ON THE COVER: Happy Rosh Hashanah!
Inside are recipes, books suggestions, and new year messages from Federation agencies

INSIDE:
Reactions to Instagram post that seemed to threaten Jewish Community Center
see pages 10–12
Youngstown Area Jewish Film Festival begins Sept. 16
see page 21
Changing Seasons

By Mary Lou Finesilver

I don’t know about you, but I love the changing of the seasons. Each season has its own special beauty. Spring starts with the buds on the trees and shoots and weeds peeping out of the ground; summer, in all its splendor, with the green grass carpeting the ground and beautiful green trees and glorious flowers blooming everywhere. Fall presents us with the glorious green and gold colors—so magnificent when the sun shines on the leaves; so calming and peaceful.

Then winter comes creeping in, turning the world white and icy. When the sun shines, the snow is brilliant and amazing. It remains a winter wonderland until, suddenly, the snow turns dirty from traffic and snow plows tossing gravel, salt, and sand everywhere. I guess that has to be part of it in order to keep the world moving. Of course, there are those days when travel becomes difficult and the parents groan because the kinder (children) are home, but the kinder are having a ball.

When I was a stay-at-home mom, I enjoyed those days, also. Of course, being of an age, I remember we would actually have four seasons. Not so much anymore! Spring arrives, and boom! There is summer so fast, it is now hard to tell when one starts and the other stops. The same thing with fall. No sooner do the leaves put on a beautiful show than the snow falls. Winters have most definitely become longer and longer. Talk about climate change—it certainly has changed in my lifetime. I have witnessed some of the changes, and it is frightening.

I never wanted summer to be over. I think I loved summer more than my kids did. I loved the picnics, swimming, time to kibbutz (talk) to friends, time to read. Just sitting at the swim club, supposedly watching my kids in the pool—well, actually, I did that too, until they grew up.

I think that was the hardest part of going to work: giving up my summers. Even when I had my own company, The Stand-ins, I was still able to schedule leisure. But even still, as a teacher, my daughter goes back to school next week, and summer vacation is over. I don’t know if I am ready, but I don’t have a choice. It was nice having her home. My other daughter took off a day from work and we all went to Walnut Beach for a day. That was fun. I love seeing the water and the boats on the lake.

We also took advantage of summer by loading the whole family into the car for a reunion of family on my mother’s side. We went to Columbia, MD, to visit an older cousin (I know you didn’t think anyone was older than me), and some of our younger cousins met us for a small family reunion. That was fun also.

Then fall brings with it the High Holidays, which I love. For Rosh Hashanah, we have dinners right after Temple with family and friends. I never tire of these dinners and holidays. The same thing with spring and Passover Seders. We only have one seder at home now because we go to Temple with the Temple family to enjoy a beautiful meal.

I do love all of the seasons most of the time, but I suppose that might have something to do with my great age and being here to welcome the seasons with family and friends. I like nothing better than to have family and friends here all year long. I wish I could do more, but I take what I can get. You know the old adage, “one day at a time”; well, enlarge that to “make each minute count.” Happy fall. Enjoy!

An Open Letter to Israel’s Ambassador to the U.S.

By Art Einzig

Editor’s Note: Art Einzig, past president of Congregation Ohev Tzedek, wrote this open letter to Ambassador Ron Dermer, Israel’s Ambassador to the United States, following Israel’s decision to bar Representatives Rashida Tlaib of Michigan and Ilhan Omar of Minnesota, members of the U.S. Congress, from entering Israel for an official visit. Later, they announced that Rep. Tlaib could enter on humanitarian grounds so that she could see her 90-year-old grandmother. She declined.

Dear Ambassador Dermer,

As an American Jew, I was left numb and sad after the actions of the Israeli government today. Embarrassed to be Jewish and questioning Israel’s understanding of what democracy and free speech mean to me and others, I am disappointed at Mr. Netanyahu’s slap in the face of American Jews, who are proud of Israel and its people but also believe in free speech.

This is a black mark on the miracle of the Israeli state that I pray will not be a harbinger of things to come. It is time for Israeli citizens to seriously consider their future with the current leadership’s decisions, especially this newest action to bar two American congresswomen who have differences with Israel.

Please do not follow the path of Mr. Trump, who is leading our country, and maybe the free world, into a downward spiral. America was not founded on discrimination and intolerance. It was not founded on a class system of the “haves” and the “have-nots.” America was never meant to be led by demagogues and authoritarians with no regard of the “other.” America was once a beacon for the rest of the world; men, women, children, and entire families from all walks of life, working together to continue this grand experiment in democracy that our founders dreamed of almost three centuries ago. We have had our struggles over the centuries and we have gone down the wrong path more than once, but the power of free speech and the voices of many guiding our representatives and leaders have always brought us back to the right place.

Israel and the Jewish nation have an even longer history that we can all be proud of and learn from. For thousands of years, we slowly created first a people, then a religion, then a culture, and finally, a land that is ours. It was not easy. When all of my grandparents arrived on the American shores from Poland and the Austro-Hungarian Empire at the beginning of the 20th century America was a place where they could continue their lives as Jews and eventually as Americans. I am sure there was discrimination and doors not open for them to enter. My grandparents lost much family that remained in Europe during the Holocaust but America was there for them. My parents, my sister, all of my aunts and uncles, my cousins, and now their children have continued the traditions of our family to worship, study our heritage, and most importantly know that opportunity remains available to the next generation.

Whether we call America a melting pot or a salad bowl of people and cultures, I know that I am a better person and probably a better Jew because of my exposure to so many people different from myself. We are better when we are able to talk about our differences and when we are inclusive, empathetic, and willing to be open-minded.

We must all practice this tolerance, empathy, and open-mindedness for each to grow not just as Jews but as fellow human beings in this complicated and sometimes dangerous world we live in together.

I needed to tell someone my feelings, and I hope that Israel and its leaders will understand the precarious steps that are in their future and the future of the world.

Be strong in your convictions, and always believe we can each learn from the other.

Arthur Einzig
An American Jew
September 15 is the deadline for articles and ads for the October issue. Submissions may be edited for length and/or clarity. The JJMM does not assume the responsibility for the Kashruth of any product or service advertised on its pages.
Temple El Emeth Events

Sept. 3
El Emeth board of directors will meet at 7:30 p.m. The executive committee will meet at 6:30 p.m.

Sept. 4
Jewish Christian Dialogue will have its first session of the year. Refreshments will be served at 12:30 p.m. with the study session beginning at 1:00 p.m. “Civilization and the Jews; The Roots of Monotheistic Religion” is the theme of the year and is based on a nine-part PBS documentary with Abba Eben. All are welcome to attend.

Sept. 11
Minyan and a Meal - Minyan is at 5:45 p.m. with dinner following at 6:00 p.m. Jim Cossler of the Youngstown Business Incubator will speak on exciting new businesses starting up at the Incubator. Reservation forms are in the monthly bulletin or are due in by Sept. 6.

Sept. 14
A birthday service and kiddush luncheon will take place on Shabbat morning. Services begin at 9:30 a.m. with lunch at noon. September birthdays will be celebrated, and any members wishing an aliyah or other honor for their birthdays are asked to call the Temple office.

Sept. 29
Erev Rosh Hashanah musical service and catered dinner is planned for 6:15 p.m. Cantor Gavriel N. Oren from Israel will be accompanied by Dr. Randy Goldberg, Daniel Shapira, and Joseph Kromholz. A traditional Rosh Hashanah dinner will follow the service with an appletini bar. Reservation forms are in the monthly bulletin or can be found on our website at templeelemeth.org

Sept. 30
The Blessing of the Children will follow the Torah service on the first day of Rosh Hashanah at approximately 10:30 a.m. Children up to the age of 12 will be invited to the bima for a special blessing by Rabbi. Jr. Congregation will take place the first day of Rosh Hashanah from 10:45 a.m. until noon for children 12 and under. There will also be snacks, games, and crafts. A Rosh Hashanah seder is scheduled for the second day of Rosh Hashanah for the children at 10:45 a.m. There will also be snacks, games, and crafts, and this program will also run until noon.

Babysitting is available for children 5 and under on the first day of Rosh Hashanah and on Yom Kippur from 10:00 a.m. until 12:30 p.m. The room is stocked with toys, games, and books, and there will be mature women on hand to supervise the children. Reservations for babysitting may be made in the office. Cost is $6.00 for the first child and $3.00 for every additional child per day.

Minyans take place daily at 5:45 p.m. including Saturdays. Shabbat morning services begin at 9:30 a.m. Visit our website at www.templeelemeth.com

Picnic Held at Temple El Emeth

Temple El Emeth’s Indoor/Outdoor Picnic was held at the Synagogue on July 28. Over 70 guests enjoyed a picnic dinner provided by Inspired Catering by Kravitz and had the choice of sitting indoors or out. Danny Shapira provided entertainment. Pictured from left to right are Jeannie Peskin, Gerry Peskin, Edith Peskin, and Karen Brunelle.

El Emeth Sisterhood

OPENING MEETING & LUNCHEON
Tuesday, September 10, 2019
Open Board Meeting 10:30 am
Luncheon & Program beginning at Noon

Guest speaker
TODD FRANKO
Editor of the Youngstown Vindicator
will discuss the closing of the Vindicator and the effect it will have on our area
Lunch $12.00 for members $15.00 For non-members

Please RSVP to the office by September 6th 330-759-1429

Temple El Emeth Welcomes Cantor Gavriel N. Oren

Cantor Oren was born in Budapest, Hungary, the son of Holocaust survivors—his mother a survivor of Bergen Belsen and his father a survivor of Auschwitz. He was raised and educated in a religious Zionist family. At the age of 4, he listened to the great cantors and diligently practiced the liturgy, premiering as a chazan at his bar mitzvah. At the age of 14, he registered at the Sela Seminar for Cantorial Studies at the Bilu School in Tel Aviv, studying under such great cantors as Shlomo Ravitz Z’L. At 18, he was offered his first cantorial position at Haichal-Habanim Synagogue, serving there for the next 12 years.

In the 1970s, Cantor Oren served in the IDF as a military cantor and a soloist in the Military Rabbanut choir. From 1986 to 1989, he served as Chazan of Ohel Sarah Central Synagogue in Rehovot and in the early 1990s at Ohel Yitzchak Synagogue in Rehovot. In 1992, he returned to Haichal Habanim Synagogue until 2006. From 1991 until today, he is the Cantor of Chevra Kadosha Ra’anana. In addition, he founded the first mobile Synagogue in Israel.

In 2004, Cantor Oren appeared in a special concert series in London and South Africa to raise funds for the victims of terrorist attacks and their families in Israel. He has performed in concerts around the world.

Cantor Oren lost his first wife, Tzipora, in 2006 and married Ida Formanski in 2018. He is the father of four children and the grandfather of five.
President’s Message: Violence in This Country

By Neil Yutkin
Ohev Tzedek Co-President

Violence in this country has been on an upswing, and last month was no exception. In fact, it seemed just like more of the same, as we now have become accustomed to more and more turmoil, mainly directed toward minorities by hate groups.

We are now to the point where we hear people saying, “Thank God it was only (pick your number) and not more” instead of “How horrible that this occurred.”

The latest bout began last month with El Paso, then Dayton, and then three, or maybe four, foiled attempts which luckily were discovered and prevented before they could take place. The last two of those incidents affected us more because they were nearby.

A pattern seems to have evolved. A shooting takes place, actions are called for seemingly by everyone, and then it slowly fades from public view until it is forgotten. That is, except by those who are hurting the most: the survivors and the loved ones of those who did not make it.

We hold rallies, have memorial services, and petition our politicians to take action. When it looks as if it’s finally going to happen, the government goes into a stall tactic, putting off any action until the topic fades from our minds. Until the next time.

In this instance, the Senate is on vacation and will not be called back into session to discuss a bill that was proposed by the house back in February. Actually, the only time gun control legislation was passed by this country in my memory was the Brady Bill, which temporarily banned weapon sales without a five-day waiting period in order to do a comprehensive background check. That was done in 1993, two years after the bill was introduced.

We are to the point where inaction by the Federal Government seems to be the only action they are willing to take.

So, what can be done? The latest polls show that the majority of people in both major parties are willing to accept the background checks again, and red flag laws are also beginning to gain acceptance. As a gun owner, I am willing to accept gun registration also, which is now becoming acceptable.

The Second Amendment, which states, “A well-regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed,” has been ruled to imply that all people have the right to maintain weapons. However, nowhere does it state that regulation of those weapons is not permitted. The case is just the opposite. The Amendment specifically uses the term well-regulated.

It is time that the Congress, the courts, and the administration of our government finally act to preserve and protect our people.

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Ohev Tzedek High Holiday Schedule

**Sept. 21**
Selichot Service will take place at Congregation Rodef Sholom at 8:15 p.m.

**Sept. 29**
An evening service for Erev Rosh Hashanah will begin at 7:30 p.m.

**Sept. 30**
The first day of Rosh Hashanah begins with a service at 9:30 a.m.

**Oct. 1**
A service will be held at 9:30 a.m. for the second day of Rosh Hashanah.

**Oct. 5**
Shabbat service begins at 9:45 a.m.

**Oct. 8**
A Kol Nidre service begins at 7:30 p.m. for Erev Yom Kippur.

**Oct. 9**
Yom Kippur morning service will begin at 9:30 a.m.

**Oct. 13**
For Erev Sukkot, the movie The Women’s Balcony will begin at 4:00 p.m., immediately followed by a community service at 5:40 p.m. After the service is a Sukkot dinner.

**Oct. 14**
A morning service for the first day of Sukkot will begin at 9:45 a.m.

**Oct. 21**
A morning service for the seventh day of Sukkot will begin at 9:45 a.m. Yizkor will be recited. A special service to celebrate Simchat Torah will begin at 6:45 p.m. at Temple El Emeth.

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On Sunday, Oct 13th, Ohev Tzedek – Shaarei Torah would like to invite the Jewish Community to our shul, to a community wide Sukkot Celebration.

At 4:00 P.M. we will begin with a screening of the film, Women’s Balcony. (This is a part of the Jewish Film Festival but will be free to all who attend.)

This will be followed by a short service and then a festive meal either in the Sukkah, or inside our Social Hall. The meal will be catered by Art Einzig and feature the traditional harvest repast. Please call 330-758-2321 and make your reservation prior to October 3rd.

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Sukkot

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September 2019 The Jewish Journal Monthly Magazine
This year, the Hebrew month of Elul coincides exactly with the month of September. The first day of this month-long period of preparation for the High Holidays is Sept. 1, an unusual calendrical coincidence. Traditionally, Elul has been a time of spiritual preparation for the High Holidays. So what might be some things that we could do for the next thirty days to ready ourselves for the difficult task of repentance, which will begin on Rosh Hashanah and culminate on Yom Kippur?

One day, Rebbe Nachman of Bratslav was gazing out his window—the one facing the marketplace—when he spotted a disciple of his rushing by.

The Rebbe asked him, “Have you looked up at the sky this morning?”

“No, Rebbe, I haven’t had the time.”

The Rebbe responded, “Believe me. In fifty years’ time, everything you see here today will be gone. There will be another marketplace, with other horses, other wagons, different people. I won’t be here then and neither will you. So what’s so important that you don’t have time to look at the sky?”

I have always been inspired by the teachings of Nachman of Bratslav, the 18th century kabbalistic mystic and great grandson of the Baal Shem Tov, the founder of Hasidism. Reb Nachman strove to teach honesty, simplicity, and faith, suggesting that only when we cultivate greater awareness and recognize the transient nature of this world are we able to appreciate the gifts from G-d that surround us everywhere.

What would it mean for each of us if we required ourselves to look up daily at the proverbial sky? How would our perspective, our behavior, our actions change if we paid closer attention to the world that surrounds us and the world that exists within? In our nonstop, 21st century reality—communicating 24/7, driving 70+ miles an hour, binge watching Netflix, ordering all our heart’s desires online—this is easier said than done.

In Judaism, we take sanctifying time very seriously. There are many laws for how to observe Shabbat and the festivals so that we can both recognize and protect their holiness. The Torah calls these moments mikreh kodesh. Kodesh generally translates as “holy.” But kodesh is more accurately translated as “separate,” “different,” or “special”; as times that are set aside to receive extra special attention.

With the onset of Elul, we enter a very special season of the Jewish calendar year. It is a time of introspection, preparation, and soul searching. Why not take a 30-day challenge to create some sacred time, to take a few moments each day just to create some holy space, where we can recognize the sacred within the ordinary, where we can untangle our time and open our eyes in a powerful way. It could be looking up at the sky and being grateful for the wonderful world we live in. It could be taking a few moments for ourselves to do some meditation. It could be taking the time to express how much we appreciate the presence of a loved one or a friend in our lives. It could be writing daily entries in a journal about our innermost feelings. It could be anything which would be meaningful to you to help you create mikreh kodesh, holy and sacred moments. I wish you well on your personal spiritual journey over the next four weeks. Darlene and I look forward to seeing you at the end of this month (Erev Rosh Hashanah is Sunday evening, Sept. 29) as we gather together to welcome a new year. L’Shanah Tovah, a good and healthy year to everyone.
Happy New Year

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330 856-4341

2010 North Road Warren
330 652-WASH
3433 Belmont Avenue
330 759-9618

CONGREGATION OHEV TZEDEK

Wishing you and your loved ones
May you be written and sealed for a good year

Everyone is welcome to celebrate and pray with us during the High Holidays as we usher in 5780

5245 Glenwood Avenue Boardman Ohio 44512

Call us at 330.758.2321 or email us at office@ohevtzedek.com for additional synagogue information or questions, you might have

Join Shaliach Tzibbur Sandy Kessler, and guest Cantor Yael Fischman for all services
Youngstown Area Jewish Federation High Holiday Message

By Richard Marlin
President

In 2016, the Youngstown Area Jewish Federation convened a task force to begin the process of strategic/renaissance planning to address the challenges of declining demographics and the shifting needs of the community. The core of the plan consists of three strategies to carry out our vision and mission statements. These strategies address the Federation’s role as the primary convener for the regional Jewish community, the imperative for the Federation to engage with the general community locally and in Israel, and for the Federation to establish and maintain excellence in governance and operations.

As we enter the Jewish New Year 5780, we also usher in the 85th anniversary of our organized Jewish community. Change is inevitable as our population continues to shrink. New priorities must be established to address the changing needs of our community. The community is called to shed old practices and outdated thinking, and shift to a new way of working. For change to occur and have a lasting effect, we must make a significant adjustment to our governance structure.

In the pages of this edition of the Jewish Journal Monthly Magazine, you will see the breadth and depth of what we’re doing through the remarkable work of our various agencies. Please allow me to highlight a few of the wonderful programs and services Federation offers our small but MIGHTY Jewish community.

First, the JCC hosted three big events this summer; the 21st annual Suzi Solomon Golf Classic (raising a record number of dollars) and our 2nd Dash & Splash, a 5k run/walk and party at the Logan Campus of the JCC. Our first Mamanet Tournament was also held in June, with seven teams participating from Youngstown, Columbus, Pittsburgh, and Israel. And, most recently, our new Pickleball Courts were completed in August in time for our community’s first-ever Pickleball Tournament.

The Jewish Community Relations Council continues to closely monitor and respond to numerous inquiries regarding international issues, growing anti-Semitism globally, nationally, and locally, and other important issues of concern for the Jewish community. The JCRC has been extremely active on the issue of security. They have worked with other Jewish communities in Ohio, along with Ohio Jewish Communities, an organization that represents eight Ohio Jewish Federations including ours, to help secure a large amount of new funding earmarked for nonprofit security needs.

The Human Services Department, which includes Heritage Manor, Levy Gardens, and Jewish Family Services, is working tirelessly on behalf of our most vulnerable populations, the elderly and developmentally disabled, as well as families in our community. This fall, we look to complete a major renovation of Heritage Manor’s lobby and administration offices and the JFS offices. These changes will help maintain confidentiality for our residents and clients and improve safety. Over the past year, both Heritage Manor and Levy Gardens have increased marketing efforts, utilizing television advertising for the first time, making updates to their respective web pages, and increasing their social media presence.

In addition to offering diverse programs and services including guardianships, counseling, and housing for developmentally disabled individuals, Jewish Family Services recently was awarded a grant by the Mahoning County Mental Health and Recovery Board for its Outreach program. On August 12, JFS hosted its first Life Story presentation, coordinated by Outreach worker Shay Erez. The Life Stories Project helped preserve the stories of 11 members of our Jewish community and was a creative way to improve their quality of life and establish a sense of belonging to the community. The reception was attended by over 150 people.

I would be remiss if I didn’t mention that the Federation is in the final stages of establishing the Youngstown Area Jewish Cemeteries Association to help preserve the Jewish cemeteries in and around Youngstown. Caring for and honoring the dead is a high priority for our community.

Our Annual Campaign continues to be the lifeline for meeting the needs of our community locally, in Israel, and in 70 countries throughout the world. We are thankful for your generosity that saw our Campaign raise over $1.3 million in 2018, almost $100,000 more than the prior year.

In addition to all of this, we are blessed to have a highly skilled and dedicated staff, from our senior leadership down to our line staff, who provide a superb level of service to our community. Without their tireless work, day-in and day-out, we would not be the best small Jewish community in the country.

On behalf of the Marlin family and your Youngstown Area Jewish Federation, I wish you all a L’Shana Tovah. May the New Year be filled with peace, prosperity, and good health.

Grant Allows for All Terrain Rescue Vehicle Purchase

The Thomases Family Endowment of the Youngstown Area Jewish Federation recently awarded the Friends of United Hatzalah a $10,000 grant. The donation will be used to save more lives in Youngstown’s partnership region of the Western Galilee by providing a new all terrain rescue vehicle for the area. The ATV will give first responders the ability to reach those in need who are in or near challenging terrains. Pictured from left to right are Andy Lipkin, Federation executive vice-president; Cari Margulis Immerman, United Hatzalah midwest/central region director; Andi Baroff, Thomases Family Endowment committee member; Lisa Long, Federation financial resource development director; and Sam Kooperman, Thomases Family Endowment committee member.

The Thomases Family Endowment of the Youngstown Area Jewish Federation recently awarded the Florida Lions Eye Clinic a $15,000 grant, payable over two years, for their Gift of Sight program.

“Dr. Richard Shapiro is a valued member of our community and the medical director at the Clinic,” said Lisa Long, Federation financial resource development director. "The Committee has been proud to support Dick’s important work in his home away from home since 2017."

The funds will be used to purchase medical/surgical supplies and medicines for patients and to help maintain quality care for not just local patients but for all of Florida, as they are the only free clinic in the state.

“Irwin [Thomases] was a friend of mine and a supporter of many causes to benefit those in need,” Shapiro said. "The clinic is indebted to him and to the Endowment for supporting the Gift of Sight program to those below the poverty line with no insurance.”

Since 2008, the Florida Lions Eye Clinic has provided free eye care to over 10,000 patients.
Local Funding Makes Israel ATV Rescue Possible

By Elise Skolnick

Early one afternoon, a beach-goer in Israel noticed two figures flailing about in the water. Realizing the dark shapes were two women in distress, the man called emergency dispatch. Menachem Goldberg received the alert from United Hatzalah dispatch and immediately dashed out to an ATV. He raced along the roads, onto the beach and along the sands right up to the water.

This ATV was funded by the Thomases Family Endowment of the Youngstown Area Jewish Federation and other Youngstown area organizations and community members, collectively called the Greater Youngstown Friends of United Hatzalah. The ATV is built to traverse off-road trails, climb steps, wade through several feet of water, maneuver through sand, and more. It can transport two to three medics, carries a full complement of emergency medical equipment, and includes a portable stretcher.

Additional United Hatzalah medics joined Goldberg on the scene as they worked to rescue the two victims. They quickly attached lifebelts to the electric winch of the ATV and sent the cable over to the struggling women. They managed to grab onto the lifebelt, and Goldberg slowly guided the cable back to dry land. Within a few minutes, the medics succeeded in rescuing both victims from the sea.

The two young women had been floundering in the water for over 40 minutes. They were exhausted and dangerously hypothermic. Goldberg quickly wrapped them up in Mylar “space blankets” to conserve body heat. He performed a quick but thorough assessment and then immediately got them onto the ATV and drove them over the sand to the road, where an ambulance was waiting to transport them to the hospital.

“The Thomases Family Endowment of the Youngstown Area Jewish Federation has been supporting United Hatzalah since 2017,” said Lisa Long, Federation financial resource development director. “We are proud to support the work the organization does to save lives in the remote regions of our partnership region in Israel.

Grant Supports Ovarian Cancer Awareness Run/Walk

By Elise Skolnick

The Thomases Family Endowment of the Youngstown Area Jewish Federation awarded a $2,500 grant to the Rose Mary Flanagan Ovarian Cancer Foundation to support their 2nd Annual 5K Run & Walk.

The grant “means that the community is supporting us,” said Erin Flanagan Lonsway, executive director.

“This cause is near and dear to my heart,” said Andi Baroff, Thomases Family Endowment committee member. “I lost my own mother to ovarian cancer, and I’m happy to be able to help the Rose Mary Flanagan Foundation raise awareness for the disease. And I know this is a cause Irwin [Thomases] would feel is important to support.”

The Run & Walk will be Saturday, Sept. 7 in Boardman Park. Registration and check-in begins at 7:30 a.m. A survivor acknowledgement will be at 8:40 a.m. The run begins at 9 a.m., and the walk begins at 9:15 a.m.

The Run & Walk is meant to raise awareness of ovarian cancer, Lonsway said. September is ovarian cancer awareness month.

About 150 people participated in last year’s event. Lonsway expects an even larger turnout this year.

The foundation was started by Rose Mary Flanagan in 2011. She was diagnosed with ovarian cancer in 2008. After her diagnosis, Flanagan found very little information about the disease.

“So she just felt like she wanted to do something to educate the community,” Lonsway said, noting her mother was always an advocate for what she believed in.

They held a yoga event that drew a large turnout.

“There were so many questions,” Lonsway said. Many people think it’s a silent killer, but there are subtle symptoms, she noted. Early detection is critical.

“If you get it in the first two stages there’s a 90 percent chance of survivorship,” she said. “But, unfortunately, less than like 35 percent of women are detected early.”

When it’s detected in later stages, the outcome isn’t as good, she added.

Flanagan passed away in July 2012.

Since then, the foundation that bears her name has grown.

“It’s really been fun to see how it’s evolved in the last eight years,” Lonsway said.

To learn more about the Run & Walk and other programs of the foundation, visit rmfocf.org.
Rabbi Muller Letter to Congregants

Editor’s Note: Rabbi Frank Muller sent this letter to members of the Rodef Sholom congregation following the apprehension and arrest of an individual who made a concerning post on Instagram.

It is with a heavy heart that I write this letter following the apprehension and arrest this past weekend of a potential shooter at the Youngstown Jewish Community Center. We can only thank G-d that the evil threats against us were not carried out and that all of us are safe, albeit in a state of shock.

We live just over an hour from Pittsburgh but never thought that the type of anti-Semitic hate that occurred there in the Tree of Life Synagogue on Oct. 27, 2018, would ever rear its ugly head in our small and peaceful Jewish community. The fact that this incident made headline news nationally and worldwide makes us shudder all the more, forcing us to face the cold, harsh reality that we are no more immune to tragedy than the residents of Pittsburgh, Poway, Gilroy, El Paso, Dayton, and ... who will be next?

What can, and should, we do? Certainly increasing our security, remaining vigilant, and staying in constant touch with local and national law enforcement agencies is now more critical than ever, but we need to keep something else in mind. We cannot, and must not, allow these types of threats against us to instill such fear in our hearts and minds that we would even consider staying away from our beloved Temple, the JCC, and other Jewish communal institutions.

With the High Holidays fast approaching, we must remain committed to standing strong together by coming to services, thereby proclaiming our allegiance to Judaism and solidarity with the Jewish people. If we give in to our fears, this will only embolden those who seek to harm us and wreak havoc in our little corner of the Jewish world. The only way to fight terrorism is to unequivocally convey the message that no one has the power to intimidate us into staying away from our own houses of worship, our own halls of study, and our own communal gathering places.

As the spiritual leader of this congregation, I can assure you that everything is being done to ensure your safety at this year’s Rosh Hashanah and Yom Kippur services. Studies have shown that terrorists will not attack venues that have adequate security and police protection. They only look at "soft targets" that can be easily penetrated.

I look forward to seeing you at the High Holidays at the end of September, if not before. In the meantime, let me offer a prayer which is said to G-d upon averting a potential disaster. "Baruch ata Adonai, eloynu melech ha’olam hagomel lechayavim tovot she’gemalani kol tuv." Praised are you, Adonai our G-d, Sovereign of the Universe, who bestows favor on those who do not deserve it, just as You have bestowed favor on us.

May the One who has shown us every kindness continue to deal kindly with us, now and in the future.

Sincerely,
Rabbi Muller

L'Shanah Tovah
Rick & Susan Sokolov

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330-759-4550 • PristineDentalPros.com
Ohio Jewish Communities Director Reflects on Community Support

Editor’s Note: Howie Beigelman is the executive director of Ohio Jewish Communities. OJC represents Ohio’s Jewish federations, including Youngstown, and their partner agencies and congregations for the purpose of enhancing the Jewish community’s ability to serve vital human needs. To achieve this goal, Ohio Jewish Communities secures funds, educates and maintains relationships with government officials, and encourages sound public policy. This article was originally published in an Aug, 23 OJC eblast.

Grabbing my phone last Saturday night (Aug. 17) to find out about the threats, arrest, and aftermath in Youngstown was not, in many ways, a good start to the week.

It is true, as our JCRC and Government Relations Director there, Bonnie Deutsch Burdman, has been saying, it’s a case where everything went right. Whatever direction prosecutors take the case now in their hands, we have a situation of a concerned citizen who “saw something” and “said something.” Law enforcement took the tip, and the social media post, seriously. And, because the federation in Youngstown, led by Andy Lipkin, already has, through their security director Rob Elston, a strong and constant relationship with area law enforcement, they got the tipoff in a timely fashion.

The rest though is kudos to Andy and his team. I’ve heard Bonnie talk about Youngstown as a small Jewish community with the communal resources of one much larger. It shows here, in spades. They not only had a practiced crisis plan, they implemented it. With the suspect still at large, they deployed increased uniformed protection at all the synagogues and Temples and at the community campus. They were ready with a media statement, and a chain of command.

That in itself is something to take pride in and comfort from.

So too, is the fact that our law enforcement and our public officials were responsive from the first moment. That’s not something we as a community take for granted.

But beyond that, part of leadership - one of the harder parts - is asking for help.

Youngstown reached out late Friday (Aug. 16), and immediately, the resources of the Cleveland Federation, and of the Pittsburgh Federation, which sadly has its own firsthand expertise in this, were working on Youngstown’s team. Nationally the SCN (Secure Community Network (SCN), an initiative of JFNA and the Conference of Presidents of Major American Jewish Organizations), umbrella was consulted. And, ADL’s regional leadership, including James Pasch, their director, looped in their Center on Extremism and their experts, providing critical intelligence on the suspect.

That’s comforting.

When we say community, communal, or people, this is what we mean: people helping others in the moment they ask. In a time of increasingly fractured and micro-targeted or hyper-focused organizations, when we talk about the power - and the reach - of a movement, like Federation, this is it. At OJC we speak of eight communities with one voice. It’s more than just a voice. Ohio’s Jewish Federations and their agencies are partners. They are in it together, learning from each other and working in tandem to solve issues. That extends regionally, across state lines, nationally, and globally. It extends to the Jewish community as a whole, and beyond our own community to others in need.

That is truly comforting. It’s also as good a way to go into a hopefully peaceful Shabbos as we can ask.

Good Shabbos & Shabbat Shalom,

Howie

Liptalk: Security is Critical Issue

A Message from Andy Lipkin
Federation Executive Vice-President

Aug. 16 is a date I won’t soon forget. That evening, I learned of a threat to the Jewish Community Center of Youngstown, and our entire Jewish community by extension.

As you likely know by now, a post was discovered on Instagram by someone with the Instagram name ira_seamus, who was later identified as James Patrick Reardon. The post contained a video of a man shooting what appeared to be a firearm with the capability of discharging multiple rounds in a short time span. The caption of the post states, "Police identified the Youngstown Jewish Family Community shooter as local white nationalist Seamus O’Reardon."

Security is an issue we have always taken seriously. We don’t take lightly the need to ensure the safety of all members of the local Jewish community, as well as everyone who is part of the Youngstown Area Jewish Federation and its agencies. Over the last couple of years, we have made investing in security for the Gypsy Lane campus, the Logan Campus, and the area synagogues a priority.

In this situation, we were able to immediately add additional security personnel on our campus and at the area synagogues.

We know, however, that this is an evolving need. We will continue to assess our security needs going forward and as situations warrant. We have a good system in place, a system that worked just as we hoped it would when we needed. When a law enforcement colleague told Rob Elston, Federation security director, about the threat, he immediately contacted the JCC Director Mike Rawl and JCRC Director Bonnie Deutsch Burdman, as well as the Youngstown and Liberty police departments and the FBI.

We have a good relationship with local law enforcement, and I am grateful for their quick response to this situation. We will continue to offer trainings for our staff and for the staff and congregants of the area synagogues.

I’m humbled by the number of people who have reached out to offer their support. Collectively, we have heard from elected officials, colleagues in other communities, and friends near and far. It’s touching how many people reached out.

Many have asked how they can contribute to security. In response, we opened a mailbox called the Strong & Secure Community Fund. The money will be used to support security at the Federation, its agencies, and the area temples. Visit our website (jewishyoungstown.org) to donate.

I am so proud of our staff who worked tirelessly to respond to this situation. It was a team effort, but I’d like to particularly thank Bonnie Deutsch Burdman, Rob Elston, Mike Rawl, and Elise Skolnick, who put in many extra hours during this time and will continue to do so in the days, weeks, and months ahead.

You are the eyes and ears of the community. If you see something that doesn’t seem right, please report it. Together, we can make a difference. If you have any questions, please feel free to contact me.
Youngstown Area Jewish Federation Statement on Instagram Post

Editor’s Note: On Aug. 17, the Youngstown Area Jewish Federation held a press conference to address a concerning Instagram post. This is the statement executive vice-president Andrew Lipkin delivered.

Thank you all for being here.

I am Andy Lipkin, the executive vice-president of the Youngstown Area Jewish Federation. With me today are Rick Marlin, president of the board of the federation; Rob Elston, federation security director; Mike Rawl, JCC director; Bonnie Deutsch, Federation community relations director; and Elise Skolnick, Federation director of communications.

At approximately 5:30 p.m. yesterday, Rob Elston received a call from a law enforcement colleague to inform him of a concerning post that was discovered on Instagram. The concerning material was posted on July 11 of this year by someone with the Instagram name ira_seamus. We subsequently learned that ira_seamus was an on-line pseudonym for James Patrick Reardon.

The post contained a video of a man shooting what appeared to be a firearm with the capability of discharging multiple rounds in a short time span. The caption of the post states, “Police identified the Youngstown Jewish Family Community shooter as local white nationalist Seamus O’Reardon.”

Rob immediately contacted Mike Rawl. Mike and Rob then immediately notified the Youngstown Police Department, the Liberty Police Department and the FBI. Mike also immediately spoke with me, Rick Marlin, JCC Board President Alan Mirkin, Bonnie Burdman, and Heritage Manor Director Cristal Vincent. He then briefed the leadership of the local synagogues – El Emeth in Liberty, which also houses the Children of Israel Congregation, Rodef Sholom in Youngstown, and Ohev Tzedek in Boardman. We arranged for extra uniformed security personnel to be stationed at the JCC and at all the Synagogues.

Later in the evening last night, I convened a meeting with Rob, Mike, and Bonnie to further discuss the developing situation. We remained in constant contact with the FBI and local law enforcement throughout the night and today, leading up to the arrest of Mr. Reardon. I want to stress that we know of no other threat to the Jewish Community or to any of our agencies at this point in time. Nonetheless, I have directed that we maintain the additional level of security for the near future.

While we have no comment about Mr. Reardon and the criminal justice process that will determine what charges might be brought against him, I want to stress today that this is a clear example of everything going right. The system worked. We take very seriously the need to be vigilant to ensure the safety of all members of the local Jewish community, as well as all members and guests of our Jewish Community Center and our other agencies. Security has become a vital part of the mission of the Youngstown Area Jewish Federation, a mission from which we will never waver.

I am so very grateful to the local FBI and law enforcement for their swift and strong response to this matter and for their continued willingness to keep the lines of communication open at all times. It is because of their efforts that a very positive resolution to this matter has occurred. The positive result here is a clear example of the importance of monitoring social media to identify credible, hate-fueled threats before they are acted on.

I am tremendously appreciative of all the leadership of the Jewish Federation – Rick Marlin and others – who strongly support our mission and provide us with the capacity to do all the good work we do on behalf of the community. I also want to acknowledge the members of my staff who, without hesitation, stepped up immediately and professionally to address this situation. While we would not normally be here today or working on the Sabbath, the circumstances obviously required our immediate attention.

We would like to thank the following agencies for their help in this matter:

1. New Middletown Police
2. Youngstown Police
3. Liberty Police
4. Department of Homeland Security
5. Federal Bureau of Investigations
6. The Secure Community Network
7. And our colleagues in both the Pittsburgh and Cleveland Jewish communities.
The Western Galilee Partnership 2Gether connects 16 Jewish Communities in the Mid-west of USA, Budapest, Akko and Matte Asher

We invite you to take part in our first Global Virtual Book Club

The first book we will read together is: ‘Someone To Run With’ / David Grossman

The readers will be connected by an open WhatsApp Group

Hurry up and register before September 30th at: Avitalbe@jafi.org

The First Virtual Gathering of our Book Club will be on Sunday, December 15

Please contact your local Federation for more information
When schools do it best, they weave social justice, tzedakah and righteous behavior into the culture and fabric of the school both inside and outside the classroom.

“We see many creative examples of chesed education across the network of schools,” said Paul Bernstein, CEO of Prizmah, a network organization for Jewish day schools. “It’s core to the education we seek to provide.”

The trips are part of a larger trend toward more experiential learning in day schools.

“Our schools are moving toward experiential learning for their students, not only for chesed but for all subjects,” said Melanie Eisen, Prizmah’s director of educational innovation. “Students have the world at their fingertips. To make chesed projects real, our schools are taking their students into their communities and beyond to experience the learning with all their senses. These defining moments will have a lasting imprint on their lives as graduates of Jewish day schools.”

In Los Angeles, 10th-graders at the Milken Community Schools, a nondenominational K-12 Jewish day school, take a weeklong trip to New Orleans to rebuild homes with a local nonprofit working to repair damage wrought by Hurricane Katrina in 2005. The school has taken eight trips there with 10th- and 11th-graders, the first in 2006 just months after the hurricane.

The students do construction tasks such as painting, sanding, and installing drywall, and get to know the homeowners they are helping, said Wendy Ordower, Milken’s director of service learning. They talk about Jewish themes and texts connected to their experience, such as the adage from the Ethics of the Fathers, or Pirkei Avot: “You are not obligated to finish the work, but neither are you free to desist from it.”

“I never thought we’d be doing this trip so many years later, but there’s always something to do in the Ninth Ward,” Ordower said. “We just keep going back. A pillar of the school is gemilut chesed – doing righteous works. “We really walk the walk. Doing it as a community elevates it.”

At the Epstein Hillel School in Marblehead, Mass., the first grade focuses on fostering intergenerational relationships. Each of the school’s first-graders is paired for the school year with a “grandfriend” — an unrelated older adult connected in some way to the school. The grandfriends, who are in their late 60s and early 70s, come to the classroom every Thursday to participate in discussions and art projects. During the winter, when many grandfriends go to Florida, the students write them letters.

During a class about Veterans Day, a grandfriend showed off the dog tags of his father, who was killed in World War II. Letters to grandfriends about the Rev. Martin Luther King Jr. elicited memories of his speeches, said first-grade teacher Emily Glore.

“The program is an opportunity to pass on some experience and build a really sweet connection with the older generation,” Glore said. “The kids get to see that there are people out there who are invested in their success.”

Grandfriending continued on page 15
Culinary Historian and Jewish Educator to Speak at Kent State

The Kent State University Jewish Studies Program will offer a story-telling and food-tasting event with culinary historian and Jewish educator, Michael W. Twitty. The program, Kosher Soul, will be from 7 to 9 p.m., Sept. 24 in the Kent State University Student Center Ballroom.

Twitty, who is the James Beard award-winning author of “The Cooking Gene” and an internationally recognized chef, will discuss the centrality of food in celebrating our culture and understanding our history and ourselves. Books will be available for purchase and signing after the program. The event is free and open to the public.

Grandfriending from page 14

At the Gann Academy in Waltham, Mass., an unusual Yizkor Project is being used as a lesson in chesed and history. Last year, high-school juniors worked for months to uncover the names and histories of 310 individuals buried in numbered graves at the local Metfern Cemetery between 1947 and 1979. The cemetery was literally next door, on the 200-acre property of the shuttered Fernald School.

The students began by researching public and online genetic records to identify those interred, who died at Fernald and Metropolitan State Hospital — local institutions for people with physical and mental disabilities. They studied Fernald, which was the oldest publicly funded institution of its kind in America, to learn about historic attitudes toward the disabled.

They created an exhibit about the history of disability in America from 1897 to 1937 that was displayed for eight months at the Charles River Museum of Industry and Innovation in Waltham, a Boston suburb. This year's juniors are completing a Yizkor book with bios of each person buried at Metfern and making permanent signs commemorating the dead for the cemetery.

“We use history as a lens for thinking about the narratives of who we are,” Gann history teacher Yoni Kadden said. Student Anna Kamens called the project “meaningful and important.”

“Definitely the coolest thing about it is getting to meet people personally affected by this history, and learning about the history of disability through the eyes of individual people, knowing that we are actually making a difference,” she said.

Many schools require chesed projects. At the Charles E. Smith Jewish Day School in Rockville, Md., upper-school students must complete 80 hours of community service to graduate, but on average they do much more, spending 244 hours a year in such activities.

Roz Landy, the school’s dean of students, said the projects have changed continually since she started the program in the late 1980s because activities are chosen by students based on their interests.

“This is not adult driven,” she said. “Kids at that age tend to think about things that are not important — whether people like them, how they look,” she said. “We can’t change that, but we can teach them meaningful thinking.”

This article was sponsored by and produced in partnership with the Avi Chai Foundation, which is committed to the perpetuation of the Jewish people, Judaism, and the centrality of the State of Israel to the Jewish people. In North America, the foundation works to advance the Jewish day school and overnight summer camp fields. This article was produced by JTA’s native content team.
FITNESS

For more information on fitness programs, contact Laura Weymer at 330.746.3250 ext. 299 or lweymer@jewishyoungstown.org.

Personal Training
Our nationally certified trainers will develop an individualized plan geared toward your personal goals. You’ll receive support, motivation and direction that will help you get fit fast. We also offer youth personal training for children under thirteen. To register contact fitness at 330.746.3250 ext. 153.

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Monthly Health Club Services
Take advantage of our new lower priced locker and towel rentals plus new massage offer!
- Long Locker: $10/month
- Towel Service: $10/month
- Locker & Towel Service: $15/month
- 1 - 30 Minute Massage: $15/month
To add on any monthly service contact the Membership Office: 330.746.3250 ext. 283.

Reach Your Goals With InBody
The InBody 570 is one of the most advanced body composition analyzers on the market. In less than one minute, you will see a total analysis of your muscle, fat and body water!
The first scan is FREE to all members!
- Monthly Unlimited Scans: $10/mo (Also includes 15 minutes with Personal Trainer)
- Non Member: $25/test
To register, contact the Registration Office at 330.746.3250 ext. 195.

Mamanet
Join other women in a modified version of volleyball. Mamanet encourages exercise and is a great way to build community with other women. Open gyms are free and open to all.
- Date: Mondays
- Time: 5:30 - 7:30 p.m.
- Location: LYRIC
- 317 Churchill Hubbard Road
- Youngstown, Ohio 44505

Racquetball
A great way to make friends and stay in shape. Equipment is not provided.

Pickleball
Join us in our brand-new outdoor complex for a fun-filled game of pickleball. A cross between tennis, badminton and ping-pong, this fast-paced game is fun for players of all skill levels. Equipment is provided. Outdoor play will be available through October 6. In the case of inclement weather, outdoor open play will be cancelled. Indoor pickleball open play begins October 8.
- Date: Tuesdays & Thursdays
- Time: 4:30 - 7:30 p.m.
- Location: JCC Outdoor Pickleball Complex (before October 8) & Gymnasium (after October 8)

2019 JCC Fall Pickleball Shootout
Any doubles combination (Men’s, Women’s, Mixed Combined) with skill levels of 3.0, 3.5 and 4.0+. Medals will be awarded for 1st, 2nd, and 3rd place winners. The tournament coordinator may limit or combine skill levels based upon registration numbers. Maximum six teams per skill level. Early registration is suggested due to limited entries.
- Date: Saturday, November 17
- Time: 9:00 a.m.
- Location: JCC Gymnasium
- Cost: $15/person | $30/team

Open Play Basketball
This time is reserved for basketball only. Shoot hoops with friends or join a pick-up game in our gym.
- Date: Tuesdays and Thursdays
- Time: 7:30 - 9:00 p.m.
- Date: Fridays
- Time: 5:30 - 7:00 p.m.

Youth Basketball
Children ages 5+ can join us for basketball time in our gym. Bring your own ball, or borrow one of ours.
- Date: Fridays
- Time: 4:00 - 5:30 p.m.

NEW! Adult Men’s Basketball League
Join us as the JCC re-launches our adult men’s basketball league. League play guarantees 14 games with a single elimination tournament for the top teams to compete and have the chance to win a free three month membership.
- League Dates:
  - September 8 - December 15
- Date: Sundays, 5:00 - 9:00 p.m.
  & Wednesdays, 6:00 - 9:00 p.m.
- Location: LYRIC
- 317 Churchill Hubbard Road
- Youngstown, Ohio 44505
- $6/Member per game per player
- $8/Non Member per game per player
- Register by Tuesday, September 3 online at jccyoungstown.org or contact the Registration Office at 30.746.3250 ext. 195.

Flu Shot Clinic
Protect yourself against the flu this season by receiving the flu vaccine at the JCC. The cost is $25 without insurance coverage. Please bring your insurance card.
- Date: Wednesday, October 16
- Time: 10:00 a.m. - 12:00 p.m.
- Location: JCC Adult Lounge
- Register by Wednesday, October 9 at jccyoungstown.org or contact the Registration Office at 330.746.3250 ext. 195.

Featured Group Exercise Class:
Total Body Sculpt
This all-over strength workout will utilize barbells, dumbbells, risers, and your own body weight. Build long, lean muscle while burning calories.

Wellness Lunch & Learn:
Know Your Numbers- Two Part Program: Screening and Presentation
- Screening
  A representative from Mercy Health will draw a hemoglobin A1C and measure total cholesterol blood pressure.
  - Date: Wednesday, September 18
  - Time: 8:00 - 11:00 a.m.
  - Location: JCC Library

- Presentation
  Bring your test results from your screening and learn what your numbers mean.
  - Date: Thursday, September 26
  - Time: 12:00 - 1:00 p.m.
  - Location: JCC Multi-Purpose Room
AQUATICS

For more information on Aquatics, contact Shawn Chrystal at 330.746.3250 ext. 112 or aquatics@jewishyoungstown.org

Learn to Swim and You & Me Baby lessons run as sessions on a monthly basis. The last day to register for the current month is the Friday before the second week. It will not be prorated. After that date, all registrations will be for the following month. This is to ensure the safety of all participants.

To enroll in private or group swim lessons visit jccyoungstown.org or contact the Registration Office: 330.746.3250 ext. 195.

Group Lessons

You & Me Baby
This is a monthly class where parents assist their children in the water. Children will learn how to float and improve their water skills. Swim pants or swim diapers are required. Recommended ages: 6 - 36 months.
Date: Saturdays
Time: 9:35 - 10:05 a.m.
Cost: $30/Member | $40/Non Member

Learn to Swim: Ages 3+
Children will be placed into the appropriate level by certified water safety instructors.
Date: Saturdays | 9:00 - 9:30 a.m.
or 10:10 - 10:40 a.m.
Wednesdays | 4:00 - 4:30 p.m.
Cost: $30/Member | $40/Non Member

Private Swim Lessons
Swimmers of any age or level can benefit from private swim lessons. Learn to swim or improve your skills with one of our certified swim instructors. Private lessons are also great for triathletes!
NEW PRICING!

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P.A.L.S. Private Swimming Lessons
The JCC offers free one-on-one swim lessons for persons who are on the autism spectrum or who have developmental disabilities. This program is funded by the Thomases Family Endowment of the Youngstown Area Jewish Federation and Autism Speaks.
To apply for the P.A.L.S+ program visit jccyoungstown.org/pals.

SwimSafe 500
This program provides free swim safety lessons for those who qualify. Scholarships are provided by The United Way of Youngstown and the Mahoning Valley, The Thomases Family Endowment of the Youngstown Area Jewish Federation and The Redwoods Group.
To apply for the SwimSafe 500 program visit jccyoungstown.org/swimsafe500.

Water Women
This free class is designed for women with little or no swimming ability. Participants will learn the skills needed to feel safe in the water. This program is funded by Chemical Bank. Lessons will be limited to 12 women per session.
To register for the Water Women program visit jccyoungstown.org/waterwomen.

Lifeguarding Classes & Recertifications
This class will provide entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies until EMS personnel take over.
Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.
Online portion must be completed before classroom dates. A link will be provided after registration.
Dates: Saturday & Sunday
December 14 & 15 or December 28 & 29
Time: 9:00 a.m. - 6:00 p.m.
Cost: $187/Member | $250/Non Member

First Aid /CPR/AED Class
Date: Sunday, September 15
Time: 1:00 - 4:00 p.m.
Cost: $75/Member | $100/Non Member

Logan Ducks Winter Swim Team
Join the Logan Ducks, led by coach Mark Scheller, as they compete this season against teams in the Lake Erie Swim League. Coach Scheller, an experienced Level 2 coach, was a three-time Olympic Time Trials Qualifier, and a member of the U.S. National Team for six years. This is his 17th season coaching.
Date: Beginning Monday, September 9
Time: Monday, Wednesday, Friday
4:30 - 6:15 p.m.
Tuesday, Thursday | 4:30 - 6:00 p.m.
Payment plans are available.
For more information contact Shawn Chrystal at 330.746.3250 ext. 112.

LOGAN CAMPUS

For more information about our Logan Campus contact Laura Weymer at 330.746.3250 ext. 299 or lweymer@jewishyoungstown.org

Logan Campus will close for the year on Labor Day, September 2. Thank you for a great season! We hope to see you next summer!
EARLY LEARNING CENTER

For more information on the Early Learning Center, contact Ben Katz, Director of Early Learning at 330.746.3250 ext. 119 or bkatz@jewishyoungstown.org.

Ages 6 weeks - Pre-Kindergarten

Infant & Toddler Private Swim Lessons
The ELC offers one-on-one swim lessons for children ages six months and up. These lessons will encourage younger children to become comfortable in the water while teaching older children swimming techniques.

Enrichment Programming with Community Partners
Students will engage in a wide variety of enrichment offerings in art, music, and science programs brought to us by SMARTS, YSU Dana School of Music, and OH WOW! Science Center.

Free Family Membership to the JCC!
Full time students are eligible for a free family membership to the Jewish Community Center! Some exclusions apply.

THE ROGER & GLORIA JONES CHILDREN’S CENTER
FOR SCIENCE & TECHNOLOGY

THE THOMASES FAMILY ENDOWMENT OF THE YOUNGSTOWN AREA JEWISH FEDERATION ART GALLERY

To learn more visit jccyoungstown.org or contact the gallery curator, Heather Seno, at hseno@jewishyoungstown.org

Current Exhibit:
Power of the Protest
This unique exhibit from the National Museum for American Jewish History in Philadelphia will display The Movement to Free Soviet Jews. This is one of the most successful human rights movements in history and shows that voices raised in protest can lead to remarkable achievements.
Exhibit Dates: August 19 - September 29
Time: 5:30 - 7:00 p.m.

Upcoming Exhibit:
Testament by Debra DeGregorio
The work of mixed media artist Debra DeGregorio ranges from large, drawn and printed natural forms, to bright ‘micro-installations,’ using collage, string and sequins on pins. Her imagery arises and disintegrates across the page like symbols from the unconscious mind. These symbols may include biomorphic, plant-like shapes or tiny man-made structures collapsing into fire or bodies of water; mysterious snapshots from a larger story. With an interest in psychology, mythology and humor, these works are landscapes of the interior, described using a personal symbology found in the world of the exterior.
Exhibit Dates: October 11 - January 5
Opening Reception: Wednesday, October 16
Time 5:30 - 7:00 p.m.
JCC School of Music
This exciting program features piano, violin, guitar, percussion, and voice lessons housed at the JCC! To register call the Registration Office at 330.746.3250 ext. 195.

JCC School of Dance
For more information on pricing or to register, visit jccyoungstown.org or contact Eri Raib-Pitichkin at 330.746.3250 ext. 106 or eptichkin@jewishyoungstown.org.

Creative Movement Program | Ages 2-5
Dance Discovery
This class challenges young children to use their imagination and build coordination by moving to a variety of song styles.
Wednesday, 4:00 - 4:45 p.m.
Creative Movement Level I
A class that explores beginning ballet and tap dance principles to build balance, coordination, and confidence.
Tuesday, 4:45 - 5:30 p.m.
Creative Movement Level II
A class that continues to explore ballet and tap principles to build musicality, focus, and body awareness.
Wednesday, 4:45 - 5:30 p.m.

Mini Program | Ages 6-7
Mini Tap
This class teaches basic skills of tap dance to improve rhythm and pattern recognition.
Thursdays, 4:00 - 4:30 p.m.
Mini Ballet
This class begins to build a ballet foundation in movement phrases, musicality, and terminology.
Thursdays, 4:30 - 5:00 p.m.
Mini Acro-Jazz
This class teaches the beginning principles of jazz dance and tumbling in a safe and controlled environment.
Thursdays, 5:00 - 5:30 p.m.

Dance Curriculum Program | Ages 8-18
Tap I, II, & III
A class that teaches the percussive dance style of tap. Variations of basic to advanced tap steps are learned and practiced.
Tap I: Thursdays, 7:00 - 7:45 p.m.
Tap II: Mondays, 4:45 - 5:30 p.m.
Tap III: Tuesdays, 5:30 - 6:15 p.m.

Adult Dance Program | Ages 16 and up
Adult Tap I
A beginner to intermediate level class designed for adults to stay fit while learning how to create rhythms with their feet.
Wednesday, 5:30 - 6:15 p.m.
Adult Ballet I
A beginner level class designed for adults to stay fit while improving strength, posture, and balance.
Wednesday, 6:15 - 7:00 p.m.
Adult Tap II
An intermediate level class for adults to explore the percussive dance style known as tap.
Wednesday, 7:45 - 8:30 p.m.
Adult Ballet II
This intermediate level class builds on the basic principles of ballet-like body positions and movements.
Wednesday, 7:00 - 7:45 p.m.
Adult Drop-In Class
Various guest teachers lead a 90-minute dance class held twice a month with each class focusing on a different genre of dance ranging from hip-hop, contemporary, tap, modern, lyrical, and more. Class is taught at an advanced level.
Date: September 6 - November 18
First and third Friday of each month
Time: 5:30 - 7:00 p.m.
Cost: $20/class

Private Lesson Availability
Lessons can be scheduled with any JCC School of Dance educator in half hour increments. Private lessons can be recurring in any of the available time slots, or on an as needed basis. Genres vary according to instructor availability.
Cost: $20/30 Minutes

FALL REGISTRATION NOW OPEN!
FALL SESSION DATES: TUESDAY, September 3 - Thursday, December 5
For more information or to book a rental contact Kelli McCormick at 330.746.3250 ext. 284 or kmccormick@jewishyoungstown.org

**Multi-Purpose Room**
Equipped with an overhead motorized projection theater screen, state-of-the-art audio visual system, movable module stage, and commercial kitchen. Catering packages are available for up to 250 guests.

**Meeting Rooms**
Our small conference room seats up to eight guests, while our boardroom seats 35 and is equipped with a built-in projector and screen.

**Gymnasium**
Our full-size gymnasium is equipped with six regulation height basketball hoops, bleacher seating and a dividing curtain.

**Lower Level Multi-Purpose Room**
This multi-purpose room is located on the ground floor and can accommodate up to 36 people. Great for parties, meetings, retreats or educational seminars. The open room feel offers multiple room configurations. In-house catering is available.

**Adult Lounge**
Accommodates 50 guests. An in-house kosher caterer is available.

**NEW! Outdoor Pavilion**
Our brand-new, outdoor pavilion is centrally located between Noah’s Park and the new outdoor Pickleball complex. The pavilion has picnic table seating for 200+, along with bathrooms and a kitchenette.

**Specialty Parties**

**Pool Party**
Enjoy swim time in our full-size indoor heated pool.

**All Star Celebration**
Play basketball, volleyball, kickball, soccer, or wiffleball in our gymnasium then enjoy time in our party room.

**Glow & Dance Hip-Hop Party**
Enjoy your next celebration with glow accessories and a mini hip-hop lesson.

**Ninja Games Celebration**
Tackle our ninja obstacle course and participate in coordination activities.

**Noah’s Park Party**
Play the day away at Noah’s Park or our new Infant and Toddler playground.

**Prince & Princess Royal Bash**
Don your crowns and tiaras and take a mini ballet lesson.

**Superhero Celebration**
Dress up and participate in superhero activities in our secret lair.

**Under the Sea Splish Splash Mermaid Bash**
Experience swimming and storytelling in our pool with the JCC mermaid.

All parties include time in our party room. Custom invitations are available!

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**SENIOR OUTREACH**

If you or someone you know is over 60 years old and could use a friendly visit, a helping hand, or just information about our Jewish community, please contact Senior Outreach Coordinator Shai Erez at 330.350.5995 or serez@jewishyoungstown.org.

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**FEDERATION VOLUNTEER OPPORTUNITIES**

**Social Action Committee of the Jewish Community Relations Council:** 330.746.3250 ext. 195

**Churchill United Methodist Food Pantry**
The CHUM Food Pantry aims to feed families in Liberty Township that are in need of extra assistance. Since first starting in 2016, the pantry now feeds over 70+ families. Volunteers will help distribute food and make guests feel welcome during their visit.

**Dates:** August 2
**Time:** 9:45 a.m.–12:00 p.m.
**Location:** 189 Churchill Rd, Youngstown, OH 44505

**Diaper Packing with Making Kids Count**
The Making Kids Count Diaper Bank Volunteers repack diapers in quantities of 25 diapers per size with saran wrap and labels. This ensures that more people are able to receive a pack of diapers and that the diapers are being distributed as more of an “emergency” supply. Volunteers wrap 10,000 diapers into 400 packs a month!

**Date:** August 9
**Times:** 10:00 a.m.–12:00 p.m.
**Location:** 7178 West Blvd, Ste E
Youngstown, Ohio 44512

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**Lifeguard Saves Two Young Girls**

**Anthony Jones Received His Training at the JCC**

By Elise Skolnick

Anthony Jones says he was just doing his job when he saved two girls from drowning.

Jones, 16, who participated in the Jewish Community Center of Youngstown’s lifeguard training program, rescued the girls in July while on duty as a lifeguard at the Northside Pool.

As he was keeping watch on everyone in the pool, Jones noticed the two girls. One could swim a little, he noted.

“She was swimming, doing her own thing,” he said.

When the other girl climbed onto the diving board, he tried to stop her, but she jumped before he could, landing on top of the first girl. Immediately, the pair began struggling in the water. Jones jumped in to help. Though the girls were panicking, he was able to move them to the side of the pool where he had help pulling them out.

Both girls were fine.

The lifeguard training program is a partnership between the JCC, the City of Youngstown, and the Youngstown City Schools.

The training was “challenging,” Jones said.

“I remember when I could only swim one lap,” he added, laughing.

“Having qualified lifeguards is essential for the Youngstown park and recreation department to continue to operate and maintain pool safety at the Northside pool,” said Youngstown Mayor Jamael Tito Brown. “Partnering with the Jewish Community Center, we improve the quality of lifeguards at the pool and develop new leaders in our community.”

Though Jones never considered becoming a lifeguard until a teacher approached him about the opportunity, he discovered he likes it.

“It’s a wonderful job,” he said.

Jones enjoys talking with people he meets, those who come to swim at the pool and his coworkers. He plans to look for other lifeguard positions in the future.

“The position of a lifeguard is rewarding and equally challenging at the same time,” said Dawn Turnage, city of Youngstown parks and recreation director. “[Anthony’s] quick action and readiness training received by JCC played an important factor in his ability to save the lives of the two young girls visiting the Northside Pool on July 26, 2019.”

Laura Weymer, JCC health and wellness director, said, “We are so honored to be part of such an impactful partnership with the City of Youngstown. The aquatics team, led by Shawn Chrystal, uses their passion and experience to ensure all of our lifeguards leave not only certified, but confident. I am extremely proud of our staff for working so diligently with this program each year.”
Youngstown Area Jewish Film Festival Begins Sept. 16

The 2019 Youngstown Area Jewish Film Festival aims to take participants on a cinematic, cultural journey that depicts a broad spectrum of Jewish life. The films shown come from all over the world, providing diverse audiences with a glimpse into the Jewish experience.

Six films will be shown this year:

Determined to defeat Nazi lies with pen and paper, an underground movement of Jewish intellectuals carries out an extraordinary form of wartime resistance in “Who Will Write Our History.” It will be shown at 7 p.m., Sept. 16, at the Jewish Community Center of Youngstown. There will be a live video conference with the producer following the film.

Tired of being pushed around, a disenfranchised Sephardic father launches an improvised campaign to establish influence in 1980s Israeli society, in the lively, crowd-pleasing drama “The Unorthodox.” It will be shown at 4 p.m., Sept. 22, at Encore Cinema in Niles.

In “The Samuel Project,” Eli gets to know his grandfather Samuel for the first time when he makes him the subject of an animated art project for school. With dreams of becoming a professional artist, the high school senior discovers that his grandpa, a Jewish dry cleaner, was heroically saved from Nazi capture in Germany by a young woman when he was a boy. It will be shown at 7 p.m., Sept. 24, at Movies 8 in Boardman.

What’s the secret to living into your 90s - and loving every minute of it? In “If You’re Not in the Obit, Eat Breakfast,” irrepressible writer-comedian Carl Reiner (who shows no signs of slowing down at 95) tracks down several celebrated nonagenarians, and a few others over 100, to show how the twilight years can truly be the happiest and most rewarding. It will be shown at 7 p.m., Sept. 26, at Encore Cinema in Niles.

“Look at us now, Mother!” is a humorous, moving, intimate, and courageous film following the transformation of an abusive mother and tumultuous mother-daughter relationship to that of acceptance and love as we follow the personal story of the filmmaker. It will be shown at 4 p.m., Oct. 3, at the JCC. There will be a meet and greet with the producer following the film.

An accident during a bar mitzvah celebration leads to a gender rift in a devout Orthodox community in Jerusalem in “The Women’s Balcony,” a rousing, good-hearted tale about women speaking truth to patriarchal power. It will be shown at 4 p.m., Oct. 13, at Congregation Ohevet Tzedek.

Tickets are $5 for students, $7 pre-order, and $10 at the door. A season ticket is $40. "The Women’s Balcony" showing on Oct. 13 is free.

Sponsors are the Thomases Family Endowment of the Youngstown Area Jewish Federation, Youngstown State University, Youngstown State University Center for Jewish and Holocaust Studies, the Jewish Community Center of Youngstown, the Youngstown Area Jewish Federation, Congregation Rodef Sholom, Temple El-Emeth, Congregation Ohevet Tzedek, the Zionist Organization of America, Aaron Grossman B’nai B’rith Lodge #339, COMPASS, BBYO, and Tri-County Hadassah.
Decorated IDF Soldier to Visit JCC

Eli Yablonek Will Share His Story and Introduce His Guide Dog, Glen

Eli Yablonek, a decorated IDF soldier in the 1973 Yom Kippur War, will visit the Jewish Community Center of Youngstown to tell the story of how he lost his sight and his arm. He will also speak about the Israel Guide Dog Center for the Blind and how it has helped him and countless others since then. The event will be at 6:30 p.m., Thursday, Sept. 12, at the Jewish Community Center of Youngstown.

For Yablonek, retreat was never an option. Hit by shrapnel, bleeding from head to foot, his unit nearly wiped out, and facing overwhelming odds, he wouldn’t abandon his post in a tank. In a prolonged battle with 30 Egyptian tanks during the 1973 Yom Kippur War, Yablonek singlehandedly knocked out four enemy tanks. When the enemy pulverized his tank and tore his body to shreds, he just continued to fight. Pulling pieces of lead from his body, he faced down a rocket lobbed directly at him by the other side—but wouldn’t budge from his position.

When it was all over, Yablonek had lost his arm, his face was riddled with shrapnel, and his eyes were destroyed. But his heroic action against crushing forces halted the enemy advance and carried the day. For his bravery, he received the IDF’s Medal of Distinguished Service. Through it all, Yablonek remembers saying one thing to himself, “We have to finish this.”

Today, more than 40 years later, Eli Yablonek has never stopped fighting. A man of few words with a no-nonsense attitude, he has trained himself to be an excellent hiker, tandem biker, swimmer, and skier. For him, there are no limits. When asked why a guide dog, he replied, “Independence!”

During initial training, Yablonek and his guide dog, a yellow Labrador retriever named Glen, had already developed their own language of touch and communication. When they interact, they’re like old friends sharing a joke. “Glen is smart,” Yablonek said proudly. “We’re still in the first stages of getting acquainted, but I can see he behaves well and obeys my commands.”

After his last guide dog died, he found it difficult to rely on others to take him places, so he turned to the Israel Guide Dog Center. “Not only can I speak to Glen in Hebrew,” said Yablonek, “but the Center is close to my home and the waiting time so much shorter than in the U.S.”

In the U.S., he had to wait for one-on-one training with an instructor because many clients were being trained simultaneously. At the center, the ratio of instructors to clients is lower and the wait significantly shorter. Yablonek sums it up, “I like the fact that my time isn’t being wasted.”

But for him, the battle of life never ends. After resuming hiking, he and Glen went on a skiing trip to Europe. “But, of course, Glen and I have to attend to matters at home. There are a lot of people here who need our help.”
JCC Holds Its First USAPA-Sanctioned Pickleball Tournament

A total of 84 players participated in the 2019 Jewish Community Center of Youngstown’s Summer Outdoor Pickleball Tournament held in August. There were out-of-state players who traveled from New York, Pennsylvania, West Virginia, and Indiana. The event was Youngstown’s first USAPA-sanctioned Pickleball Tournament.

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Power of Protest from page 3

promise of religious freedom, even for individuals on the other side of the world.”

"Power of Protest: The Movement to Free Soviet Jews” walks visitors through the human rights campaign that took place on behalf of Soviet Jews, one that brought together organizations, student activists, community leaders, and thousands of individuals—and reached the highest echelons of the American government. Americans staged public demonstrations across the country, held massive rallies, and called for politicians to speak out. The exhibition celebrates the struggles and successes of this movement, as well as the experiences of Jewish emigrants from the U.S.S.R. who came to the United States and have contributed in countless ways to American society and culture. Their stories of courage offer meaningful opportunities for conversations and activism surrounding immigration, the reception of refugees, and the continuing limits on political and religious freedom placed on minorities around the world.

This exhibition highlights stories of everyday Americans who performed extraordinary acts of bravery to help Soviet Jews, from Philadelphians Elaine and David Ravich, who smuggled out tape recordings of conversations during their 1978 visit to the Soviet Union, to Leslie Schaffer of Reno, Nev. who used gum wrappers to discreetly transport information about refuseniks in 1982, to Constance and Joseph Smulder of Philadelphia who helped several well-known Soviet Jews win their freedom. Visitors will learn about individual refuseniks, including human rights activist and Israeli politician Natan Sharansky AND Google co-founder Sergey Brin.

The exhibition features a number of powerful graphics, rather than physical artifacts. A handbill advertising a performance by musician Mary Travers—of Peter, Paul, and Mary—at a 1984 rally for Soviet Jewry represents the singers, musicians, and artists who raised their voices in protest. A 1981 letter written by Sheryl Sandberg (now COO of Facebook) to her bat mitzvah “twin” exemplifies the thousands of American children who “twinned” their Jewish coming-of-age ceremonies with Soviet peers denied that experience. Inspired by protest buttons popular across movements around the world, visitors can take home a pin featuring the hashtag #PowerofProtest to celebrate the exhibition, commemorate the historic milestone, and highlight the contemporary significance of fighting for one’s beliefs.

SHANA TOVA!

From the Jewish Journal Monthly Magazine Staff

"Power of Protest: The Movement to Free Soviet Jews” will be on display in the Thomases Family Endowment Art Gallery through Sept. 29.
Camp JCC Over for Another Year

In a last day of camp annual tradition, a lottery is held to see who will get to throw a pie in the face of a counselor. Pictured from left are camper Paisley Russo and counselor Allie Suhar.

Counselor Iris Davis-Hall and camper Amira Rudolph-Butler enjoyed some time in the pool during camp.
11 Community Members Receive Book that Tells Their Life Story

Elizabeth Lehman, an AmeriCorps VISTA volunteer, spent the summer working with 11 community members, all over the age of 70, to learn their life story. She turned what they told her into a book and included photos. The first-person narratives were presented to the participants at a reception Aug. 12. The project is a creative way to improve health and quality of life for clients and to establish a sense of belonging to the Jewish community through storytelling. It was organized by Shay Kahani-Erez, outreach coordinator for Jewish Family Services. Pictured sitting from left to right are Florine Rusnak, Gladys “Cookie” Spikell, Irv Lev, Florence Harshman, Dr. Harold Chevlen, Sophia Kappon, Florence Mirkin, Sam Kooperman, and Manya Tsitrin. Standing are Shay Kahani-Erez, Elizabeth Lehman, and Ken Bielecki, JFS director. Missing from the photo are Marcia Levy and Merabeth Murie.

Ice Cream Social for Adult Day Services

Adult Day Services participants enjoyed an ice cream social in August. Pictured from left to right are Helen Elder; Lori Reda, STNA; C.W. Fields; and Illana Council, STNA.

Levy Gardens Purchases Bus

Levy Gardens recently acquired a 2018 Ford E350 Diamond Coach VIP 15 passenger handicap accessible bus. Grant money from the Thomases Family Endowment of the Youngstown Area Jewish Federation, the Frances and Lillian Schermer Charitable Trust, the Senator Maurice and Florence Lipscher Charitable Fund, and the J. Ford Crandall Memorial Foundation enabled them to make this necessary purchase. Levy Gardens provides its tenants with free transportation to scheduled outings, physicians’ appointments, and to run errands. They are also responsible for providing transportation for Heritage Manor Adult Day Services clients, many of whom are veterans and low-income Medicaid participants. In 2018, the Levy Gardens’ transportation department made a total of 2,090 trips for its agencies.
Human Services High Holiday Message

By Marc Rubin
President

The year 5779 brought many blessings to all our residents, tenants, families, volunteers, clients, employees, and the community.

Levy Gardens received a donation of new chairs for the dining room and a new bus to transport residents and tenants to medical appointments, Adult Day Services, and numerous activities. Tenants enjoyed activities such as our 2nd Annual Car Show, the Ballet at the DeYor, and a picnic at Mill Creek Park. In addition, tenants participated in an Area Agency on Aging wellness program entitled A Matter of Balance.

This year Levy Gardens also received new landscaping which has enhanced our beautiful campus. Gloria Ardale, a cook, was hired to assist in preparing delicious meals for our tenants.

Our Adult Day Services clients have been increasing throughout this year. We hired a full-time director who continues to oversee engaging activities as well as monitoring client wellness.

Renovations at Heritage Manor will begin in the new year. The front office area, including the lobby, will be updated to ensure safety, privacy, and security of our residents, staff, and visitors. Residents at Heritage Manor also participated in the Car Show and helped the staff celebrate Skilled Nursing Home Week.

Heritage Manor received a generous grant for a new program which is entitled Music & Memory. Residents with Alzheimer’s and dementia are able to listen to their favorite music. While doing so the music helps the residents engage in ways they had not been able to prior to the program.

Heritage Manor also received new landscaping in the front of the building. Both the Music & Memory program and the landscaping could not have been done without the help of volunteers from the community.

Renovations at Jewish Family Services are finishing up and should be completed soon. The office looks much more professional and updated. Measures were taken in the renovation to ensure client privacy, such as insulated ceiling tiles and insulation in the walls.

JFS recently received a grant from the Mahoning County Mental Health Board for outreach work and we are looking forward to a partnership with Homes For Kids, Inc., regarding counseling services for children, families, and older adults.

Shay Erez, our outreach coordinator, just completed a life stories project. For this project, older adults were interviewed, enabling them to share interesting information about their lives. There were a total of 11 life stories books completed from this project.

Heritage Manor, Levy Gardens, Adult Day Services, and Jewish Family Services continue to fulfill the mission of our organization by providing innovative quality services to all of the lives we touch. These programs and services are successful due to the amazing employees and volunteers who engage with us every day.

The generous donations we receive are certainly making a difference in our clients’, residents’, and tenants’ lives.

We are looking forward to the New Year 5780 and new opportunities to serve. May you have a good and sweet year filled with good health and happiness.

Heritage Manor Welcomes New Facility Rehab Director Patricia Rhoads

Patricia Rhoads is the new facility rehab director at Heritage Manor Rehabilitation & Retirement Community. In this new role, she will assist therapy staff in addressing the goals and needs of patients and help nursing and restorative staff to communicate post-therapy program options for exiting patients.

Rhoads graduated from Kent State Ashtabula and is a licensed physical therapy assistant. She has experience in skilled nursing facilities with acute rehab and has worked with patients who suffered from strokes, Parkinson’s disease, cancer, cardiac issues, orthopedic surgeries, and more. In addition, Rhoads has some expertise from her time spent as a facility rehab director with another organization.

“My passion is to help others in any way I can or any way my family can,” said Rhoads. “To know that I could be the one to make someone smile or laugh is one of the greatest rewards to experience.”

She is the mother of a 13-year-old daughter and an 8-year-old son with her husband of 15 years. As a family, they enjoy travelling to new places and being outdoors, along with their dog, Ella.

Jewish Family Services Receives Grant for Outreach Program

Jewish Family Services received $15,000 in funding from the Mahoning County Mental Health & Recovery Board for its outreach program.

In this program, Shay Erez, outreach coordinator, works with those in the Jewish community who are 60 years and older. She primarily makes in-home visits but occasionally meets with them outside their home to socialize. She assists individuals with signing up for Medicare, Medicaid, or other needed services. She also coordinates programming for older adults and encourages her clients to attend when possible. The program is free.

The grant funding is for a program unique to the Mahoning Valley that doesn’t overlap with existing programs that are funded by the Mahoning County Mental Health & Recovery Board.

“Our outreach program fit the bill perfectly,” said Ken Bielecki, JFS director.

The funds will allow JFS to open the outreach program to the general community. Services will be free and will include an in-home assessment.

“Our goal at JFS is to continue to broaden our clientele served, continue to partner with outside agencies such as Mahoning County Mental Health & Recovery Board, and to inform the Mahoning Valley that JFS has many services available to those in our community,” Bielecki said.
Music & Memory Program Kick-off

Included was music by Jim Moran of Liberty Lessons Center and refreshments. Heritage Manor received a $31,000 grant from the Association of Jewish Aging Services for the program. Through this program, nursing home staff and other elder care professionals, as well as family caregivers, were trained on how to create personalized playlists using iPods/MP3 players and related digital audio systems that enable those struggling with Alzheimer’s, dementia, and other cognitive and physical challenges to reconnect with the world through music-triggered memories. The playlists, made of musical favorites, tap deep memories not lost to dementia. Music & Memory® often brings a better quality of life for those struggling with Alzheimer’s and dementia. Mary Guerrieri, one of the first Heritage Manor participants, said listening to music brings back good memories.

Levy Gardens Holds Open House

Levy Gardens Assisted Living held an open house in August. Visitors were able to tour the facility and see recent updates, including new furniture, carpeting, and cabinets in the dining room. The common areas were also painted, and window shutters were replaced. Door prizes, music, and refreshments were part of the event. Levy tenants greeted visitors. Pictured from left to right are Alyse Barr, Flo Mirkin, and Rosemary Billock.
Youngstown Area Jewish Foundation High Holiday Message

By Wendy Weiss
President

I am honored to write the first ever Youngstown Area Jewish Foundation High Holiday Message as we enter the Jewish New year 5780.

Since the Federation's creation, donors have given of their time, talent, and treasure. The Foundation was formed as part of the Federation's reorganization, with the main intent of protecting donor and investment assets originally held at the Federation. The Foundation now holds and protects about 80 percent of the Federation’s finances. The Foundation gives our donors a new level of confidence, ensuring the assets they’ve trusted us with are protected from outside threats such as lawsuits.

The Foundation is a separate organization with its own governing board who began meeting regularly in December of 2018 under the leadership of Past President Richard Marlin. In June of 2019 the board was expanded from its original five members to seven and I was elected as Foundation President.

The Foundation invests and manages all legacy funds and works to ensure that the funds are being used per the donor’s stated intent. The Foundation also assists the Federation and its agencies in finding the right funds, outside of campaign allocations, and grants to fulfill current and future needs as determined by the Youngstown Area Jewish Community Board. Thanks to the commitment of those who have so generously included the Federation in their financial and estate planning today we have the resources to serve and adapt to the needs of our community. These donors’ forethought and the careful stewardship provided by the board and staff over the years have created a safety net for our community that will last for generations to come.

Most of the funds now held at the Foundation are bound by legal agreements that trust the Foundation with managing these transformational gifts. Of the funds that the Foundation currently manages, 73 percent is donor directed. These funds are not our money to spend, which means that we are working as a trusted partnership with our donors and their families. We are proud to report that, in 2019 thus far, the Foundation donated more than $1,334,346 to more than 100 nonprofit organizations including the Federation, its agencies, local synagogues, and Jewish organizations, as well as those in the greater Youngstown area, our country, and Israel.

The Foundation is also tasked with considering the terms and management of donations that have yet to come. The Foundation helps donors design gifts based on what tzedekah means to each individual or family. As we begin the new year, we look forward to working with you to make a difference in the lives of future generations.

The continuation and vitality of our Jewish community is so important. Those who have already planned a legacy gift with the Foundation are an inspiration to community members and donors for generations to come. The Foundation is here to make sure we do right by all donors who have entrusted us with so much.

On behalf of the Weiss family and your Youngstown Area Jewish Foundation, I wish you all a L'Shana Tovah.

A Joyous Holiday Season from Ilona, Mitchell, Zachary & Joshua Cohn

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Jewish
Studies
Jeannette “Kate” Hilda van Hoy Yasgur

Jeannette Hilda van Hoy Yasgur, "Kate," was born in Washington, D.C. and, with her four siblings, grew up in the Chesapeake Bay Area.

An early job took her to Bradford, Pa., where she met and married the late Milton Yasgur (died 2009). Kate, ever the positive one, encouraged him to attend pharmacy school, which he did at Duquesne.

The family relocated to Sharon, then a few years later, in 1967, to Greenville, Pa. The couple purchased Davis Drug Store and ran it until about 2002 when it was bought by the Rite Aid corporation.

Kate and Milton divorced in 1985; neither remarried.

Over the years Kate was active in the administrative affairs of several of the area’s organizations, e.g., Temple Beth Israel, Hadassah, the Community Counseling Center, and AWARE (merceraware.org), an organization she was particularly devoted to.

Kate enjoyed a modest organic garden and taught herself drawing and painting. She possessed a certain tenacity of spirit, was very giving, and many examples of that caring nature could be cited.

She lived in Greenville for 50 years before entering Cedar Village Nursing Home (Cincinnati) in the fall of 2013. It was there that she crossed the threshold at the age of 93.

Friend of the community, good mother to her children, and wife to her husband, she was loved, appreciated, and now so terribly missed.

Richard Rosenthal

Richard Rosenthal, the founder and longtime owner of Youngstown’s iconic surplus store, Star Supply, died on July 30, at 77 years of age. He wryly advertised the colorful and widely-loved store as “Youngstown’s Second Great Wonder.”

The store’s eye-catching exterior features artistic metal shapes and tubes branching and slithering in all directions and painted in bright yellows and greens, which are hard to overlook as you approach downtown Youngstown on Mahoning Avenue. Out front, a giant slingshot mounted on a camo-painted automobile looks ready to fire. It is impossible to drive by and not wonder what the heck is going on in this place.

All around Star Supply, Richard created an array of hilarious and corny signs. Outside, one boasts, “Flea Market Prices without the Fleas!” and another claims, “We’re Embarrassed, You Caught Us with Our Prices Down.” The most descriptive sign simply says, “Star Supply – an Adventure in Shopping.” And this is exactly what Richard set out to accomplish, and achieved, with Star Supply.

Richard’s story began in Bronx, N.Y., where he was born in 1941 and lived until he was 9, when he moved with his father; Nat, mother Hannah, and sister Joan to New Castle, Pa. His father sold used and surplus motors and mechanical goods in New Castle, and Richard eventually learned some of his future trade there and, as he often said, some lessons in how not to run a business. He started attending Youngstown State University as an engineering major and then later switched to the business school. When he described his days in college, he would laugh and say, “I worked extremely hard not to study very much.”

Richard married Pat Booher of New Castle in 1964, and the two of them raised three lovely children, Lisa, Seth, and Mila.

A disagreement with his father led Richard to strike out on his own. In 1968, with a young family and very little money, but with the partnership of his wife, Pat, he launched Star Supply. He admitted later that his prospects for success did not appear bright but he persisted anyway. Over the years, he developed a unique combination of a surplus store and a hardware store with goods that appeal to a wide range of people. He not only attracted handy and skilled do-it-yourselfers, but he also offered an incredible variety of fascinating and useful items that made less mechanically-inclined people want to check in to see what was on hand. This might include serious construction materials like steel tubing, countertops, or shower stalls or could veer off into cosmetic home items like pillows or lamps or shelving. As a sign said outside: “Thousands of Items for Your Home or Business.”

In 1989, Richard married a second time, to Connie Hill of Andover, with whom he shared a love of funky art and design, landscaping and gardening, goofy jokes, and good-natured pranks.

Richard also delighted in his four lively grandchildren, now teenagers, Lisa’s daughters, Vy and Van, and Mila’s children, Ivan and Elektra. His playfulness and mischievousness made his grandchildren say that their beloved grandpa was like a big kid himself. He also enjoyed his nieces and nephews.

One of Richard’s greatest satisfactions with Star Supply was that it helped all kinds of people do all kinds of projects. Some people came with a plan and got what they needed, like porch screens or new windows. Others came just to brainstorm and then designed something new, inspired by stuff they found, like the teenagers who made a prom dress and tux from duct tape and the ambitious metal worker who built an entire automobile. Fortunately, this magic will continue despite the passing of Richard Rosenthal.

The family plans to keep Star Supply going into the future, which will be a great relief to its many devoted shoppers.

Richard was generous to his friends, acquaintances, customers, and to his community. He loved to make surprise gifts of everything from rolls of tape, to toy trucks, to HAZMAT jumpsuits, to WWII antiaircraft range indicators, to high-tech toilet plungers. He contributed to the community with gifts of his time and money, materials from Star Supply, and labor by his crew. To name just a few of the many projects and organizations he supported: The Mahoning Commons Association; WYSU 88.5 public radio; OH WOW! The Roger & Gloria Jones Children’s Center for Science & Technology; Common Wealth Inc., a non-profit community development corporation; and the Liberty branch of the Warren-Trumbull County Public Library.

He supported the arts and artists – buying art he loved, hiring artists, donating supplies, and working with sculptors to design and build the installations surrounding his store. He was the driving force behind the founding of the Oakland Center for the Arts, which was named for one of Richard’s buildings, the former Oakland Motor Car dealership on Mahoning Avenue, where he donated space for the fledgling organization. Other arts groups he supported included the Youngstown Playhouse and Easy Street Productions.

One of Richard’s stories (and he had a lot of them) was about a friend of his who wrote his own obituary in advance. The obituary opened with the audacious line, “A mighty oak has fallen!” Possibly as a prank, someone published it while the friend was still alive.

Sadly, Richard Rosenthal is no longer alive and this is his real obituary. While it was a punch line for him, those of us who miss him genuinely feel “a mighty oak has fallen.”

A memorial service will be held on Sunday, Oct. 13, from 2 to 5 p.m., at the B&O Station, 530 Mahoning Ave. in Youngstown. Everyone is welcome to come and share their favorite stories about Richard.
Harry Benson

Harry Benson passed away on Thursday, Aug. 1, after a long and courageous battle with congestive heart failure. He was 81 years young. Graveside services were held Friday, Aug. 2, at Restland Cemetery in Dallas.

Harry was born in Brooklyn (where else?) on Dec. 21, 1937, and spent many years working in New York, New Jersey, Ohio, and Delaware. His broad and varied career included being a paratrooper in the U.S. Army before resigning his commission in 1965. Charlotte and Harry moved to Youngstown in January of 1977 and spent three years as a member of the Ohev Tzedek community.

In 1980, Harry accepted a transfer to Dallas and moved to Plano, Texas and into the Legacy at Willow Bend in 2014. Harry and Charlotte became members of Anshai Emet, which eventually became the first synagogue in Plano. In 1998, with the merger of Anshai Emet and Shomerei Torah, they became charter members of Congregation Anshai Torah, and he proudly served on various boards and committees throughout the years. Harry was particularly proud of being a member of Kol Rina, Anshai’s a cappella choir.

Harry is survived by two sisters, Irene and Hannah Benson; his wife, Charlotte; daughter Karen (Mike) Zucker; son Michael (Shari) Benson; eight grandchildren, Deena, Sara, Arye, and Max Zucker and Benjamin, Evan, Samuel (Cpl USMC), and Maya Benson; as well as 3 great grandchildren.

Contributions may be made in Harry’s name to Congregation Anshai Torah, Kol Rina Fund.

Happy New Year!
Suzyn Schwebel Epstein
President

The world has changed. Anti-Semitism, from both the right and left wings of the political spectrum, continues to rise at an alarming rate, while gun violence and mass casualty events frighteningly have become all too commonplace. In 5779, these two phenomena converged in Ohio and our own community. Yet through such challenging times, the JCRC has continued to take the lead via rapid response, high level advocacy, in building and maintaining relationships, and in programming.

Only a few weeks following a horrific mass shooting in Dayton last month when the Federation learned of a credible local threat of gun violence to the JCC by a self-proclaimed anti-Semite and white supremacist, the JCRC worked as a crucial element in the team of lay and professional leaders in response. The JCRC, in conjunction with the Federation communications staff, took the lead in creating the appropriate messaging for the Jewish and general communities, and managed numerous national and international media requests. The JCRC also served as a liaison to federal and state legislators, as well as to national Jewish communal professionals during the crisis.

This event in our home city, where thankfully the suspect was apprehended before he could commit any violence, occurred less than a year after the worst ever anti-Semitic attack in the United States at the Tree of Life Synagogue in Pittsburgh which claimed the lives of 11 people during peaceful Shabbat services. In the aftermath of the Pittsburgh shooting, the JCRC was the primary architect of a large, interfaith, community vigil. The event attracted some 600 people of multiple faiths, ethnicities, and political persuasions, a true testament to the building of the JCRC leadership, who came together as one region to mourn, speak out forcefully against hate, and to offer support and fellowship.

While the general community was there for us during our time of need, the JCRC provided similar support to our friends when faced with the scourge of hatred. Following the horrific murderous attacks at two mosques in New Zealand, our Jewish community led by the JCRC, participated in a meaningful event at the local mosque to pray for peace with members of the Islamic Society of Greater Youngstown.

The BDS movement to delegitimize Israel and to promote anti-Semitism is still rampant, particularly on college campuses, in the arts community, in progressive movements, and among political leaders and public officials – notably this year at the highest levels in Washington – challenging the once secure Jewish communal relationships with its long-time partners.

The increasingly divisive nature of partisan politics and Israel-Diaspora relationships continues to affect and fracture the Jewish community. The JCRC’s leadership in programming and forging interfaith and intergroup alliances to promote Israel advocacy, and to combat anti-Semitic BDS on the progressive left as well as racism and anti-Semitism from the far right has been vital to our community’s security.

In addition to our continued support for a strong US-Israel relationship, the JCRC this past year joined Jewish organizations throughout the country to take public positions and engage in advocacy regarding important domestic issues such as gun violence, non-profit security funding, reproductive freedom, and immigration. The JCRC leadership meets regularly with public officials locally, in Washington, and Columbus, and has hosted several community events, including its new “Lox and Legislators” legislative breakfast, to develop and maintain close ties to the individuals and organizations in control of scarce, but needed public dollars which flow to our Jewish agencies.

One of the most impactful JCRC projects this year was its hugely successful Club Gelbe Stern cabaret night, a one-woman musical performance with a Holocaust theme. The JCRC continues to lead in its efforts to provide meaningful Yom Hashoah commemoration and education activities with new and enhanced capacity to teach about the Shoah.

Once again, the JCRC made significant progress in promoting interfaith and multicultural awareness. The JCRC is a founding partner of a new women’s interfaith initiative, was instrumental in the planning of the annual women’s interfaith tea and the annual Nonviolence Week commemoration, and worked on numerous programs with other faith communities. The JCRC continued its tradition of sponsoring our local annual High Holiday Food Drive for the Second Harvest Food Bank, and remains as a leader of tikun olam through its annual Mitzvah Day and other projects of its active social action committee. The JCRC also proudly represented Israel and the Jewish community at the Canfield Fair at its expanded booth and exhibition that was a popular stop for fairgoers.

As we consider all these pressing issues, we pray for the continued safety and security of our community and for Israel to achieve peace. We will never let the world forget Am Yisrael Chai and that we will fight for our survival. On behalf of the JCRC, best wishes to each and every member of the Jewish community for a happy and healthy new year.

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32 The Jewish Journal Monthly Magazine September 2019
Moldova’s Dwindling Jewish Community Reopens Synagogue Seized by Soviets

By Cnaan Liphshiz

CHISINAU, Moldova (JTA) — Jews in this city reopened a synagogue in its former home, a building seized by Soviet authorities nearly 80 years ago.

The Wooden Synagogue, or the Lemnaria Synagogue, was reopened in the cellar of the Kedem Jewish Community Center. About 300 people attended the ceremony under the auspices of the Limmud FSU biannual conference of Jewish learning in the center of Chisinau, also known as Kishinev.

The original synagogue was established in 1835 and nationalized in 1940. In 2005, the American Jewish Joint Distribution Committee opened the JCC in the building that once housed the synagogue. But the building did not have a synagogue until Alexandar Bilkis, president of Jewish Community of the Republic of Moldova, donated the funds along with Alexander Weinstein and Grinshpun Emmanuil.

The local Jewish community is dwindling due to emigration and assimilation. Moldova has about 19,000 people with a Jewish grandparent and 3,000 citizens who are Jewish according to Orthodox law, or halacha.

With the Wooden Synagogue’s reopening, the community now has four synagogues. It had more than 80 before the Holocaust, according to the rabbi of the Moldova Jewish community and the Wooden Synagogue.

“Exactly because of the factors weakening the community, it’s especially important that institutions like the Wooden Synagogue be built,” said Chaim Chesler, co-founder of Limmud FSU.

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Best Wishes for a Happy and Healthy New Year
Documentary Shows How ‘Fiddler on the Roof’ Made it to the Stage

By Curt Schleier

(JTA) — Instinctively, director-choreographer Jerome Robbins (né Rabinowitz) knew the musical that he was preparing for Broadway was something far greater than just the story of a Jewish family facing persecution in Czarist Russia.

So at one of his early meetings with the creatives behind the project, he made clear the route he intended to take them on: “Fiddler on the Roof” touched on many themes, he said, but at its core it was about tradition.

And thus was born one of the great opening numbers in the history of musical theater and the groundwork for one of the most important and popular plays ever. It opened in September of 1964 and became the longest-running Broadway musical of the time. It ran for a decade, spawned five Broadway revivals and has been performed everywhere from Vienna to Mexico City to Reykjavík, Iceland.

A new documentary, “Fiddler: Miracle of Miracles,” digs into the show’s origin story and much more. Filmmaker Max Lewkowicz expertly combines archival footage with interviews of show participants from over the years to weave a story that is at once heart-warming, entertaining, informative and in some ways eye opening.

Ironically, considering its subsequent success, “Fiddler” had a rocky start. A friend gave lyricist Sheldon Harnick a copy of the book “Wandering Stars” by Sholem Aleichem. Harnick thought it would make a great musical, and forwarded the book to his writing partner Jerry Bock who agreed and in turn sent it to playwright Joseph Stein. Stein, however, didn’t believe it would work as a musical. Instead, he suggested another Aleichem work, “Tevye the Dairyman,” a book of stories that his father had read to him in the original Yiddish.

Though it had the backing of the three award-winning Broadway pros, it was still far from a sure thing. Producers were wary, afraid it was too Jewish. “What do I do once we run out of Hadassah benefits?” is what one allegedly said. It wasn’t until the late Harold Prince signed on to produce that the play achieved any momentum.

Even then, success was not assured. Reviews following an out-of-town opening in Detroit were uniformly negative. Even after substantial changes, The New York Times’ influential critic at the time, Walter Kerr, offered a tepid review after its Broadway debut. But the next day, there were lines around the block.

The film is replete with fascinating anecdotes about the process: how star Zero Mostel and Robbins feuded because the latter named names before the House Un-American Activities Committee; how Robbins attending a Hasidic wedding provided the inspiration for a fun dance scene; how the play was initially intended to be called “Tevye” until someone saw Marc Chagall’s painting “The Fiddler” and renamed the play as a tribute to him.

There have been at least two books written about “Fiddler” — but while both share many of these anecdotes, neither can satisfactorily describe the gleam in the eyes, the smiles on the faces, and the pride in the voices of the dozens of actors interviewed here who have played a part in the “Fiddler” phenomenon.

Lin-Manuel Miranda, who is interviewed in the film, first performed in a “Fiddler” production in sixth grade. He was so enchanted by the experience, he and his entire wedding party rehearsed and choreographed the song “L’Chaim” as a surprise for his bride, Vanessa. The performance went viral.

Harnick remembers attending an early Tokyo performance and being asked, “Do they understand it in America? It’s so Japanese.” Although there are no overt political references, ties to the current spike in anti-Semitism and hate seem obvious. As Danny Burstein, who played Tevye in the last Broadway revival, notes, “As long as human beings exist and continue to have troubles, ‘Fiddler on the Roof’ will be there.”

“Fiddler: Miracle of Miracles” opened Aug. 23 in Los Angeles and New York with additional venues to be announced.

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From left, Maria Karnilova, Tanya Everett, Zero Mostel, Julia Migenes, and Joanna Merlin backstage at opening night of “Fiddler on the Roof” at the Imperial Theater in New York City, Sept. 22, 1964. (AP/Courtesy of Roadside Attractions and Samuel Goldwyn Films)
Local B’nai B’rith Lodge Holds Family Picnic

About 70 people enjoyed the Aaron Grossman B’nai B’rith Lodge #339 annual family picnic in August. The picnic, held at Buhl Park in Hermitage, Pa., included hamburgers, hot dogs, and beverages. Participants provided side dishes, appetizers, and desserts. Oldies and Motown tunes were played by the Dorals. Pictured from left to right (right photo) are Neil Schor, Lodge #339 president; Harriet Schor; and Miriam Davis. (Photos courtesy of Toni Greenbaum.) Pictured from left to right (left photo) are Henry Miller, Arthur Lamb, and Joshua Greenbaum.

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Cleveland Indians Star Yasiel Puig Visits Jewish Camp for Kids with Cancer

By Marcy Oster

(JTA) — Major League baseball star Yasiel Puig visited a Jewish camp for kids with cancer and called it "one of the best days" of his life.

Puig, an outfielder for the Cleveland Indians, rented a helicopter to visit Camp Simcha in New York’s Catskill Mountains on Monday. It’s an overnight summer camp for children and teens with cancer and other terminal illnesses that serves kosher food.

Puig, a former All-Star, had a free day between series against the New York Yankees and the New York Mets. He decided to visit the camp after a request from Irv Bauman, whom he met in 2013 when he was playing with the Los Angeles Dodgers. Bauman’s grandson was working at the camp and asked his grandfather if he could finagle a visit from Puig.

Puig wore a fake tiger head over his trademark bright-red dyed hair and first removed it when he entered a room full of children, who went crazy when they saw him, MLB.com reported.

He spent four hours at the camp participating in camp activities and sat in the infirmary with a boy who was too sick to participate.

“[A boy] started talking about baseball, saying, ‘I love the way you play. Keep going, fight,’” Puig told MLB.com. “And I said, ‘Oh, I’m the one coming here to tell you to keep fighting and everything will be fine, and you’re the one telling me to keep going, fight and work hard’ — and that made my day.”

After his visit he tweeted: “Today was one of the best days of my life. I want to thank so many people, starting with all of my new friends at @campsimcha. Thank you for welcoming me and giving me your smiles today. You are my inspiration and when I do good things on the field I will do it for you.”

Yasiel Puig looks on during a game at Target Field in Minneapolis, Minn., Aug. 9, 2019. (Hannah Foslien/Getty Images)
Children of Israel Congregation

Congregation B’nai Yisroel

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Israel Gives New Hope to Patients With Multiple Myeloma

By Larry Luxner

TEL AVIV — Shlomit Norman was only 42 when doctors diagnosed her with multiple myeloma — a bone marrow cancer with no known cure that rarely strikes people under the age of 65.

At the time, the youngest of her three boys was 10, and few patients with the disease survived for more than a couple of years.

“I told my best friend that she’d have to be in charge of my son’s bar mitzvah because I didn’t think I’d be around by then,” recalled Norman, who lives in Haifa.

But thanks to some innovative treatments with roots in Israeli research, Norman managed to outlive her initial prognosis and today leads a relatively stable life 12 years later.

“For the first 10 years after I was diagnosed, I was in a partial remission after my first bone marrow transplant and I had a fantastic quality of life,” she said. “But in 2016, I relapsed and had another transplant. Since then, I’m on maintenance medicine. Other than fatigue, and numbing in the hands and feet, I’m OK.”

According to the American Cancer Society, some 13,000 Americans die annually from multiple myeloma — commonly referred to as myeloma and first documented in 1844. But the typical life expectancy for patients following diagnosis has surged from two years to nearly 10. Some people now live for more than two decades with the illness.

A significant part of the global progress in treating multiple myeloma — in which the body produces too many plasma cells, “crowding out” other types of blood cells like platelets and red cells, all of which are necessary for optimal health — stems from research conducted in Israel.

In 2004, Aaron Ciechanover and Avram Hershko, scientists at Haifa’s Technion-Israel Institute of Technology, won the Nobel Prize in Chemistry, along with American biologist Irwin Rose, for their discovery years earlier of the ubiquitin proteasome system, a pathway responsible for the degradation of proteins within the cell.

This discovery was crucial to the creation of a whole class of treatments called proteasome inhibitors — drugs that slow the degradation of protein and thereby inhibit the cancer’s progress, explained Dr. Yael Cohen, head of myeloma services at Tel Aviv’s Ichilov Hospital, also known as the Sourasky Medical Center.

“Velcade, a drug which came out of that, was revolutionary, and it’s still used as first-line treatment for myeloma in most places around the world,” Cohen said.

Dr. Mark Israel, national executive director of the New York-based Israel Cancer Research Fund, which helped fund Ciechanover’s research and raises millions of dollars every year for cancer research in Israel, said the early work on proteasome inhibitors was groundbreaking even if the scientists at the time didn’t fully realize all its implications.

“When Ciechanover and Hershko got the Nobel Prize for something important, they had no idea they had discovered an efficacious drug target that inhibits multiple myeloma,” Israel said. “But if they had never done their work, everybody with the disease would still be dying quickly.”

Now there are second- and third-generation drugs based on the same research, such as carfilzomib, a selective proteasome inhibitor given to patients via an intravenous line, and ixazomib, the first oral therapy for multiple myeloma.

Hope continued on page 43
Hope from page 42

A more recent Israeli contribution to treating multiple myeloma was the invention of the CAR-T cell based on early work by Zelig Eshhar of the Weizmann Institute of Science in Rehovot.

T cells are a type of white blood cell that helps the human immune system fight harmful microbes. CAR-T cells are specially modified T cells designed to fight cancer.

“Eshhar’s idea was to take a T cell, modify it genetically by implanting a hybrid receptor that can target the cancer cell and have a second component that activates the T cell to kill the cancer cell,” Cohen said. “This was later developed for the treatment of leukemia and lymphoma, and we are now hoping to open CAR-T clinical trials in Israel to treat multiple myeloma in the next few months.”

Dr. Moshe Gat chairs the Israeli Multiple Myeloma Study Group, a gathering of 20 to 30 physicians who meet every few months to discuss current topics in myeloma. The group runs some joint clinical trials and advocates for better patient care and enhanced access to medication.

“When I was a fellow 15 years ago, the median survival for a patient with multiple myeloma was 2 1/2 years,” Gat said. “Since then it’s nearly quadrupled, and I don’t know what to say to a new patient since so many treatments are coming online.”

About 550 people in Israel are diagnosed with multiple myeloma each year, with some 3,500 patients living with the disease at any given time, according to Norman, who chairs AMEN – The Israeli Association of Myeloma Patients. The nonprofit, founded in 2005, advocates for multiple myeloma patients throughout Israel, including offering support through monthly meetings, empowerment workshops and an active Facebook group with more than 600 members.

“These days, people are living with myeloma much longer than they used to,” Norman said. “Even if they’re diagnosed at the age of 40, they will make it into their 60s.”

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“These days, people are living with myeloma much longer than they used to,” Norman said. “Even if they’re diagnosed at the age of 40, they will make it into their 60s.”

The most difficult thing about living with myeloma, Norman said, is the inevitability that her health will take a turn for the worse.

“For now there’s no cure, so even when you’re in remission you know it’s going to come back,” Norman said. “You don’t know when or how, but every physician you ask will say ‘You’re going to relapse.’ We always carry this fear.”

While the median age for a multiple myeloma diagnosis is 70, some patients get it much younger. Norman says it is outdated thinking to view it as a disease of the elderly. Myeloma is one of the many cancers that the Israel Cancer Research Fund is targeting through research.

“We’re trying to use the best minds in the world to ask the fundamental questions about cancer cells: How do they grow, how do they metastasize, how do they invade normal tissue and ultimately do things which make people sick and die?” said Israel of the ICRF.

“We contribute to the fund of knowledge on which cancer interventions are based. This is where the investment really counts.”

News You Can Use

This article was sponsored by and produced in partnership with the Israel Cancer Research Fund, whose ongoing support of these and other Israeli scientists’ work goes a long way toward ensuring that their efforts will have important and lasting impact in the global fight against cancer. This article was produced by JTA’s native content team.
Whether the emergency is a terrorist attack or a heart attack, the paramedics of Magen David Adom, Israel’s emergency medical response and blood-banking agency, save lives in Israel every day. As we enter the new year hoping for peace, we must continue to prepare for routine and terror-related emergencies. If you’re looking to make a difference for Israel and secure the nation’s health and safety for the coming year, there’s no better way than through a gift to MDA. Please give today. Shanah Tovah.

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• 1 in 6 people in the Mahoning Valley faces hunger.

• Almost 30,000 children in the tri-county area are at risk for hunger - that’s 1 in 4 children in Columbiana, Mahoning and Trumbull counties who may not know where their next meal is coming from.

• The Food Bank distributed over 10 million pounds of food to hunger-relief agencies in Columbiana, Mahoning and Trumbull counties in 2018.

• One dollar equals six meals.

• Of those provided food by one of the Food Bank’s member agencies, 32% were children and 20% were seniors.

Donations can be made at the Jewish Community Center of Youngstown, Altshuler Akiva Academy, and area Synagogues.

For more information contact the Jewish Community Relations Council at 330.746.3250 ext. 108
www.jewishyoungstown.org
Gluten-Free Apple Cake Recipe

By Rachel Pattison

(JTA via The Nosher) -- In recent years, it seems that more and more of my family members and friends have developed food allergies and food intolerances. This can make it difficult to determine what to serve at holidays and family events. So a gluten-free, dairy-free apple cake for Rosh Hashanah is a delicious way to celebrate the holiday while also suiting everyone at my table.

Nut allergy? You can absolutely leave out the walnuts here.

My preferred gluten-free flour to use is Bob’s Red Mill Gluten-Free 1-to-1 Baking Flour, which can be used as a direct substitution for all-purpose flour and doesn’t require additional thickeners such as xanthan gum.

Ingredients:
- 1/4 cup coconut sugar or brown sugar
- 1 cup extra-virgin olive oil
- 2 large eggs, room temperature
- 2/3 cup honey
- 1 teaspoon vanilla extract
- 2 1/2 cups gluten-free baking flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1/8 teaspoon allspice
- 3 apples, peeled, cored and chopped into 1/4-inch pieces (I recommend using a mixture of green and red apples)
- 2/3 cup walnuts, finely chopped (optional)
- Unsweetened plain almond milk (optional)

Directions:
1. Preheat oven to 325 F. Grease and lightly flour a 9-inch bundt pan (nonstick, if you have one).
2. In a stand mixer, beat together the sugar and olive oil. Beat in the eggs, then the honey and vanilla. Turn off the stand mixer.
3. In a separate large bowl, stir together the gluten-free flour, baking powder, baking soda, cinnamon, salt and allspice.
4. Turn the stand mixer back on, and very slowly add the flour mixture to the wet ingredients. Use a spatula to scrape down the sides of the bowl, ensuring that all the ingredients become well incorporated.
5. Fold in the diced apples and walnuts. If you find that the mixture is too thick, you can add some almond milk, 1 tablespoon at a time, not to surpass 1/4 cup.
6. Pour the batter into the prepared bundt pan and bake in the oven for 1 hour. Check the cake at the 50-minute mark. It is done when a toothpick inserted comes out clean. Once done, allow the cake to cool in the bundt pan for 15 minutes. Then place a cake plate on top of the bundt pan, and while holding the pan and the plate together, very carefully flip the bundt pan so the cake lands directly onto the cake plate.
7. Allow the cake to cool completely and then dust lightly with confectioners’ sugar. Serves 6-8.

Rachel Pattison is a healthy food blogger living in Los Angeles. She loves taking traditional recipes (including Jewish family recipes) and finding ways to make them healthier. You can find more of her recipes on her blog, www.littlechefbigappetite.com.

This apple cake recipe is gluten free. (Rachel Pattison)
Israeli Couscous Pilaf: A Toasty, Fragrant, and Fresh Side Dish

By Lynda Balslev

Israeli couscous, known in Israel as ptitim, which means “flakes” in Hebrew, is a pearle-shaped, pasta-like product with a delicious toasted wheat flavor. It was invented in Israel’s early years as an inexpensive starch that was more affordable than pricey rice. Nowadays it’s a nostalgic comfort food in the Israeli kitchen, but has also grown in popularity abroad and among chefs in the past 30 years. It’s easily found in the U.S., where it’s marketed as Israeli or pearl couscous.

In this recipe, I’ve paired Israeli couscous with warm spices, fresh mint, currants, and toasted pine nuts for a textural, flavorsome dish. It’s an easily adaptable side that’s suited to any occasion.

Make sure to check out the surprising history of Israeli couscous.

**Ingredients:**
- 1 1/4 cups chicken stock
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground cardamom
- pinch of ground cinnamon
- generous pinch saffron threads
- 1 tablespoon olive oil
- 1/4 cup finely chopped yellow onion
- 1 cup Israeli couscous
- 2 tablespoons pine nuts, toasted
- 2 tablespoons currants
- 2 tablespoons finely chopped mint

**Directions:**
1. Combine the stock, salt, cardamom, cinnamon, and saffron in a small saucepan and bring to a simmer over medium heat.
2. Heat the oil in a large saucepan over medium heat. Add the onion and saute until softened without coloring, about 2 minutes. Add the couscous and cook, stirring, until lightly toasted, about 1 minute.
3. Carefully add the stock to the pan and stir to combine. Cover the pan and simmer over medium-low heat until the liquid has been absorbed and the couscous is tender, 8 to 10 minutes. Remove the pan from the heat, remove the lid and fluff the couscous with a fork. Lay a clean dish towel over the pan, without touching the couscous, and place the lid over the towel. Let stand for 5 minutes to allow the towel to absorb the steam.
4. Stir in the pine nuts, currants, and mint. Serve warm or at room temperature. Serves 3-4 as a side.

*This recipe originally appeared on The Nosher.*
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