous double appliance Kitchen with granite counters and breakfast area overlooking 144 ft deep property. Ensuite guest bedroom with bath on 1st level.

Contact Roza Chidekel at 201.410.9398 for more information.

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|--|------------------------------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------|----------------|
|  | 878 Queen Anne Rd, Teaneck   | \$379,000 | Price Change! Classic 4 bedroom Brick Center Hall Colonial on 140 deep property. Elegant Living Room with brick fireplace, formal Dining Room, Den. 4 Full Bedrooms on 2nd level. Upgraded furnace, garage doors, hot water heater. Hardwood floors throughout                                                                        | 1:00-3:00pm |       | 201-692-3700   |
|  | 768 Dearborn Street, Teaneck | \$475,000 | Premiere Open House! Delightful multi-level home set among million dollar homes. Spacious living room with elegant fireplace, formal dining room. White, updated kitchen with subzero and granite counters. Master bedroom with full bath, excellent den and full finished basement. Approximately 5 year old furnace and newer roof. | 1:00-3:00pm |       | 201-692-3700   |
|  | 1096 Boulevard, New Milford  | \$649,000 | 4 Bedrooms / 3.5 Bathrooms. Spacious colonial on a beautifully landscaped property. Formal living room, dining room, family room and MEIK. Large master suite w/ additional large bedrooms. Finished basement, plenty of storage, large backyard and rear deck - great for entertaining guests. Listed by Malka Abrahams.             | 12PM-2PM    |       | (201) 692-3700 |

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## Enhance Your Home Exterior During National Curb Appeal Month

*(StatePoint)* If your home exterior looks "blah," National Curb Appeal Month in August is the time to borrow successful ideas from builders.

"Builders avoid the cookie cutter look with simple siding, railing, porch and trim tricks," says Patrick Graham, strategic product manager with Weyerhaeuser Distribution

To make your home stand out, try these tips:

• Mix it up. Try mixing different siding and trim products, such as pairing low-maintenance PVC trim pieces from Ply Gem together with fiber cement siding from a company like James Hardie. Combine cedar lap siding with fiber cement shingle panels, or mix vertical board and batten panel-type engineered wood siding with stucco-style panels. There are no set style rules; let your home's personality be your guide.

• Make a statement. Add visual sophistication with a few trim tricks. For example, use thicker trim at the gables to make them pop. Or, mix trim widths to emphasize windows and doors. A new stand-out front porch area on the home with an easy-care cedar floor and vertical cable railing can add an extra punch of curb appeal to any home exterior!

This National Curb Appeal Month, take steps to make your home exterior pop.



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Actual Photo #1



Spotlight Photo #1



**66 John Place, Bergenfield - Offered by Nechama Polak of V&N Realty (nechamapolak@gmail.com)**

6 Bedroom /3.1 Bath, Young Center Hall Colonial on prime cul de sac in Bergenfield. Elegant entry hall, banquet formal dining room, chef's kitchen with double appliances adjacent to large den overlooking back property with Koi fish pond and waterfall. 5 generous bedrooms on 2nd level including stunning Master Suite. Full, finished basement with hi ceilings, full bath and guest accommodations. 2 car attached garage, excellent curb appeal.

Actual Photo #2



Spotlight Photo #2



**264 Ogden Avenue, Teaneck - Offered by Ruth Miron-Schleider of Miron Properties (ruth@mironproperties.com)**

New construction. 100'x120' lot. Prime area. 1st FL (approx. 1,580 sq. ft.) offers entry hall, living rm, formal dining rm, gourmet kit (w/double sinks and dishwashers) and breakfast area, fam room w/FPL, bedroom/library, and full bath. 2nd FL (approx. 1,580 sq. ft.) features landing/sitting area, master bedroom/luxurious master bath, 3 additional bedrooms, 2 additional baths, laundry. Potential to finish livable space on the 3rd FL and basement, 2 car attached garage, deck.

Actual Photo #3



Spotlight Photo #3



**878 Queen Anne Road, Teaneck - Offered by Ruby Kaplan of V&N Realty (rubykaplan@aol.com)**

4 Bedroom /1 Full, 2 Half Bath, Fabulous Classic C/H All Brick Colonial, beautiful exterior, all brick double garage. Large living room with brick fireplace, formal DR, den/office, eat-in-kitchen, all hardwood floors throughout, cedar closets, majestic high ceilings, new hot water heater, 10 year boiler, new garage door on 2-car brick garage, with overall updating. Wonderful 140 foot deep back yard. No Saturday showings. Owner motivated to sell. Must See! Open House on Sunday, August 7 from 1pm-3pm.



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