

# JEWISH LIFE

ARIZONA

THE JEWISH LIFESTYLE MAGAZINE FOR ARIZONA

OCTOBER 2014

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Your Way to Health

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### CORRECTION

Observant reader Art Lederman noticed our contest photo of leopards in the September Arizona Jewish Life (page 10) is really a photo of cheetahs.

Cover photo: Courtesy of Judy Kaye



## Editor's Letter



When I enrolled my sons in the Jewish community day school where we lived, I had no idea of the myriad benefits I would reap from that involvement. As both a woman and a journalist working in the Jewish press, the connections and experiences proved invaluable.

Two of those benefits relate directly to the special sections in this edition – Women's Health and Bar/Bat Mitzvah.

Until I had children, I stayed active with horseback riding, skiing and hiking. But when the boys were young, time for myself seemed rare. That started to change when the day school and JCC teamed up to offer youth basketball. At the organizational meeting, the organizers said they had found coaches for all the younger teams (so my fourth-grader was good to go), but they didn't have anyone to coach the seventh/eighth grade team. If a parent didn't step up, they wouldn't be able to offer a team for the older kids. The father of one of my older son's classmates looked at me and said if I'd help, he would volunteer. So there I was on the basketball court running up and down to teach boys to play. Soon moms from the fourth-grade team wanted to play too. So we started a MOMS basketball team, which continued long after our boys graduated from day school. My path back to fitness took off.

The next year, my older son's classmates all began to become

bar or bat mitzvah – and since they attended a community day school, that meant we were soon attending services at a different synagogue a couple times a month. Between attending b'nai mitzvah celebrations for both boys' classmates, I think we experienced services at virtually every congregation in the metro area where we lived.

What a gift for someone writing about the Jewish community. When I wrote about an event or issue at any congregation, I had a feel for the place and people involved. I think it made me much more accessible to the community and made the community much more accessible to me.

I also got to learn about the variety of mitzvah projects the young people undertook as part of their path to becoming a son or daughter of the commandments. Not surprisingly, a lot of those students chose a project related to animals – not unlike the stories you can see in our Bar/Bat Mitzvah section.

I'll end on a much more serious note, one that hits home for so many of us in Arizona's Jewish community. Israel's struggles are often our own. Be sure to read Mylan Tanzer's column this month about the war for public opinion that Israel faces today – and has faced for decade after decade.

Some battles just need to be fought over and over again. Fortunately, one battle where we are making progress is the fight against breast cancer. October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. Thanks to increased awareness and increased funding for testing and research, in recent decades the survival rate has increased dramatically for those suffering from breast cancer.

*Dinah*

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# Jeff Flancer cooks up tasty foods and creative mitzvah projects

By Melissa Hirschl

Rock 'n' roll is here to stay – and it's the hallmark of two East Valley restaurants in Mesa and downtown Gilbert. Kindred spirits of the Hard Rock Cafe but sans the huge flying V guitar over the entrance, Flancer's serves up savory sandwiches and pizza, while exuding a hip, funky and fun ambiance. Marley, Springsteen, Frampton, Queen and more are all here. Both restaurants are owned by Philadelphia native, Jeff Flancer, who has 30 years of experience in the food industry under his belt.

The downtown Gilbert cafe showcases a variety of '60s to '80s rock album covers, while the parallel universe in Mesa (Higley and McKellips) has a similar vibe but with a nuanced spin – psychedelic vintage posters of some of the biggest and most famous rock bands including the Doors, Chicago, Chuck Berry, Cream, and Blood, Sweat and Tears. Not surprisingly, the motto for both restaurants is “rockin' taste buds since 2000.” An avid record collector during his teens and 20s, Flancer says with a twinkle in his eye, “I dreamed of being in a band and rising to the top, but I realized I was a better chef than a drummer.”

Flancer's doesn't just resonate with the Woodstock generation, it attracts anyone who values sumptuous food created with the finest ingredients available – including freshly baked bread right out of the oven. Pizzas are made with Wisconsin's finest handcrafted cheese, and there are a variety of gluten-free items on the menu as well as “light fare.” Flancer and his chefs put a new twist on old favorites and pride themselves on creating unique specialties to have taste buds singing. Specialties include the popular prickly pear chicken sandwiches marinated in thyme and balsamic dressing, roasted off-the-bone turkey, and provolone with New Mexico green chile mushroom phyllo appetizers.

When asked why he wanted to become a chef, Flancer says with a laugh, “I wanted to be like Jack Tripper in ‘Three's Company’ and have two girl roommates.” While that scenario never played out, he did parlay his love of food into an illustrious career by graduating from the Culinary Institute of America in Hyde Park, NY, and continually working his way up the food chain. From the inner harbor of Baltimore to the finest French restaurants in Los Angeles, such as La Orangerie and the Westwood Marquee, he soaked up as much as he could. “Wherever I worked, I always gave 110%,” he says.



**Flancer's (flancers.com)**  
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A sampling of other high points in Flancer's culinary career include working at or with: Carnival Cruises, Sony Bono's Italian restaurant in Hollywood, MGM studios in Culver City headquarters as a sous chef, the French Chef Rene Verdon (President John F. Kennedy's White House chef) and the Strand in Redondo Beach, CA.

Burned out from sometimes working 18 days straight, Flancer eventually moved to Santa Fe with his then girlfriend. Not being able to find work because of seasonality, he opened the Ramblin' Café, which he ran for three years out of the local synagogue before creating his own restaurant. While working in the synagogue, Flancer provided food for onegs and bar and bat mitzvahs, simultaneously selling sandwiches to local businesses. His move to Phoenix in 2000 to be with family became the catalyst for his first Gilbert restaurant.

While passionate about cooking, helping out the less fortunate puts Flancer into overdrive. When not coordinating with his chefs to create inspiring dishes, he's cooking up clever concepts for mitzvah projects. Last year his restaurants earned a whopping \$30,000 for charity through a variety of activities that increase in popularity each year. With the exception of a dessert contest in October, the month of April rocks the house with events such as wine and beer pairings, cigar and craft beer events, a Texas Hold'em Poker Tournament (held at Temple Emanuel in Tempe last year) and the popular all-you-can-eat Pizza Eating Contest.

One year, Flancer says, Miss Arizona competed in the contest

and ate five slices! “Our second year we turned it into a charity event and (have done that) every year since. Some years we have up to 25 contestants competing. The goal is the most pizza you can eat in 15 minutes.”

This is the 14<sup>th</sup> year Flancer has been going to bat for a trio of organizations he feels passionately about: Jewish Family and Children's Services, Sunshine Acres Children's Home in Mesa and Warfighter Sports. (jfcfaz.org | sunshineacres.org | warfightersports.org). The latter is an organization that provides physical rehabilitation for military men and women who suffer from physical disabilities, which include amputations, spinal cord injuries, visual impairments and muscle damage. The charity assists them in pursuing sports such as sailing, skiing, scuba diving and more. Since 2005, Flancer's has raised \$174,000 for Warfighter Sports. “I have always been fascinated with the '60s era and the Vietnam War,” says Flancer. “I have met a lot of vets through the years and have befriended some.”

War is devastating, and this is my way of helping those who fight for us,” he explains. The Sunshine Acres Home in Mesa, which has helped children and teens since 1954, is also a recipient of Flancer's generosity. “They do a fantastic job,” says Flancer. “Some of these kids watch their parents get killed by the other parent, and they need a lot of emotional help. Then again, after being at Sunshine Acres for a while, a lot of these kids are really upbeat and happy in spite of everything, and they wind up doing great. ... What better way to save kids and make them productive citizens than to help them this way?”

Jewish Family and Children's Service, which receives a third of Flancer's philanthropic contributions, is a nonprofit and

nonsectarian organization providing high-quality behavioral health and social services to children, families and adults. “I found out about this organization through the Men's Club at Temple Emanuel,” says Flancer, “and I strongly believe in their mission. It's hard to get quality mental health treatment, but these folks help make it easier for those seeking it.”

“There was a time I was more into taking than giving,” says Flancer. “Now that I've had some success, I really want to give back and help the community. Too often, we take all the trappings of our lives for granted and settle back into our comfortable surroundings, looking away or ignoring those in need. This is something I cannot do, and that is why we are engaging our patrons and the public in taking a moment to really think of those less fortunate.”

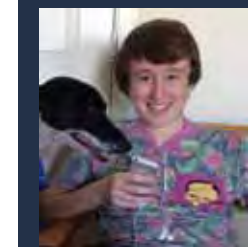
## October Dessert Contest

The winner will have their name and dessert featured at both Flancer's locations for the coming year. A donation of \$1.50 for each dessert sold will be made to the winner's favorite charity for one year.

The winner gets \$100 Flancer's gift certificate and a cool trophy!

Email jeff@flancers.com a recipe with a very short history or why that dessert tastes so good, a Photo of the dessert (if possible) along with your charity of choice.

Finalists will be asked to bake a sample and bring it to the café for judges to taste Oct. 19. • Entry deadline: Oct 16



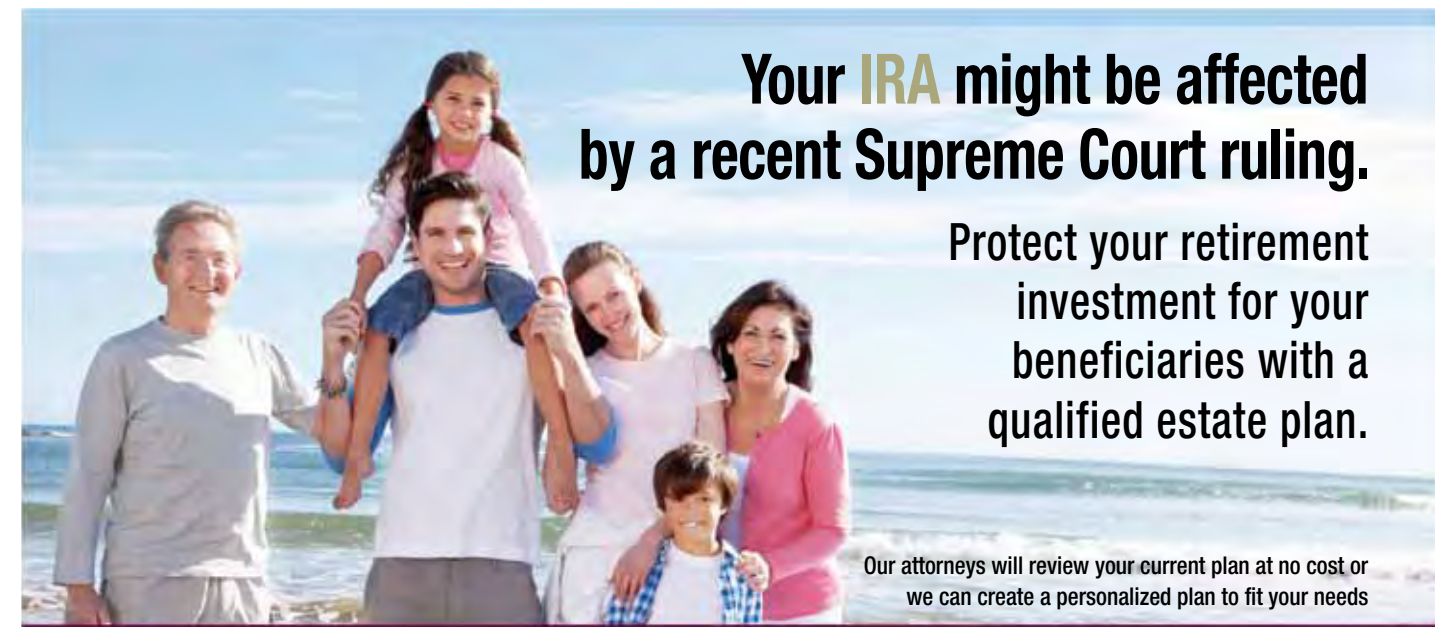
### Max Flancer, z'l

Tragically after we wrote this article, Jeff Flancer's 15-year-old son, Max, died in late August from a fall into a canal while walking to his mother's home in Gilbert. He was a confirmation student at Tempe's Temple Emanuel. In his eulogy, Jeff wrote: “He was a loving, compassionate, and very funny kid. He loved making beats for hip hop and rap music. I will have them to listen to the rest of my life.”

The family has announced that donations may be made to the Max Flancer Youth Assistance Fund at: Jewish Family & Children's Service, 4747 N 7th St., Suite 100, Phoenix, AZ 85014 or via the JFCS website at jfcfaz.org/max.

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## Jordan Rothenberg first engagement director for ASU Hillel

Jordan Rothenberg is the first person to hold the newly created role of director of engagement for Hillel at Arizona State University. Jordan oversees student engagement, which includes connecting with first-year students, advising with Hillel's interns and developing new initiatives for outreach to new students. Jordan is also a member of the

inaugural class of Hillel International's Engage2Educate Fellowship, which trains professionals to engage students and become dynamic experiential educators.

Jordan graduated from the University of Maryland at College Park with a degree in Jewish studies. After his graduation, he worked for Indiana University Hillel as an engagement associate, Alpha Epsilon Pi Fraternity as an educational leadership consultant and Ramah Outdoor Adventure as the rosh shira (head of music).

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## Dr. Marnee Spierer joins Cancer Treatment Centers

Marnee Spierer, MD, recently moved from New York to the North Scottsdale area to join Cancer Treatment Centers of America's Western Regional Medical Center. Dr. Spierer is a well-respected radiation oncologist specializing in breast cancer. Previously she worked at Memorial Sloan Kettering Cancer Center in New York City.

The family recently joined Congregation Or Tzion in Scottsdale, and her children now attend Pardes Jewish Day School.

Dr. Spierer holds a bachelor's degree from the University of Michigan and a master's degree from the Teachers College of Columbia University. When she decided to pursue a career in medicine, Dr. Spierer attended the post-baccalaureate premedical program at Bryn Mawr College and, in 2000, earned her medical degree from the Columbia University College of Physicians and Surgeons.

After completing a general residency at Saint Barnabas Medical Center in New Jersey, Dr. Spierer completed a radiation oncology residency at Memorial Sloan Kettering Cancer Center in New York City. She then served as a residency training program director, assistant professor and radiation oncologist at a medical center in the Bronx, NY. Dr. Spierer also was partner at a private radiation oncology practice in New York City before she joined CTCA in April 2014.

A dedicated researcher, Dr. Spierer has presented study findings on post-mastectomy radiation, soft tissue sarcoma, women's oncology and radiation for childhood sarcoma, among other areas. She has served as a principal investigator and co-principal investigator for clinical trials, and her research is published in prominent, peer-reviewed medical journals.

Over the years, Dr. Spierer has received numerous awards and holds a Certificate in Radiation by the American Board of Radiology. She is also a member of the American Society for Therapeutic Radiology and Oncology and the American Board of Radiology.

cancercenter.com/western



## Chick Arnold inducted into Lawyers' Hall of Fame

Chick Arnold was inducted into the Maricopa County Bar Association's Hall of Fame at its Centennial Dinner Sept. 20 at the Arizona Biltmore in Phoenix. A partner at Frazer, Ryan, Goldberg and Arnold, Chick has spent most of his career bringing attention to the plight and protecting the rights of the mentally ill in Arizona through the 1981 Arnold v. Sarn lawsuit in which he was the plaintiff. His practice focuses on mental health issues and elder law. He serves as a judge pro tem in the Maricopa County Superior Court Probate Division and is the former chair of the State Bar of Arizona Section on

Mental Health and Elder Law. A certified specialist in estate and trust law, he writes and speaks frequently about a wide range of issues unique to his practice. In 2013, Chick received the American Jewish Committee's Judge Learned Hand Community Service Award in recognition of his "sustained contributions to the advancement of equality and democratic principles." Since its founding in 1914, the Maricopa County Bar Association has been the largest voluntary bar association in Arizona. The Hall of Fame was created in 2008 by then-president, the Hon. Glenn Davis. It seeks to honor in perpetuity those "remarkable individuals who have built the legal profession in this county and beyond, who have made extraordinary contributions to the law and justice, and who have distinguished themselves at the highest levels of public service." Eight attorneys and judges were inducted this year.

carnold@rfgalaw.com



## Arizona Theatre Co. names Matt Lehrman interim director

Matt Lehrman, arts executive and audience-building expert, has been appointed interim managing director for Arizona Theatre Company as of Sept. 2. He has spent the past 10 months as a consultant working on ATC's management practices and the company's long-term strategic plan. Jessica Andrews will become managing director emeritus. Matt is the principal of Audience Avenue, LLC, through which he provides counsel, facilitation and analysis to help arts and cultural organizations pursue artistic relevance

and achieve financial stability. His "Audiences Everywhere" workshop has been presented throughout the United States, Canada and the United Kingdom. He also recently completed a cultural arts study for the Valley of the Sun JCC.

"I'm thrilled for the opportunity to help lead Arizona Theatre Company," says Matt. "My immediate responsibility is, of course, to assure the confidence and continuity of Arizona's preeminent theater company, and I'm especially looking forward to working with ATC's board and its Artistic Director David Ira Goldstein to chart out this company's exciting long-term opportunities." From 2003-13, Matt served as founder and CEO of Alliance for Audience and ShowUp.com, a pioneering initiative in Arizona's arts and cultural community to activate public engagement in theater, music, dance, art and cultural attractions statewide. Previously, he was vice president of marketing & communications at the Scottsdale Cultural Council after beginning his career as a banking and mortgage finance lobbyist in Washington, D.C. A graduate of Oberlin College, he has participated in Stanford University's joint executive program for nonprofit leadership with national arts strategies.

arizonatheatre.org



## Shari Kanefsky honored with Lion of Judah award

Shari Kanefsky has been honored as the Phoenix recipient of the 2014 Kipnis-Wilson/Friedland Award. This honor is presented to an inspiring woman leader in each Jewish Federation community across North America (named for the founders of National Women's Philanthropy Lion of Judah Society). She received the award at JFNA's International Lion of Judah Conference in New York City Sept. 9.

Shari and her family moved to Scottsdale in 1986, and she immediately became involved in a range of leadership positions within the Jewish Federation of Greater Phoenix (now the Jewish Community Association). Between 1990 and 2000, she held the positions of women's department president, general campaign chair and federation vice-president. She has chaired events within women's philanthropy and the annual campaign, as well as a community mission to Israel. In 2005, Shari received the Women's Philanthropy Golda Meir Award in recognition of her leadership.

Shari will also be honored at the JCA's 2014 Annual Meeting on Oct. 29 as the recipient of this year's Medal of Honor, the association's award of highest distinction. She and her husband, Irwin, are co-chairs of the JCA's 2014 Campaign for Jewish Needs. They have been married for 48 years, are the parents of sons, Steven and Lawrence, along with daughters-in-law, Bari and Lauren, and are the grandparents of Eva.

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Business Ins & Outs welcomes submissions of news items about businesses and Jewish organizations including new leadership, retiring leaders and new facilities. Send your business news brief of up to 250 words, along with a photo, to Arizona Jewish Life Associate Editor Janet Arnold at janet.arnold@azjewishlife.com.



# Coming into Balance

## Signs point to stabilization in the Arizona residential real estate market

By Beth Jo Zeitzer

The Arizona residential real estate market may not be in Goldilocks territory yet – not too hot, not too cold – but the past few months indicate that it's getting closer as we emerge from the post-recession doldrums. Since the beginning of the year, supply and demand have continued to trend into the balanced range, signifying that buyers are losing the advantage gained during the worst of the down years.

The balance is coming primarily from decreases in supply rather than robust demand. This is positive for existing sellers, and strengthens their negotiating advantage, because it indicates fewer competing properties for buyers to choose from. Buyers have not lost all of their advantage at this point, however: fewer competing offers per property still provides them room for negotiation.

In essence, the two measurements cancel each other out and place the market in a balanced state for both sides of the table with a very slight lean toward a buyer's advantage. This provides confidence that prices will eventually stabilize and not continue to drop.

It's important to note that there are still variations in strength within different geographic locations.

### What's Demography Got To Do with It?

When we look at all cities (not just the major ones), a clear correlation emerges between the median age of an area and seller's markets within the Phoenix metro area. For example, four of the top five cities in seller's markets, where demand is greater than supply, have a median age over 55. Those cities are Sun Lakes, Sun City West, Sun City and Apache Junction.

Four of the bottom five cities in buyer's markets, where supply is greater than demand, have a median age below 36. Those cities are Maricopa, Laveen, Buckeye and Queen Creek.

This finding supports the many articles that have been published this year regarding the struggles of the millennial generation. That age group has been the last to recover from the recession and has been reported to be putting off traditional life events such as marriage, children and purchasing real estate.

In addition, the numbers also support reports of the baby boomer generation as an emerging market for retirement communities. Members of this age group do not depend on employment and wages as much as they do on investment portfolios and corporate profits – both of which have exceeded prerecession levels as a whole.

### The Impact of Fewer Distressed Sales

Despite some of the positive action in the market, some observers continue to describe real estate as being in a "slump," as revealed in Michael Orr's recent report as director of Real Estate Theory and Practice for the ASU W.P. Carey School of Business. While it is true there has been a nonseasonal decline

in sales, the decline can be attributed primarily to the distressed market.

While "normal" sales have remained stable for nearly a year, there are two things happening in the distressed market:

- There are fewer distressed properties to buy, due to historically low mortgage delinquency and foreclosure rates, which leads to fewer foreclosure auctions and short sales.
- There are fewer investors in the Phoenix market. In general, investors are not interested in purchasing a normal listing unless it's priced well below market. With few sellers desperate enough to sell significantly below market value, more than 50% of investors have moved on to other areas of the country.

The reduction in distressed inventory, combined with the simultaneous reduction in demand, has resulted in an overall drop in sales. As more and more traditional buyers fulfill their mandatory waiting periods after foreclosures or short sales, they will be able to obtain financing to purchase again, which will replenish the buyer pool. Note also that the Federal Reserve recently reported that borrowers with good credit are having an easier time getting loans, although standards remain tighter than during the days before the recession.

### Looking at Price Trends

Regardless of the headlines about rapid price appreciation in Phoenix, our area still has not reached where we should be historically, given a modest 3% appreciation rate. Let's pretend, just for a moment, that the bubble and subsequent crash never happened, and imagine that our market followed a modest 3-4% appreciation rate in line with inflation over the past 10 years. If that had been the case, our sales price per square foot measurement would be somewhere between \$136 and \$153. Because we have not yet reached this range, one might consider Phoenix still underpriced.

One big influence in both the overall sales decline and average sales price calculation is the rapid reduction in sales under \$100,000. This price range has been dominated by distressed property since 2009 and has become less of an influence on the overall calculation. Today, sales under \$100,000 consist primarily of condominiums and townhouses, with only a handful of single-family residences. As they continue to diminish, we may see prices stabilize – since all other price ranges have not seen a significant decline like this one.



Beth Jo Zeitzer, Esq., is the owner and designated broker of R.O.I. Properties, a full-service real estate brokerage firm focused on working with business owners, investors and property owners on the marketing and sale of commercial and residential properties including retail, office, industrial, multifamily, hospitality, land and homes. She can be reached at 602-319-1326 or [bjz@roiproperties.com](mailto:bjz@roiproperties.com).

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## The Doctor Is In

By Amy Hirshberg Lederman

I have a confession to make: I am *not* a doctor. I know this may come as a total shock to those of you whom I have been diagnosing and treating for years. But Dr. Farfel is not my real name, and that rash on your stomach that I told you to apply antibiotic cream to may not go away. My husband, who is a bona fide doctor, continually chides me as I offer family and friends "free medical advice."

"So what medical school did you graduate from?" he asks coquettishly as I prescribe salty food for my friend who has dizzy spells. (I know that when I'm dizzy I always feel better after eating pickles or drinking tomato juice, so why wouldn't she?)

Admittedly, I have made a few mistakes, like the time I told my mother to put Clorox on her skin to bleach age spots. But hey, 20% of all patients are misdiagnosed – so cut me some slack!

What is the source of my expertise? No, its not medical books or Medline.com. It's the same place from which most of us intuitively draw information about our health: from our bodies that miraculously function every day. Over the years, from childhood illnesses to broken bones, from stress-related conditions to chronic ones, I know what it feels like to be healthy and how miserable I am when I am not.

The human body is an incredible and marvelous thing. We do not need to stand before any greater wonder of nature than our own bodies to appreciate the intricacy and beauty of our world. Consider the very concept of our bodies' homeostasis – the mechanism that strives to create a balance between the hundreds of interdependent elements in our body. The nervous system and the hormone system regulate, via intricate feedback loops, various systems in response to changes in the internal environment in our body. With no conscious help from us, our body constantly monitors and regulates circulation, respiration, digestion and excretion. Frankly, I can think of no greater proof of God than in the workings of the miracle that we call our bodies.

And I am not alone in my awe. A sense of wonder and amazement at the workings of our body is the starting point

of the daily Jewish morning prayer service. More than a thousand years ago, the rabbis recognized how essential it is to acknowledge our extraordinary bodies and created a daily blessing that praises them with these words:

"Blessed are You, our God, Who shaped the human being with wisdom, making for us all the openings and vessels of the body. It is revealed that if one of these passage-ways would be open when it should be closed, or blocked up when it should be open, we could not survive and stand before You. Blessed are You God, who heals all flesh and acts wondrously."

It doesn't take more than a terrible cold or a bad case of constipation to understand the significance of passage-ways being too open or blocked up. Human nature being what it is

however, we tend to think about our good health most often when we lose it. Jewish prayer stands as a daily reminder to honor our miraculous body, not only in the absence of health but in its presence. Paying tribute in this manner leads us to a deeper, more spiritual appreciation of the physical nature of our being.

When we eat a big meal with lots of sugar, our body produces insulin to absorb the sugar. When we get an infection, our body recognizes it and produces specific antibodies to fight back. When we become dehydrated, our body produces hormones to help us retain fluids. All of these are nothing short of miracles that are at work within us every single day.

I may not be a doctor, but I am deeply grateful for what my body does to teach me about humility, strength, healing and the delicate balance that goes on to keep me alive, active and healthy.

But, just in case you feel a cold coming on, I suggest Zicam and lots of vitamin C. That's a free consult from Dr. Farfel!

Frankly, I can think of no greater proof of God than in the workings of the miracle that we call our bodies.

Amy Hirshberg Lederman's award-winning book, *To Life! Jewish Reflections on Everyday Living*, is now in its second printing. Lederman has written more than 300 columns and essays that have been published nationwide. Her second book, *One Life, Many Paths: Finding Meaning and Inspiration in Jewish Teachings*, won the Arizona Book Award for best book on religion and spirituality. To read more about her work, visit [amyhirshberglederman.com](http://amyhirshberglederman.com)



## Jewish Women and Cancer

### Genetics, testing and treatment – What you need to know

By Deborah Moon

Women of Ashkenazi (central or eastern European Jewish) descent have greater risks of developing breast or ovarian cancer due to a higher incidence of inherited genetic mutations. Ashkenazim have a one in 40 chance of having a harmful BRCA1/2 (BRCA1/2) genetic mutation. Only one in 400 people in the general U.S. population have such a mutation.

"BRCA genes help repair damaged DNA and therefore keep our cells healthy," explains Dr. Marnee Spierer, a radiation oncologist specializing in breast cancer, who recently joined the Cancer Treatment Centers of America's Western Regional Medical Center. "Mutations of these genes prevent them from doing their job – therefore damaged cells can develop into cancer. Roughly 10% of women in the general population will develop breast cancer. Compare that to 50-70% of women with BRCA1 mutations and 40-60% of women with BRCA2 mutations will develop breast cancer. Similarly with ovarian cancer – 1.5% of women in the general population will develop ovarian cancer as compared to 40% of BRCA1 mutation carriers and 15% of BRCA2 mutation carriers."

Men with BRCA1/2 mutations also have increased risks of cancer – colon, prostate, pancreatic and breast.

While people of Ashkenazi Jewish descent have a higher prevalence of BRCA mutations than people in the general population, Dr. Spierer notes, "With that being said – BRCA mutations are relatively rare in general, and among Ashkenazi Jewish women – most breast cancer (90-95%) is not genetic."

Genetic screening is available, and, in some cases, insurance will pay for it. Recently Medicare rules were changed to pay for genetic screening for women with ovarian cancer. Daughters and granddaughters of those with a BRCA1/2 mutation should consider genetic testing as well. If a mutation is present, the National Comprehensive Cancer Network has guidelines with regard to breast exams, imaging (mammography and MRI), risk-reduction surgery (breasts and ovaries) and psychosocial needs.

"While treatment options may be different (and tailored to risk reduction), therapy is often the same for BRCA-associated breast cancer patients and non-BRCA-associated breast cancer," says Dr. Spierer. "Studies are ongoing to see if certain chemotherapeutic agents work better in BRCA-associated breast cancers than other chemotherapies."

Reducing the number of women who die from ovarian cancer is more likely to result from genetic testing than from improved treatment options, according to Dr. Scott Rushing, a gynecologic oncologist with Compass Oncology (part of the US Oncology Network). Dr. Rushing says that while improved treatment can extend survival rates for women with ovarian cancer, "prophylactic oophorectomy (removal of healthy ovaries

in women who have an elevated risk for ovarian cancer) is where we will move the meter on women dying of the disease."

### A Few Resources:

- National Cancer Institute Fact Sheet for cancer risk and genetic testing: [cancer.gov/cancertopics/factsheet/Risk/BRCA](http://cancer.gov/cancertopics/factsheet/Risk/BRCA)
- BreastCancer.org information on what to do if your genetic test results are positive: [breastcancer.org/symptoms/testing/genetic/pos\\_results](http://breastcancer.org/symptoms/testing/genetic/pos_results)
- Sharsheret: National not-for-profit organization supporting young Jewish women and their families facing breast cancer. [sharsheret.org](http://sharsheret.org)
- Facing our Risk of Cancer: National nonprofit dedicated to improving the lives of individuals and families affected by hereditary breast and ovarian cancer. [facingourrisk.org](http://facingourrisk.org)
- Cancer Survivors Network: support for patients and caregivers. [csn.cancer.org](http://csn.cancer.org)



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# Women's Health

## Sleep well for your health

By Deborah Moon

More than twice as many women report suffering from insomnia as men, says the author of *Sleep Soundly Every Night; Feel Fantastic Every Day*.

"Women have a high incidence of restless leg syndrome, PTSD and anxiety disorders," all of which contribute to insomnia, says Robert S. Rosenberg, DO, FCCP, medical director of Sleep Disorders Center of Prescott Valley. "Premenstrual syndrome also keeps some women awake. ... And during menopause they have significant problems with sleep due to night sweats. ... After menopause, women tend to develop sleep apnea at the same rate as men do at an earlier age."

"My book is eclectic," he says. "It's one of the first for laypeople that covers a number of problems related to sleep such as sleepwalking and eating in your sleep. The only way to get help is to seek it."

Though his book includes a section on insomnia and women, Dr. Rosenberg notes that "further factors contributing to persistent insomnia are similar to those in men." Hence, the majority of his recently released book discusses causes and treatment options for both men and women.

"My book is eclectic," he says. "It's one of the first for laypeople that covers a number of problems related to sleep such as sleepwalking and eating in your sleep. The only way to get help is to seek it."

Dr. Rosenberg is a sleep medicine expert for EveryDayHealth.com and is a frequent lecturer to the public and the medical community. He appears on TV, radio and in print discussing sleep-related issues, including The Ricki Lake Show, Woman's World, Oprah Magazine, Prevention, Women's Health and Ladies' Home Journal.

In a recent telephone interview, he shared some advice specifically for women.

For women caring for a newborn, shared responsibility for getting up with a crying infant is paramount, he says. Since infants can't be expected to have a normal sleep/wake cycle for

about six months, parents can expect to feel anxious and fatigued during that time. He says studies show that young adults who are awakened three to four times a night function at about the same level as someone with only four hours of sleep. Short daytime naps can improve alertness for two to four hours, he notes.



For menopausal women, he says a simple solution to night sweats is to lower the bedroom temperature. "Without estrogen, the body overreacts to the slightest change in temperature." If a cooler bedroom doesn't help, he says a low-dose estrogen can be considered to get women through that transition. Some women find relief from night sweats with the herbal remedy black cohosh.

"Some antidepressants stop hot flashes," Dr. Rosenberg adds. "The sleeping pill Lunesta also helps with hot flashes."

Many women develop restless leg syndrome, which is a major cause of inability to fall and stay asleep. RLS has numerous causes, many of which respond to medical treatment. But Dr.

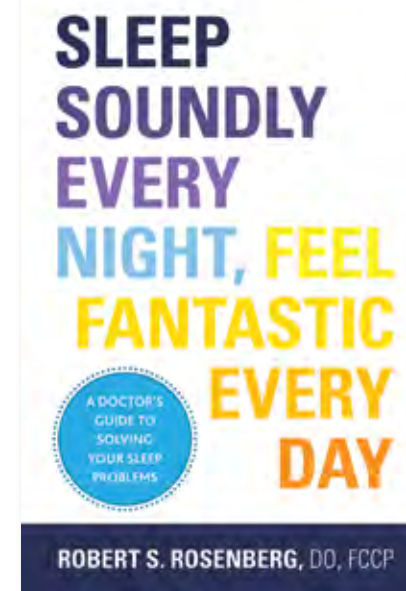
Rosenberg says moderate exercise and good sleep hygiene can alleviate some of the symptoms.

Good sleep hygiene is beneficial for both women and men. He says his top recommendation for anyone experiencing sleep issues is to turn off your electronics 90 minutes before bedtime.

"Blue light (which emanates from TVs and computer screens) is a problem," he says, explaining that blue light destroys melatonin, which helps us fall asleep. "Electronics in the bedroom are a real hindrance to being able to sleep."

Dr. Rosenberg's expertise in sleep can be traced to one of two shortages he found when he moved to Lake Havasu around 1990.

In Phoenix, Dr. Rosenberg was a pulmonologist and a charter member of Temple Kol Ami. When he moved to Lake Havasu to join a large medical practice, he found there were no synagogues in town and no sleep clinic within 300 miles. To alleviate the Jewish absence, he became a founding member of Temple Beth Shalom in Lake Havasu and was instrumental in building the synagogue.



He also began to nip away at the lack of sleep resources. As a lung specialist, "I was doing the sleep apnea part," he says. "And I started dealing with other sleep issues in this remote area. I got board certified in sleep medicine and found sleep medicine

fascinating."

As a pulmonologist, he found lung cancer and COPD were often controllable but not curable. But, he says, "With sleep, I can really make a difference." For instance, he says many kids have been diagnosed with ADHD, but the symptoms go away if a sleep disorder is treated.

So for more than 20 years, Dr. Rosenberg has concentrated professionally on sleep. Jewishly he has remained involved, though he didn't have to get in on the ground floor when he moved to Prescott. He and his wife Christine joined Temple B'rith Shalom, which began in Prescott in 1978.

Dr. Rosenberg says the two parts of his life mesh well. "Sleep is very important to memory," he says, noting learning and memory are very important in Judaism. Additionally, he says, Judaism has a very holistic view of physical, emotional and spiritual health, all of which require sleep.

## BREAST CANCER AWARENESS MONTH

More than 232,000 new cases of invasive breast cancer will be diagnosed in women this year alone. This October, Luci's Healthy Marketplace is supporting Breast Cancer Awareness Month with the sale of their refreshing drink, Mrs. Arnie Palmer. During the entire month of October, a percentage of the proceeds will go to help support the fight against Breast Cancer. Mrs. Arnie Palmer is a refreshing blend of local lemonade and kiwi strawberry tea. Lucia Schnitzer and her husband Ken launched Luci's Healthy Marketplace after her own successful battle with breast cancer. She brings her inspiring story to the marketplace to raise funds for a great cause. Luci's Healthy Marketplace is located at 1590 E Bethany Home Road, Phoenix.



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## Fashionable workout attire can provide "fit-spiration" to stay in shape

By Kira Brown

I have to admit, I've had seasons of physical laziness, months when I didn't feel like working out at all. Week after week when life, kids, family or work would squeeze healthy, invigorating workouts out of my schedule. Admittedly, I've been in an iron-pumping slump, telling myself, "I'm going to work out tomorrow."

Just a few years ago, I worked out like a lunatic, hours and hours on the treadmill or with free weights. And I loved it! I loved the way I felt – jumping out of bed each morning full of energy. My clothes fit great and of course, in photos, I would secretly pat myself on the back when I would see a hard-earned bicep or calf muscle. A strong body gave me such a confidence boost.

Today working out has become part luxury, part chore. So what to do, especially during October when women's health is at the forefront of my mind?

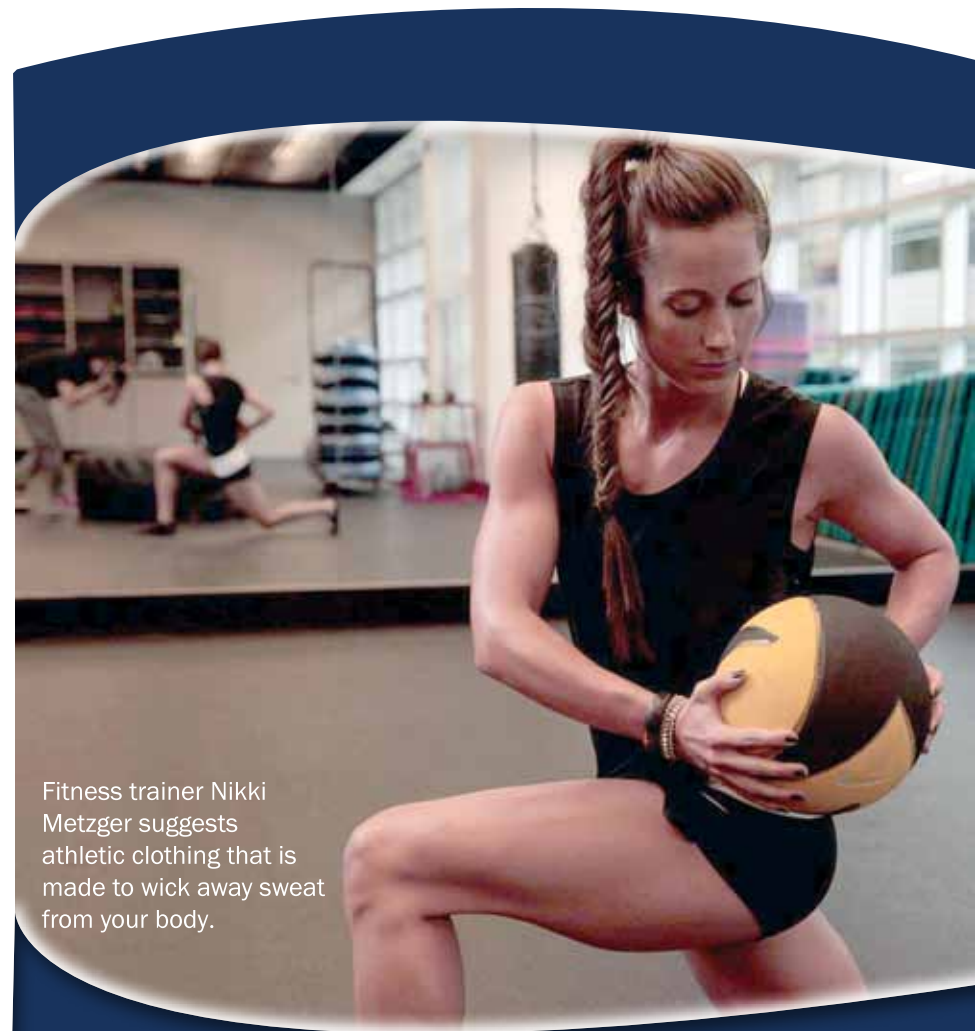
Well, when internal inspiration fails to drag me out of bed and prop me up in downward-facing dog for an hour, I've come to rely on a new method – I'll fake it till I make it. In this case, what do I mean? I'll dress the part of a strong, athletic and inspired yogi/fitness fanatic before I actually become one again.

If you too are looking for a little "fit-spiration," why not look to fashion for some inspiration and dress the part along with me?

Here are a few picks for what to wear for some fashionable fit-inspiration:

**Sports Bras** – First and foremost, support is necessary, especially for fuller figures. Protect your chest, especially when exercising, to feel comfortable and moveable. I have found wire bras to be a hindrance and sometimes painful during yoga or vigorous exercise.

**Clothing** – Wearing fashionable and appropriate fitness clothing is a must! I used to roll out of bed and throw on any tired t-shirt and shorts. Now, I know that when I have a cute outfit on or a shirt with an empowering message on it, I feel confident and sometimes more energetic. Showing up to a



Fitness trainer Nikki Metzger suggests athletic clothing that is made to wick away sweat from your body.

workout looking like Jillian Michaels, even just for yourself, can subconsciously get you going. In fact, look at Jillian. She's always wearing her workout clothes – I imagine just in case she needs to do 15 burpees or 50 plie squats while running errands. If you are really lacking inspiration, get your workout clothes and shoes on first, so you are ready to hit the gym or home treadmill before there's time to talk yourself into skipping.

Phoenix-based trainer Nikki Metzger of Scottsdale BODI says, "Most athletic clothing is made to wick away sweat from your body, keeping you dry and comfortable. Nike for

example uses hypercool technology for the summer months and hyperwarm for the cooler months, which will allow you to perform a lot better than your basic cotton t-shirt or hoodie."

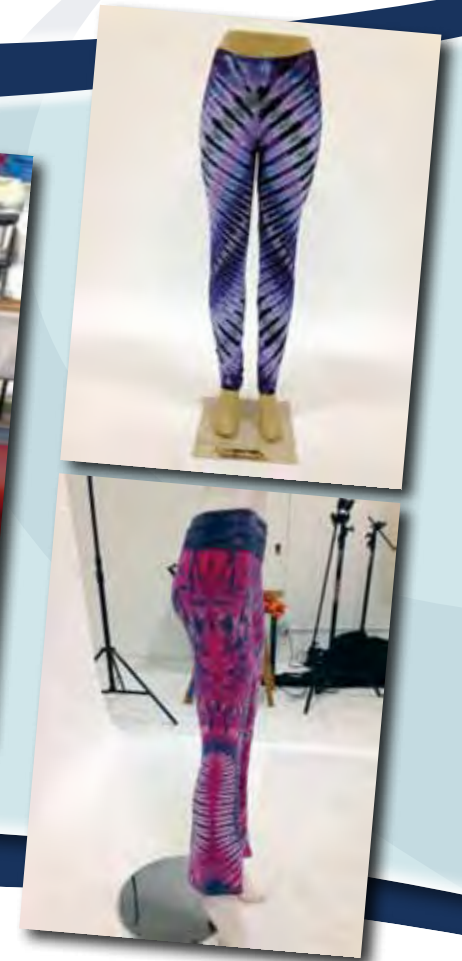
**Shoes** – Great shoes are a must. Depending on your workout style and preferred method of getting fit, you may need new shoes two to three times a year. I love the bright color trend of cross-trainers. The bright colors are inspiring and energizing! Go

bold rather than choosing white for your shoes.

**Men** – There are amazing new technologies for men in fitness fashion, with fabrics to help ventilate while covering. Nike Dri-Fit shorts and socks are a favorite for some of the most fashionably fit men I know. Say goodbye to those tattered tank tops and sweat shorts at the gym and opt for something with style, support and ventilation.



Tie-dye yoga pants available at [jamminon.com](http://jamminon.com).



Kira Brown is a certified personal stylist and fashion writer. Kira has interviewed many fashion icons including Tim Gunn, jeweler Neil Lane, international makeup artist Jemma Kidd and Ken Downing of Neiman Marcus. Kira also offers virtual style consultations for women and men. Contact her at [kira@fashionphoenix.com](mailto:kira@fashionphoenix.com).







# Local Girl Does Phoenix Proud

Judy Kaye delivers the goods on Broadway

By Janet Arnold

## A star is born ... in Phoenix.

There aren't many who can lay claim to that statement. It was only a generation or so ago that it seemed almost *nobody* was actually born in Phoenix. But Judy Kaye was indeed born in the Valley, at the old St. Joseph's Hospital, well before it moved to Thomas Road. Her parents, Dr. Jerome and Shirley Kaye, and older brother, Joel, had moved from New York to the Valley for Jerry to open his new practice as a pediatrician.

"I came out singing," Judy laughs. Nobody was terribly surprised by her talent; it was inherited. Several of her ancestors had been vaudevillians; her father and uncle were singing waiters at the summer Catskills resorts in upstate New York. But perhaps what was surprising was the meteoric career Judy has enjoyed since then. Many kids sing; few make it to Broadway.

Fewer still win a Tony Award, and it gets down to single digits when you start naming those who have won more than one. From the time her career started, Judy has never had to work at anything else, never had to wait tables or deliver pizzas – a fact that both pleases and humbles her.

Judy attended Encanto and Clarendon elementary schools in Phoenix. She credits her wonderful public school teachers for helping to instill and encourage her love of music. Joel attended West High, but the family then moved one block out of that district, so Judy attended Central. The music and theater departments were very small; there was no large performing auditorium like the one you can see today as you drive south of Camelback on Central Avenue.

"We performed in an old band room," Judy recalls. But she

had a wonderful choral teacher, Harvey Smith, who was well-known for being the artistic director of the world-renown Phoenix Boys Choir for nearly 40 years.

There were opportunities in the community as well. Judy performed in children's theater with Don Doyle, who spent 30 years as a theater professor at Arizona State University, where he created the award-winning Theatre for Youth degree programs. She fondly remembers the plays at the old Phoenix JCC with Eve Hurevitz directing. She recalls having a role in the melodrama "Bessie the Bandit's Beautiful Baby" as well as performing in a Broadway concert revue. "Suddenly the woman who was supposed to sing from 'Funny Girl' couldn't perform, and Evie asked me to sing. I sang 'I'm the Greatest Star,' which may have actually been my public debut!"

Judy graduated from Central in 1966, attended UCLA and began her professional career by the time she was a sophomore. She saw a call in the trade papers for "You're a Good Man Charlie Brown," and without even an agent she walked in and landed the role of Lucy Van Pelt and earned her coveted membership in the actors professional union, Actors' Equity, in 1967.

During her time in Phoenix, Judy and her family were active

"I hope Arizona realizes what a gem they have with ATC. I've performed at a number of the largest regional theaters around the country, and ATC is definitely right up there with the best of them."

~ Judy Kaye

at (then) Temple Beth Israel in Phoenix (now Congregation Beth Israel in Scottsdale). "Rabbi Albert Plotkin consecrated me, confirmed me and married me," she says proudly. She met her husband-to-be, David Green, in 1987 when they were both in a touring production of "On the 20<sup>th</sup> Century."

"It was the bus and truck show from hell," Judy chuckles. "We played 63 cities in 18 weeks, then stopped by Phoenix and went to Beth Israel to get married!"

It was in the Broadway run of "On the 20<sup>th</sup> Century" in 1978 that Judy made a major mark. She moved up from a smaller role to

replace Madeline Kahn as the lead. According to The New York Times, "Judy Kaye replaced Madeline Kahn ... and bang, boom, overnight she is a star." Prior to this show she had appeared in her Broadway debut as Betty Rizzo in "Grease."

In 1988, Judy returned to Broadway as Carlotta in the original Broadway cast of "Phantom of the Opera," and garnered the Tony Award for Featured Actress in a Musical. She received a Tony nomination in 2002 in the same category for portraying Rosie in "Mama Mia" and was nominated in 2005 for Actress in a Drama for "Souvenir," playing the tone-deaf socialite Florence Foster Jenkins.



Tales of the City at American Conservatory Theatre, San Francisco with Betsey Wolfe.



"Souvenir closed earlier than I liked," Judy admits. "As soon as it closed, I started getting offers from regional theaters to perform it around the country." It was the call from Arizona Theatre Company's artistic director David Ira Goldstein that quickly caught her attention. "My parents were supposed to be at the Broadway opening, but my father had a stroke and they weren't able to attend. I wanted to perform in Phoenix so they could be there opening night." And so she did. That appearance led to a continuing friendship and professional relationship between Judy and ATC. She has sung at fundraising benefits for them and also played Grandma Kurnitz in Neil Simon's "Lost in Yonkers" for ATC in Tucson and Phoenix in 2011. Her husband, David, has also appeared on stage with ATC several times, most recently in Simon's "The Sunshine Boys" in 2013.

She has appeared with the New York City Opera and has performed with the New York Philharmonic, the Boston Pops and the London Symphony Orchestras.

Judy was also part of a PBS Presents musical program at the White House during George H.W. Bush's administration. After the program was over, President Bush approached Judy and asked her to return and do a solo performance. She sang at a state dinner honoring the president of Mexico.

In 2006 Judy assumed the role of Mrs. Lovett in Stephen Sondheim's "Sweeney Todd" on Broadway when Patti LuPone took some time off. She continued in that role in the 2007-08 North American tour. The Curtain Up review in Los Angeles said that "There's humor in this production ... Much of that is due to Kaye's impeccable timing, the delicacy of her yearning

Stephen Vinovich, Judy and Nathan Lane in *What About Love?*



David Green and Judy in *You Can't Take it With You*.



As Meg Brockie in the New York City Opera production of *Brigadoon*



As Rizzo in the original Broadway production of *Grease* - yes, that's John Travolta on the right!



*Kismet*

"I hope Arizona realizes what a gem they have with ATC. I've performed at a number of the largest regional theaters around the country, and ATC is definitely right up there with the best of them," says Judy.

Among her regional theater roles, Judy has played Annie Oakley in "Annie Get Your Gun," Nellie Forbush in "South Pacific," Mama Rose in "Gypsy" and Aldonza in "Man of La Mancha," to name just a few. Most of these characters and others she's played are rather brash women, such as the role of Emma Goldman in "Ragtime" that she originated on Broadway. "I do tend to play pretty strong women," she agrees, "but then I really enjoy playing someone like Julie Jordan in 'Carousel.' There are many teachable moments for me in roles like that. I learned the power of quiet and stillness on stage."

Judy has also performed in opera, including the role of Musetta in the Santa Fe Opera production of "La Boheme" and the title role in "The Merry Widow" at the Papermill Playhouse.

and her way with a tuba."

In 2010 she had a two-month run in "Paradise Found," co-directed by Harold Prince and Susan Stroman in London, and she appeared at the American Conservatory Theatre in San Francisco in the musical adaptation of "Tales of the City" in 2011.

Then, in 2012, Judy starred with Matthew Broderick in "Nice Work if You Can Get It." She again received the Tony Award for Best Performance by a Featured Actress in a Musical, this time for her role as Duchess Estonia Dulworth. In her acceptance speech at the televised award ceremonies, Judy dedicated the award to her father, who had passed away earlier that year.

On Sept. 12, Judy stepped into the role of Marie, the Fairy Godmother in Rodgers and Hammerstein's "Cinderella," now on Broadway at The Broadway Theatre. She is thrilled to be playing the role, and particularly happy she "wasn't cast as the evil stepmother!"



Judy accepting her Tony for *Nice Work if You Can Get It*.



Judy in *Lost in Yonkers*



Judy in *Souvenir*

Judy (with Matthew Broderick) in *Nice Work if You Can Get It*

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David is now close to retired, though he still directs Judy in her cabarets and special appearances. Judy says that as long as she's offered roles she'd enjoy, she's not in a hurry to retire. She does love to play golf though, a game she learned from her grandfather at the old Century Country Club in Scottsdale. (Century was the Jewish Country Club in the Valley in the '60s and '70s, located where Orange Tree Country Club now stands.) "He taught the whole family," Judy remembers fondly. "In fact, my nephew, Jonathan Kaye, went on to be with the Pro Golf Tour for a number of years."

Judy and David now live in Guttenberg, NJ, where "we can see the skyline of New York out our window," and have a little house in upstate New York, "near the old kokh-aleyns" (bungalow rentals), she says with a laugh. They are entrenched in New York life, but do enjoy coming to Arizona when they can.

**Judy Kaye in Phoenix Nov. 1**

Judy is coming back to Phoenix on Nov. 1 to perform at the 2014 Heritage Award for the Arizona Jewish Historical Society. AzJHS is honoring Channel 12's Mark Curtis this year, and Judy will be providing the entertainment, directed by David. The reception begins at 6 pm at the Phoenix Art Museum, 1625 N Central Ave. in Phoenix. The program begins at 8 pm. Tickets are available starting at \$180, with proceeds going to further the work of AzJHS and the Cutler-Plotkin Jewish Heritage Center. Call 602-241-7870 or visit azjhs.org for more information.



Judy and David

"We played 63 cities in 18 weeks, then stopped by Phoenix and went to Beth Israel to get married!"

~ Judy Kaye of her marriage to fellow actor David Green

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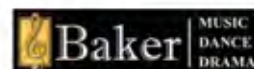


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# MIM holds first outdoor music fest

By Janet Arnold

The Musical Instrument Museum's inaugural global music festival, MIMFest, is being held Oct. 18 and 19 at the popular museum in northeast Phoenix. Hours are 10 am-5 pm both days.

MIMFest is a two-day music festival set against the backdrop of the stunning Arizona desert and inspired by MIM's commitment to celebrate musical traditions and cultures from around the world. The festival will bring together extraordinary musical acts, energetic dancers, dynamic street performers and culinary delights on MIM's 20-acre grounds.

While MIM hosts nearly 200 concerts per year in the acoustically superb MIM Music Theater, this will mark the first time the museum is bringing multiple global acts together outdoors for a full weekend of exceptional music. From Latin rock and Ethiopian grooves to Celtic melodies and traditional bluegrass, MIMFest artists will offer attendees a one-of-a-kind musical journey around the globe. Below are just some of the participants:

- **Davina and The Vagabonds** (genre-busting jazz, blues and roots music with fiery vocals)
- **La Santa Cecilia** (modern-day hybrid of Latin culture, rock and world music)
- **Bassekou Kouyaté & Ngoni ba** (masters of the ngoni, an ancient traditional lute from West Africa)
- **Krar Collective** (mind-blowing Ethiopian grooves)
- **Heritage Blues Orchestra** (a mingling of African-American music, modern jazz and Western European harmony)
- **Muskellunge** (contemporary, original American music)
- **The Okee Dokee Brothers** (Americana folk music for the whole family).



Davina and The Vagabonds



The Okee Dokee Brothers



La Santa Cecilia

"MIMFest offers a fun and festive opportunity for attendees to discover talented musical acts from around the world," says Lowell Pickett, artistic director for MIMFest. "The diverse lineup allows guests to experience artists of varying genres and levels of success, and we hope this inspires them to continue exploring and appreciating global music."

In between performances on the two main stages, a variety of locally based pop-up performers will treat guests to hula lessons, taiko drumming, East Indian dancing and more. A Chinese lion dance team, brass band and moko jumbie (stilt walker popularized by the Brazilian Carnival tradition) will also rove throughout the festival space.

Guests can purchase cuisine from 13 local food trucks. Participating trucks include everything from hot dogs and curry dishes to Mexican food, pizza and more.

MIMFest offers discounted prices for children's tickets and will offer multiple activities for children of all ages, from playing instruments to having their faces painted. Children 6 and under are free.

One-day and two-day passes are available, as well as a VIP option that includes on-site

parking and special offerings. Tickets can be purchased online at MIM.org or by calling 480-478-6000.

MIMFest is sponsored in part by APS and Colletti-Fiss LLC.

The Musical Instrument Museum is located at 4725 E Mayo Blvd in Phoenix at the corner of Tatum and Mayo Boulevards. Complimentary parking and shuttle service for MIMFest will be located just south of the museum at Horse Lovers Park, 19224 N Tatum Blvd., Phoenix.

## Check out Jewish films at Scottsdale International Film Festival

By Janet Arnold



The documentary "The Outrageous Sophie Tucker" is just one of the festival films with Jewish themes.

The 14<sup>th</sup> Annual Scottsdale International Film Festival runs Oct. 9-13 at Harkins Shea 14 at 7354 E Shea Blvd. in Scottsdale. This year's festival features over 50 films in five days. The opening event on Oct. 9, at the Scottsdale Center for the Performing Arts, is the movie "Rudderless," with a pre-screening reception included with the \$35 ticket.

Festival Founder and Executive Director Amy Ettinger has included several films with significant Jewish perspectives in the impressive lineup. "Closed Season" (Germany/Israel) tells the story of a Jewish boy fleeing Nazi persecution during World War II. Told in flashback, it also includes the story of a German student's search for his biological father in 1970s Israel. (Oct. 11 at 9:10 am and Oct. 13 at 10 am)

"The Outrageous Sophie Tucker" (United States) is a documentary focusing on the tumultuous early days of this iconic vaudeville superstar, who ruled the 1920s' Flapper Era. (Oct. 10 at 2:15 pm and Oct. 13 at 11:45 am)

"Run Boy Run" (German/French/Polish) is the story of a 9-year-old boy escaping the Warsaw ghetto and passing as a Christian to survive. (Oct. 12 at 1:10 pm and Oct. 13 at 4:15 pm)

"Under the Same Sun" (Israel/Palestine) depicts an Israeli and Palestinian working together to create a new solar energy company. "What begins as a partnership for business becomes a partnership for peace." (Oct. 11 at 4 pm and Oct. 12 at 11:25 am)

Festival organizers announced last month that they will join forces with the Scottsdale Center for the Performing Arts in January to establish an innovative new collaboration that will enable the nonprofit organizations to share resources and offer expanded film programs to the community. As part of the collaboration, Amy Ettinger will join the staff of the center as a film curator while she continues to direct the festival. The festival also will maintain its longstanding relationship with Harkins Theatres, which has served as its official home since 2001.

"Our partnership with the Scottsdale Cultural Council and Scottsdale Center for the Performing Arts is a natural fit in terms of combining their resources and facilities with our film programming expertise," says Amy.

"When arts organizations come together in a spirit of collaboration, they can accomplish so much more," says Scottsdale Cultural Council President and CEO Neale Perl. "We look forward to a productive partnership that will build on existing strengths, foster innovation and create new opportunities for the arts in Scottsdale." Individual tickets for this year's films are \$12; packages are also available. For the complete listing of films and to purchase tickets, visit [scottsdalefilmfestival.com](http://scottsdalefilmfestival.com).

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# CHEF'S CORNER

## TAILGATING MADE HEALTHY AND FUN

By Lucia Schnitzer

Photos by Matthew Strauss

Football season is here and the fans are excited! Then you have those fans who are really, really excited and take football to another dimension. I on the other hand look forward to hanging around the table, indulging in great food, great conversation and a great glass of red wine!

In doing some research on tailgating, I found that it's a culture within itself. I also discovered that there's a class called "Tailgating 101" you can take if you want to be a "Professional Tailgater." I was amused by my finding, but in reality it's a really

big deal if you enjoy the football fever and lifestyle of a traveling fan.

A tailgate party typically takes place in the parking lot outside the stadium, but you can experience a similar ambiance right on your street by sharing the fun with neighbors and friends. There is nothing unorthodox about hosting a football party in your home. Here are some fun and healthy football treats you can make and indulge in without the guilt while you pick up another bottle of beer or glass of wine.



## Edible Football Field

To make this aesthetically appealing appetizer, use guacamole as the playing field with salsa and hummus for the end zones. Pipe on sour cream to mark the yard lines and add some cherry tomato "players," then make it the star player on your snack table

with assorted vegetables and tortilla chips for dipping.

Note: Other dip ideas are cheese sauce, bean dip, onion sour cream and spinach dips. Squeeze some lemon juice on the guacamole to keep it from oxidizing and turning brown.

Lucia Schnitzer and her husband, Ken, own Luci's Healthy Marketplace in Phoenix. The local coffee shop and marketplace opened in 2009 in Lucia's honor after her successful battle with breast cancer. She successfully manages her career, her growing family (four children), her personal well-being and the countless demands of the day.

## Sweet Potato Turkey Burger Sliders



### Ingredients

- 1.5 pounds ground turkey or lean ground beef, thawed
- 1 teaspoon garlic salt
- 1.5 teaspoons steak seasoning
- 2 large sweet potatoes
- 1 tablespoon extra virgin olive oil
- 3-4 slices cooked turkey bacon

Lettuce torn into small pieces (slider size)

### Instructions

Mix ground turkey with garlic salt and steak seasoning. Shape into 8-10 mini patties (about ¼ cup of meat each). Set aside. (Size of your patties depends on the size of sweet potato slices

you have, since they will be the bun.)

Slice sweet potatoes into ¼- to ½-inch-thick slices. Drizzle with olive oil and season with salt and pepper. Roast in oven at 400° F for 20-30 minutes (flipping halfway through). You want edges to be slightly crispy. (Stove-top pan frying is another cooking option for the potato slices.)

While potatoes are roasting, grill the burgers. Place patties on a well-heated grill, flipping after 3-4 minutes, and cook until cooked through.

Assemble burgers, placing a mini burger in between two roasted sweet potato slices.

Garnish burgers with lettuce, turkey bacon and mustard (or any other desired toppings).



# Adventures of an Adrenaline Junkie

By Lee Allen

From dives of danger to flights of fright, Mary Peachin is no shrinking violet. "I live each day to the fullest – right to the limit," says the gray-haired grandmother with the self-proclaimed sobriquet "Adrenaline Junkie."

"I don't know where that comes from," says the 73-year-old, who divides her at-home time between Tucson and British Columbia. "My parents were afraid to cross the street, but I fly my own plane, skydive and bungee jump" –as well as swim with sharks, dive among saltwater crocodiles and salmon fish alongside hungry grizzly bears. "I never told my parents about my shark dives. They read about my escapades in the papers and were horrified."

"There's something beyond the beauty of nature itself that gets my heart pumping. It's more than curiosity that encourages me to put myself into frightening situations. Danger is when you feel you're not in control of a situation, and I try to keep those occurrences to a minimum. I have a healthy respect for the fact that I'm in someone else's environment ... an intruder into their

world."

Just as there are at least two sides to every story, there are several sides to Ms. Peachin, who comes from a long family line of Reform Jews. "While we are more secular in our practice, we're proud of our roots." Mary and her husband, David, were married in Temple Emanuel-el by a rabbi who later said he was pleased he had presided over "a marriage that took."

The marriage has lasted 48 years so far, because "David allows me to be a free spirit," says Mary.

Describing her persona, she says. "In addition to the adventure aspect, I have a strong civic side to better my community."

Her resume is extensive in that department as is her collection of wall plaques: a Tucson Woman of the Year award hangs alongside a Governor's Award from the State of Arizona. A member of the Arizona Sports Hall of Fame and a graduate of both Tulane University and the University of Arizona, she is a certified commercial/instrument pilot; an award-winning adventure/travel writer and photographer; and a seeker of the next adventure anywhere in the world.

"There's something beyond the beauty of nature itself that gets my heart pumping. It's more than curiosity that encourages me to put myself into frightening situations. Danger is when you feel you're not in control of a situation, and I try to keep those occurrences to a minimum. I have a healthy respect for the fact that I'm in someone else's environment ... an intruder into their world."



Adolpho and Mary's 90 pound Rooster

In 1978 she followed her muse into shark-infested waters off the coast of California, and it's been a total adrenaline rush since then: crocodile diving in the Solomon Islands; whale chasing in the Galapagos; fly-fishing with grizzlies in British Columbia; swimming with sharks in the Caribbean; tackling tarpon in Costa Rica; keeping a watchful eye out for sea snakes in the Philippines and jellyfish in Micronesia; stalking polar bears in Alaska; and probing underwater caves wherever she can find them. Always seeking new adventures anywhere in the world, she says, "Everything I've done in my life has sort of fallen in my lap or at least been serendipitous."

Her shark experiences can fill a book or two and have done so – *Sharks: The Sleek and the Savage*; *Underwater Encounters – What You Should Know About Sharks*; *Scuba Caribbean*; and *Sport Fishing in the Caribbean* (peachin.com). It really got started in the late 1970s when she went snorkeling in San Carlos, Mexico, and discovered the wonders of a new underwater world. "Two things I crave in life are the opportunity to go tarpon fishing and diving. I can only go so long before I have to put on a wet suit, because there is nothing more serene, quiet and beautiful than



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Mary in Indonesia

being underwater.”

Her early day quest in search of something different took her into coastal shark territory in California. “I’d been pleasure diving for awhile and thought it would be neat to view sharks, up close and personal.” But sharks aren’t the only thing that gets her heart beating faster. Asked to provide details on her most harrowing experience, she’s reluctant to pick just one.

“One time diving in an underwater cave in the Solomon Islands, I learned just how fast I could get out of the water when I found myself in the company of saltwater crocodiles. I’d been warned to expect small crocs, but not the 6-foot-long ones I found headed in my direction.”

That encounter stays in her memory bank as does a close call with hundreds of sea snakes in the Philippines and a severe reaction to jellyfish stings in Micronesia. Another time, water currents in the Galapagos Islands were so strong they literally chewed holes in her diving gloves as she was battered on coral reefs while waiting for a whale shark migration. “The current was so strong the dive master said we could easily be swept out to sea, so we were hanging on for dear life as barnacles ripped our fingers. It was thrilling.”

Some of her experiences were not so neat, like a tarpon fishing trip on the muddy Rio Colorado in northeastern Costa Rica. It started out innocently



Mary with Grizzlies



Mary snorkeling with whale shark in Holbox by Dave Jaskey

nirvana, a 23-year search for the spotted King of the Ocean, a whale shark the size of a small submarine. “I waited over two decades for that sighting, but it was worthwhile, like hitting a home run in the World Series. I can’t think of anything neater than being face-to-face with a *huge* shark with polka dots.”

A world traveler, she has visited many Mideast countries, but not Israel. “I am frequently the only unveiled woman traveling by myself,” she says, smiling.

As to future adrenaline-inducing experiences, Mary says, “As long as I’m healthy, I’ll keep on keeping on. When I return from some of the more harrowing experiences, I exhale and say, ‘Phew, I’ve defied death once again.’ I’d like to continue to utter that expression for years to come.”

*Lee Allen is more of an armchair adventurer who would rather write about the frightening escapades of others than experience them himself.*

enough as just another day on the water until breakers began crashing over her 16-foot rented skiff. “We rode the swells like a roller coaster, tossed about like a wobbly Frisbee, until a 6-foot breaker finally killed the engine – followed by more waves that tossed our gear into the shark-filled waters. I silently calculated the wisdom of fighting rip currents and the likelihood of reaching the closest beach a mile away. As we were swept powerless into frenzied seas, my shark bravado waned and the ‘stay with the boat’ advice played in my head. We hung onto the submerged skiff in a life-or-death situation, made even worse when we realized that soon there would be no boat.” Mary and her guide were saved by another fisherman who hauled them safely to shore where she announced – “Get another boat and let’s go back out fishing.”

One of her scariest moments came recently in West Papua, New Guinea, where she was dive-bombed by an 8-foot-long grey reef shark with an arched back, indicative of aggressive behavior mode. “He came at me at 100 miles an hour and, at the last minute, still going at lightning pace, veered away. I wasn’t just scared, I was terrified.”

Her life on the edge includes a memorable scuba-diving

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# VOLUNTEERS: Can't do without them

By Joni Browne-Walders

It's often said that volunteers are the lifeblood of nonprofit organizations.

"Our organization couldn't run without volunteers," admits Carol Bowers, volunteer services coordinator at Neighbors Who Care. "We appreciate every day, every dollar, every hour given." NWC, a 20-year-old, nonprofit agency and winner of a 2012 Piper Trust Encore Prize for Exceptional Organizations, serves residents of Sun Lakes/Chandler. Its mission is to help homebound and disabled seniors remain in their homes as comfortably and as long as possible.

To accomplish this, NWC provides transportation for medical appointments, shopping trips and personal errands. It also offers respite relief for caregivers, service for minor in-home repairs and dinner deliveries. It provides Medicare-benefits counseling and has recently initiated a new program to assist patients discharged from hospitals. None of this could be accomplished if it were not for a special kind of caring person.

Gladys Chernick is one such person. She has been volunteering at NWC for only a year or two, but her desire to help others blossomed early. At age 13, while attending to her hospitalized father, she decided to become a nurse. She always wanted to help others, "to make a difference in other people's lives," she says.

Born and raised in Fall River, MA, Gladys graduated from high school in 1951 at age 16 and dreamed of entering nursing school. However, because her father continued to be extremely ill and, therefore, unemployed, Gladys was compelled to become the working support of her family.

It wasn't until age 36 that she finally had the opportunity to enter nursing school and pursue her lifelong dream. After earning her Registered Nurse certificate, she worked at Mercy Hospital in Springfield, MA, where she won the Award for Proficiency in Nursing. But working nights and weekends didn't allow her enough family time.

So, about a year later, when a nursing job with more desirable hours opened at the Jewish Nursing Home of Western Massachusetts, Gladys applied for the position and was instantly hired. She worked there for 24 years and became the director of



Gladys Chernick and Carol Bowers

their adult day care center, helping to design a model program for the State of Massachusetts. At the same time, she continued her education and earned her bachelor's degree in human services and a master's degree in clinical psychology. The mayor of Springfield appointed her to the Area Agency on Aging, where she served for 21 years, organizing educational seminars for doctors, lawyers and caregivers for the elderly. She also taught classes to professional caregivers at American International College in Springfield and at the University of Massachusetts.

One of her proudest achievements was working with her colleague, Sister Mary Connally; together they administered a pilot program to train family caregivers.

"Sister Mary was the social worker and I was the RN," says Gladys. "We traveled all over the state, teaching family members how to care for loved ones." Gladys' program was scheduled to run for only one year, but it was so successful that it lasted 12 years.

While engaged in all these activities, Gladys hoped to enter a Ph.D. program. However, her husband had a debilitating stroke and required full-time care. Once again the sole family provider, Gladys managed his care at home for the next six years until his death in 1991. And all this time, she continued to administer the adult day care program at the Jewish Nursing Home.

In 1996, suffering health problems of her own, Gladys retired from her nursing career and, three years later, moved to Chandler to be close to her grandchildren. Once more, having time to spare, she wanted to participate in her community's activities. Consequently, she joined the Sun Lakes Jewish Congregation and sang in their choir for 12 years. Also, she became active in the Jewish War Veterans post 128, which led to a 12-year stint as a volunteer at Chandler's Frye Elementary School, where she tutored kindergarteners and second-graders in reading. As if this weren't enough, she volunteered at Chandler Hospital. And, most recently, she signed on at NWC, helping in the office and making

phone calls to other volunteers to remind them of upcoming events.

Carol Bowers praises Gladys for "always being right in the middle of everything. Gladys gets so much done because she leads the way."

But Gladys is not unique in this respect. She typifies the wonderful spirit of volunteers, those giving people whose selfless efforts mean so much to the success of all nonprofit organizations. Without them, the world would be a much grimmer place.

So, thank you, Gladys Chernick and *all* volunteers like you. Your contributions will always be admired and appreciated.

Joni Browne-Walders is a playwright, freelance writer and editor.

# Looking for Love Friendship as a Path to Romance

By Ellen Gerst

I often hear from single people that one of the most difficult things for them to witness is an older couple walking hand-in-hand. It's not so much the romance they wistfully lament, but the implied companionship that this couple shares.

If you're not having much luck securing this type of relationship, and since friendship is the foundation upon which all lasting romantic relationships are built, consider trying an alternative avenue to finding a partner: take some time to concentrate on simply making new friends.

An added benefit of making new friends is that it exponentially expands your social circle, which can give you an opportunity to meet their friends and friends of their friends. And one of them may be a romantic candidate just right for you!

Although making new friends can be a bit more difficult as you age, it's not an impossible feat if you're willing to take some initiative. Many people are quite busy with their jobs and families – first children and then grandchildren – and may not have the time and energy budding friendships require; but there's also a whole population of singles longing to connect with others and don't know how to do so.

If you've outgrown the bar scene, where can you find like-minded people? It's sometimes a challenge to ferret them out, as Allan Fromme captures in the following statement.

*"Our cities with their swollen populations and cliff dwelling high-rise buildings are breeding places for loneliness... In a world of wheels, old and comfortable groupings of people have disappeared."*

His point is valid, for many are content to live their lives online through social media and infrequently interact in person. This results in a lack of social and conversational skills, further isolating the single population. But if you're willing to drive out of your comfort zone and neighborhood, Meetup.com, which facilitates offline group meetings, offers adventures in which you can partake in a group setting.

You can find a Meetup to attend that can satisfy both your personal and professional needs. Meetups include business networking, educational, spiritual, movie/theater going, dining and so on. One in particular that is serving the greater Phoenix Jewish singles' community is Active Jewish Singles 40s, 50s, 60s. You can find this group online ([meetup.com/Active-Jews-40s-50s](http://meetup.com/Active-Jews-40s-50s)).

This group is very clear in its intentions: it is not a dating site. It's for those looking to spend time with other Jewish singles in their own age group in activities planned throughout the Valley, such as hiking, dancing, dining out, exercising, happy hours, live bands and comedy shows. The group members ask only that you join them with a positive attitude, an open mind and a welcoming smile.

If you're out of practice on how to engage with new people, here are eight ways to develop the right mindset for initiating friendships.

**1. Practice kindness.** Act as your own best friend. This includes allowing yourself the same wide berth you give your friends when they make a mistake and treating yourself with kindness and respect. It's important to know your own worth, and this in turn will allow you to let yourself be liked and loved.

**2. Balance openness with safety.** Be open to honest and kind conversation. Balance this openness with your own safety and wariness of others, which may cause you to question if someone has an ulterior motive for befriending you.

**3. Follow through.** *"Let's get together soon"* is too nebulous a statement when making plans with someone you just met. Instead, decide on a specific date and time to meet and confirm with the person a couple of days before the meeting. This assures it *will* happen and telegraphs your interest in what the other person has to say.

**4. Always keep your word.** Don't say you'll call and then forget to do so. Remember, someone else is counting on your personal contact with him or her.

**5. Smile at people.** You will be surprised at how many others respond, reciprocate and show appreciation for the good will and warmth you're spreading. It's an inexpensive way to make yourself and others "light up" inside and out.

**6. What goes around, comes around.** Be the friend you would like to have, and others will reciprocate in kind. Keep Ralph Waldo Emerson's words in mind: *"The only way to have a friend is to be one."*

**7. Allow yourself to be happy and content.** A fear of rejection, disappointment or awkwardness can sabotage your efforts. These types of feelings detract from your self-confidence and can make you feel less deserving of the good things life has to offer. Even if you have to *fake it until you make it*, stir up and project a positive attitude. This will attract others to you, for everyone likes to be with those who lift them up versus bring them down.

**8. Initiate conversation.** There's no law that says you have to wait for someone to approach you first. In social situations, be the first to say hello, and you will be surprised at how many people will respond to this simple, but brave, gesture.

Although there are many other ways to make and keep friends, I think Albert Camus captured the essence of friendship when he said, *"Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend."*

Ellen Gerst is a relationship coach, author and workshop leader. Visit [LNGerst.com](http://LNGerst.com). To ask Ellen a question to be answered in a future column, email her at [LNGerst@LNGerst.com](mailto:LNGerst@LNGerst.com).





# The war we won and the war we are losing

By Mylan Tanzer

Although it has been less than a month since what appears to be the end of Operation Protective Edge, it seems like a distant memory to many Israelis. (The one-month window in which the sides agreed to begin negotiations in Cairo ended just as I finished writing this and with no signs discussions will begin; in theory, anything could happen.) With the Syrian civil war spilling over onto the Israeli Golan putting Al-Qaeda within a few hundred meters of several kibbutzim, with ISIS slaughtering innocents and threatening the region, and with resumption of internal budget wars that had been on hold, the largest operation since the second Lebanon war doesn't seem to be high on the public's radar anymore. I hope and trust that this is not the case with our political and military leadership. The impressive military achievements of Protective Edge require skilled and subtle diplomacy to ensure they are translated into reality in Gaza and with potentially positive pan-regional implications. Maybe the vastly reduced public profile of Protective Edge is a good thing. Vast segments of the Israeli public don't see the larger picture and continue to debate whether the operation was a success or only a stalemate.

In the words of Haviv Retig Gur of The Times of Israel, "At the conclusion of Operation Protective Edge, it is fair to say that Prime Minister Benjamin Netanyahu unequivocally won the war he set out to fight – but not, perhaps, the war the Israeli public expected him to fight."

Operation Protective Edge proved the IDF finally understood and internalized the fact that Arab opponents of Israel have turned to the terror, guerrilla and irregular tactics that Israelis consider immoral and cowardly. In Lebanon, in the West Bank, in Gaza, in the long-distance struggle with Iran, decisive battles are often simply unavailable. Victory in these confrontations requires deception, intelligence infiltration, and resilience and patience that extend far beyond the end of formal hostilities.

Netanyahu rejected the classic Western approach that employs conventional tactics when confronting an unconventional enemy. He opted instead to adapt to the irregular, psychological nature of Hamas' style of war. By accepting each cease-fire and letting the world see Hamas endangering civilians on both sides, he was able to minimize global political pressure and hit Hamas when and where the IDF chose. Netanyahu ordered the air force to strike thousands of targets, take out top operatives from the Hamas military and political wings, and to destroy the attack tunnels. Hamas' capitulation and acceptance of the same unconditional cease-fire that was offered at the conflict's outset put the official stamp on the success of the Netanyahu strategy. But I do not think that has been internalized by most of us. Many Israelis express frustration at not seeing a white flag over Gaza.

As Rettig Gur writes: "Netanyahu's strategy has much to commend it. It recognizes and addresses the challenges posed by terrorism and irregular conflict – the civilian toll, the political traps, the importance of the psychological battlefield. But it may

suffer from one overwhelming flaw: in the minds of Israelis, it doesn't look like war. It is hard to explain to millions of Israeli voters under rocket fire, to the families of dead children and dead soldiers, to a nation that expects decisive action from its leaders in wartime, why an enemy as derided and detested in the Israeli mind as Hamas can sustain rocket fire on a country as powerful as Israel for 50 days."

Time will tell if the military victory will achieve the results it should, or if it will lead to another round of fighting.

But Israel has once again lost the battle in the arena of international public opinion. The results are the inevitable investigation of the U.N. Human Rights Commission, an increase in boycott activity and increased anti-Semitism.

In the current reality, Israel cannot win this war. This battle is a lost cause for the foreseeable future according to Journalist Ben-Dror Yemini, whose new book, *The Industry of Lies*, coincidentally hit the shelves right at the end of Protective Edge. This important work proves that Israel's already tarnished image continues to further deteriorate due to plain and simple lies.

He includes examples of how Israel has become the definition of absolute and unequivocal evil. The book reveals it is now politically correct to accuse Israel of any imaginable crime or offense: child killing, state terrorism and mainly, a country and people guilty of no less than genocide. Over the last decade, Yemini has tirelessly collected a massive number of statements and positions by academics, political leaders and members of the media exposing what he has dubbed *The Industry of Lies*.

In recent interviews to mark the release of the book, Yemini explained: "There is not a monolithic or orchestrated mechanism. It is not *The Protocol of the Elders of Zion*. ... It is diffuse and has become in fashion to bash Israel across the spectrum. The common denominator is that Israel is presented as the greatest danger to world peace and stability. And it needs to be noted, that in the 1930s it was commonplace to define the Jews as the danger to world peace and stability."

One of the thousands of examples in Yemini's book is the U.N.'s Special Human Rights Advisor Professor Richard Falk's numerous public statements in 2013 that the intention of Israel is to perform genocide against the Palestinian people. Yemini tirelessly checked the facts and found that in 2013, 30 Palestinians died at the hands of Israel, the majority of them terrorists.

"The empirical evidence that Israel is designated and singled-out is overwhelming and undeniable to anyone who makes the effort and takes the time to do a thorough examination," wrote Yemini. "It is an arduous and tiring process to verify, but somebody has to do it and I have found that the results have unfortunately more than backed up my thesis, which led me to undertake this task. Everything is in some way, infected with a lie. For example, during Protective Edge, an article in the Independent did not call Israel by name but rather with the title 'The Child Murdering Community.' For the sake of proportion, according to Lancet, which is the definitive professional source for the Independent, in 2004, 36% of the casualties caused in

the British invasion of Iraq were children under the age of 15. In Protective Edge, the highest estimates of child casualties in Gaza, and many credible sources claim that this number is high, is 16%. Have you ever called the U.K. child killers? Have you called for a boycott against Britain? You haven't, because you are lying."

Regarding the claim more is expected from Israel, Yemini replied: "My comparison regarding failure to observe human rights, harming innocents and children, my frame of reference is England and the U.S. The battle for Falluja, which has similarities to Gaza, saw many thousands of civilian deaths. What about Chechnya, that has a smaller population than Gaza? Accepted estimates are that 150,000 civilians died. Russia is no moral compass, but take NATO's 1999 airstrikes on Belgrade. There were significantly more civilian deaths, including children than in Gaza, in both relative and proportionate numbers, and nobody was firing rockets and missiles from Serbia to Rome, Paris, London or Washington. And spokespersons for NATO and the Western countries unapologetically stated that they did not start these hostilities and therefore sometimes innocent targets such as hospitals and homes for the aged are bombed, or busses or trains and even the Chinese Embassy. Where was international outrage? It was completely pre-occupied with Israel."

Yemini claims the U.N. Human Rights Commission is either the source or the result of this obsessive preoccupation. At a time when millions of civilians throughout the world were victims of brutal dictatorships, endless slaughters and pogroms, the commission had passed 33 decisions in total, 27 of them condemning Israel. In 2012 the General Assembly passed 26 condemnations, 22 of them against Israel. Yemini includes these already well-documented figures in his book to expose the institution for its role in legitimizing the industry of lies.

He points to the lesser known fact that the U.N. maintains two separate refugee agencies, UNCHR and UNWRA. The former is active across the globe and has resettled 50 million refugees, who therefore no longer have refugee status. The latter deals only with the Palestinian issue and has a starkly different definition of refugee. According to UNWRA, a Palestinian, wherever he lives in the world, whatever citizenship he or she might have, will always be a refugee, as will his children, grandchildren and all other offspring. Therefore the number of refugees that UNWRA handles continues to rise.

Yemini says, "This is a mechanism for endlessly prolonging the Palestinian problem, to keep the wound open. I say this and believe it, but so do they (the Palestinians) in their own language. It is the best card the Palestinians have to one day destroy Israel one way or the other."

Yemini is a fascinating character. He has always been associated with left-wing politics and for decades has been critical of Israel's policies in the West Bank. He mentions that in his many lectures and appearances in Israel and throughout the Western world, he is constantly asked about 2 million Palestinians in the territories without a state, with difficult human rights conditions, as part of the problem of "the occupation." No supporter of this situation, Yemini draws the vast distinction between the actual problem and the prominent place that it has come to hold in the industry of lies.

"Let's talk about the occupation. Is it really a horrible concentration camp? What has happened since Israel captured

them in 1967 until today? Even Israelis, not to mention Americans and others, have little or no idea that until '67, there were no universities and zero higher education in the West Bank, according to Palestinian sources. Today, Palestinians in the West Bank are in first place in the entire Arab world in university graduates. Wow, what a horrible occupation. It is hypocritical that much of the toxic protests and boycott movement on American campuses is based on the nefarious claim of oppression in higher education. Zero to first in higher education, life expectancy, healthcare, even running water was virtually non-existent prior to '67. So yes, Israel cannot forever maintain overall control of the West Bank but until that time comes, the lack of context and the way the term occupation is so cynically and universally utilized to trash Israel creates more incitement by the day."

One of the many comparative tables in the book shows the vast amount of aid international agencies have given the Palestinians over the last decade – more than all other peoples, and which is on average four to five times that of the famine-stricken Somali or Sudanese refugees.

He is the first to admit that Israel does not help its cause with settlements, but that Israel's mistakes have little to do with the overwhelming wave of unjustified hatred toward Israel sweeping world opinion. He also spares nothing for Ha'aretz for its role in the industry of lies: "Virtually every anti-Israel website or paper relies on Ha'aretz much more than on the New York Times, the Guardian, even Al-Jazeera. I can give endless specific examples of how the lies of Ha'aretz are one of the primary sources for these services, because Ha'aretz is running a campaign against the country, and not criticizing the country as its journalistic ethics obligate it to."

He is convinced that the delegitimization caused by these lies is an existential problem. "In my opinion it is more serious than the Iranian problem. It is rampant in the media and academia which influences public opinion, which will eventually impact politicians and policy makers."

He believes that peace based on a two-state solution is still possible, but that the industry of lies is pushing it further from our grasp. "We must return to a dialogue based on reality. This will only occur when the lies stop, and when this happens, I believe that co-existence will prevail, inshallah!"

Not surprisingly, we lost the battle for public opinion despite a successful, well-planned and implemented operation. Obviously we were never going to succeed in convincing the international community of our right to defend ourselves due to the industry of lies. I agree with Yemini that delegitimization is a threat at least equal to Iran, the threat on which Netanyahu has staked almost all of Israel's international credit. It's clear that he must add this problem to his dossier of existential threats facing Israel and attack it as creatively as he attacked Hamas in Protective Edge.

Mylan Tanzer is an American native who moved to Israel in 1981. He was the founding CEO of the first Israeli cable and satellite sports channel. Since 2005, he has launched, managed and consulted for channels and companies in Israel and Europe. Tanzer lives in Tel Aviv with his wife and five children. He can be reached at mylantanz@gmail.com.





# “Thou Shalt Love Thy Neighbor as Thyself”

First in a series of Jewish life in the 1940s-60s

By Judy Rose Sensibar

Although some locals like to think of Tucson as always having been the lone liberal bastion in a conservative state, it's only relatively recently that we can make such claim about our uniquely tolerant town. For in the 1940s, Tucson was much like any other small southern town in the United States: segregation was the norm, and the status quo of racism was not questioned. It was not until the war years that Tucson experienced a decade of huge growth, both in population and ideas.

A key leader in facilitating that growth was Temple Emanuel's former rabbi, Joseph Gumbiner, whose work in Tucson is the subject of the current exhibit at the Jewish History Museum. The exhibit includes a copy of the rabbi's unpublished autobiography, gifted to the museum by his daughter Abigail, as well as historic photographs of the temple taken by Abigail and her colleagues.

From the start, Rabbi Gumbiner devoted his career to social action. His first pulpit was in Selma, AL, where he was almost forced to resign for speaking up on behalf of the Scottsboro Boys, nine black teenagers falsely accused of raping a white woman. Later he founded the first Reform congregation in Reno, NV, in 1940. He was wooed to Tucson two years later. During his brief tenure, the congregation grew from 40 families to about 200.



Rabbi Joseph Gumbiner

"This was not accomplished without some internal stress and strain, as some of the older members were not inclined to welcome newcomers into the liberal synagogue," Gumbiner wrote in his 1967 autobiography.

Upon his arrival in town, the rabbi noticed immediately that the city was divided by a color line. "During the war years," he wrote, "there was great deal of racial tension, particularly when large numbers of Negro servicemen from nearby Fort Huachuca came to Tucson and were denied access to the local USO (United Service Organization)."

Because of this and other city-sanctioned racism – separate drinking fountains, separate schools and unequal pay scales for African-Americans – the rabbi became one of the founders and a member of the executive committee of the Tucson Inter-

Racial Council.

"My activity in this committee did not please some of the members of the synagogue and they became restive when the older Jewish settlers, by then members of the more fashionable Episcopal Church, told them that the activity of their rabbi in inter-racial affairs was bad for the position of Jews in the city," Rabbi Gumbiner wrote.

He was undeterred. Civil rights was not only area in which he took the moral high ground.

William Matthews, then editor of the local Arizona Daily

Star, was a strong anti-Zionist. Rabbi Gumbiner described the paper's front page editorials that condemned the aspirations for a Jewish National Home. "As the concentration camps filled and the Holocaust mounted," he reported, "my Orthodox colleague, Rabbi Marcus Breger, and I sought to establish a Tucson Zionist District to help prepare a haven for the survivors... We also succeeded in securing the help of many prominent non-Jews through our American Christian Palestine Committee."

In addition to his synagogue and community work, Rabbi Gumbiner found time to earn his master's in philosophy at the University of Arizona, after which he taught an upper division course in ethics. He also presided over the largest confirmation classes in the little temple's history and established a permanent home for Tucson's Hillel.

"My work on the campus grew in size and interest from year to year. The Jewish component of the student body increased from 100 to 250 students during my stay in Tucson," he wrote. He worked to secure the gift of the valuable piece of land at the corner of Mountain and Second Streets where Hillel still exists today. There was controversy over his leadership decisions on this issue, too. Some people in the community wanted to override the wishes of the donor and use the money to build a JCC instead, but the rabbi, always devoted to the youth, prevailed.

Because of his forward-looking ideals, Rabbi Gumbiner lasted just six years in Tucson.

Each year, he had to convince the congregation to keep him as their rabbi. He describes a particularly grueling time in 1946, when at the spring annual meeting a major effort was mounted by the older, more conservative members to refuse to renew his contract.

"Friends in the congregation countered by bringing out the vote," he reported. "As I arrived that night to deliver my annual message, it proved impossible to find a parking space near the temple. The synagogue was crowded as if it had been Yom Kippur. I concluded my report by requesting a three-year contract and an increase in salary with annual increments."

But Rabbi Gumbiner barely lasted another year. He had taken



Rabbi Joseph Gumbiner celebrates V-J Day in 1945 in Tucson with his wife, Sylvia, and daughter, Abigail.



The African Methodist Episcopal Church gospel choir performed at Temple Emanuel in February 1947.

the congregation too far out of its comfort zone. In his effort to literally follow the commandment "Love thy neighbor as thyself," he befriended the first African Methodist Episcopal Church next door to the synagogue. Their gospel choir learned several Shabbat songs under Rabbi Gumbiner's tutelage, and the two congregations had at least one interracial gathering where the choir performed on Temple Emanuel's bima. A photograph of the event, dated February 1947, is the only record of the service having taken place. Rabbi Gumbiner doesn't mention it in his autobiography, but just months afterward, he arranged for his family's move to California, where he led a congregation in Hollywood. Later he was recruited by Yale and then UC Berkeley to lead the universities' Jewish Student Hillel programs. In 1964 he marched with Martin Luther King, Jr.

Many of Rabbi Gumbiner's published articles about his activist efforts, as well as numerous photographs, are available through the JHM online archives at [jewishhistorymuseum.org](http://jewishhistorymuseum.org).

The collection of photographs displayed in conjunction with the exhibit on Rabbi Gumbiner was initially inspired by the rabbi's tenure in Tucson. His only child, Abigail Gumbiner, who went on to become a professional photographer, returned to Tucson in 1955 on a photo shoot. She was struck by what had happened to her father's old temple, which by then had been abandoned

and was for sale. Over the next decade, she and two friends, Annu Matthew and David H. Wells, took photographs that document the "before and after" of the temple restoration. The photographs, part of the JHM's permanent collection, are being shown publicly for the first time.

Each picture will be reproduced in a limited edition of 20 prints, signed and numbered by the photographers.

*Judy Rose Sensibar is executive director of the Jewish History Museum in Tucson.*

## Jewish History Museum Exhibits

**WHAT:** Temple of Shadows: Photos of "Stone Avenue Temple"

Rabbi Joseph Gumbiner's Tenure in Tucson

**WHEN:** Through Nov. 1

**WHERE:** Jewish History Museum, 564 S Stone Ave., Tucson

FOR INFO (or catalogue of the photographs): [jhmtucson@gmail.com](mailto:jhmtucson@gmail.com) | [jewishhistorymuseum.org](http://jewishhistorymuseum.org) | 520-670-9073



# Ruach Hamidbar's beautified community sukkah



Photo by Yakov Molho

For the past 25 years Ruach Hamidbar-Spirit of the Desert, the Valley's Renewal congregation, has built a large community sukkah filled with tapestries, glittery fabrics and thousands of lights. It takes a few weeks to design and execute and is set up in Rabbi Sarah Leah Grafstein's large back yard in Scottsdale.

"We are fortunate to have some very dedicated members who take time off work to make the mitzvah of sukkah a 'hiddur mitzvah' (enhancement or beautification of the mitzvah)," says Rabbi Sarah Leah Grafstein.

Every evening of Sukkot the Ruach Hamidbar sukkah is home to services and events such as healing circles, drumming circles, women's night, single's night, Reb Nachman of Beslov's yahrzeit and more.

"People come from all over to be in our grand sukkah, just to experience the beauty, joy and holy space.," says the rabbi.

The public is invited to join in decorating the Sukkah Oct. 5-7. For more information on events, call 480-206-5078 or e-mail office@ruach.org.



Pictured in the Ruach Hamidbar's 2013 sukkah are Summer Rowan, Rabbi Sarah Leah Grafstein, Adalia Mullakangov and Mara Kogan.

## MOISHE HOUSE SUKKAH

Last year's Moishe House Sukkot Shabbat drew more than 100 people including, from left, Jon Basha, Adam Dobrusin, Avi Wolf, Dan Shtutman and being held up in their arms, Blaine Light. Moishe House residents Jon, Adam, Avi and Blaine are hoping for even more people this year! Open to ages 21-29, the event includes food and drink for \$10. The celebration begins at 7 pm Oct. 10 at Scottsdale Moishe House. Contact moishousephoenix@gmail.com if you'd like to help build or decorate the sukkah, or to RSVP for the evening event.



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Photo by Peter Cohen-  
Life Moments Photography



# B'nai mitzvah gifts can be meaningful

By Debra Rich Gettleman

The bid is \$36 ... do I hear \$37? There's \$72 from the Goldblums in Cave Creek ... and yes, \$180 from the Stein family ... do I hear more? Ladies and gentlemen, I have \$360 from the Izenstarks in Peoria ... going once, going twice, sold for \$360! That's a lot of cash for a 13-year-old kid.

Ah the eternal question: how much money do you give a bar mitzvah? A sum of \$18 is always a nice gesture, as long as it isn't a family member or really close friend's child; \$36 might be a bit more palatable for a distant cousin (out of town), if you're not attending the affair. You can give a Barnes and Noble gift card, plant a tree or even splurge for a U.S. or Israeli savings bond – that is, if you're optimistic that both countries will still be around in 2024 when the bond matures. It's not an easy question to answer, and there clearly is no absolute right or wrong.

If you ask nearly anyone of a certain age group in my family,

they'll say, "Well, what did the so and so's give you?" I've always felt that was a weird scale by which to determine a gift amount. In my opinion, it's all about how close you are to the bar mitzvah's family and your personal financial situation at any given time. There's also a geographic factor at play. While we here in Arizona tend to be a bit more reasonable with our bar mitzvah celebrations, the further East you go, the bigger the bashes become and the more that's expected in gift money.

Having a personal gift-giving compass is key to determining what and how much to give. The first thing to remember is that a bar mitzvah isn't a wedding. It's a celebration of a child's first steps into adulthood, and the idea here is to participate in and recognize a meaningful ritual. The idea of giving some multiple of chai or "life," the numeric value of which is 18, seems to be a common practice. Based on your personal economics, you can

give anywhere from \$18, to \$36, to \$72 to \$360 if you're really rolling in dough.

In researching this topic, I found one website that offered a definitive bar mitzvah gift-giving formula. Whatever you would spend on a birthday present times 1.5 is how you determine an appropriate bar mitzvah gift. So if you normally spend \$25 on your child's peer for a regular birthday, you'd spend \$37.50 on a bar mitzvah gift. But, if you wanted to keep the whole chai thing intact, you could give \$36 and call it a day. However, as a former "Price is Right" devotee, I would tend to round up to the next-highest chai amount of \$54 just to make sure I wasn't outbid by the rest of my peer group.

I have a good friend who vehemently abides by the East Coast rule that you determine the gift amount by the cost of the dinner times the number of family members attending. For example, if a family of four is invited to a bar mitzvah celebration at the local wood-fired pizza joint, you'd figure the cost of a pizza and a beer comes to about \$20 each, so you'd multiply that by four and write a check for \$80. This formula adds up pretty quickly though when you get into the whole fancy hotel dinner and dancing soiree. Here you might be talking \$100 a plate and

*The idea of giving some multiple of chai or "life," the numeric value of which is 18, seems to be a common practice.*

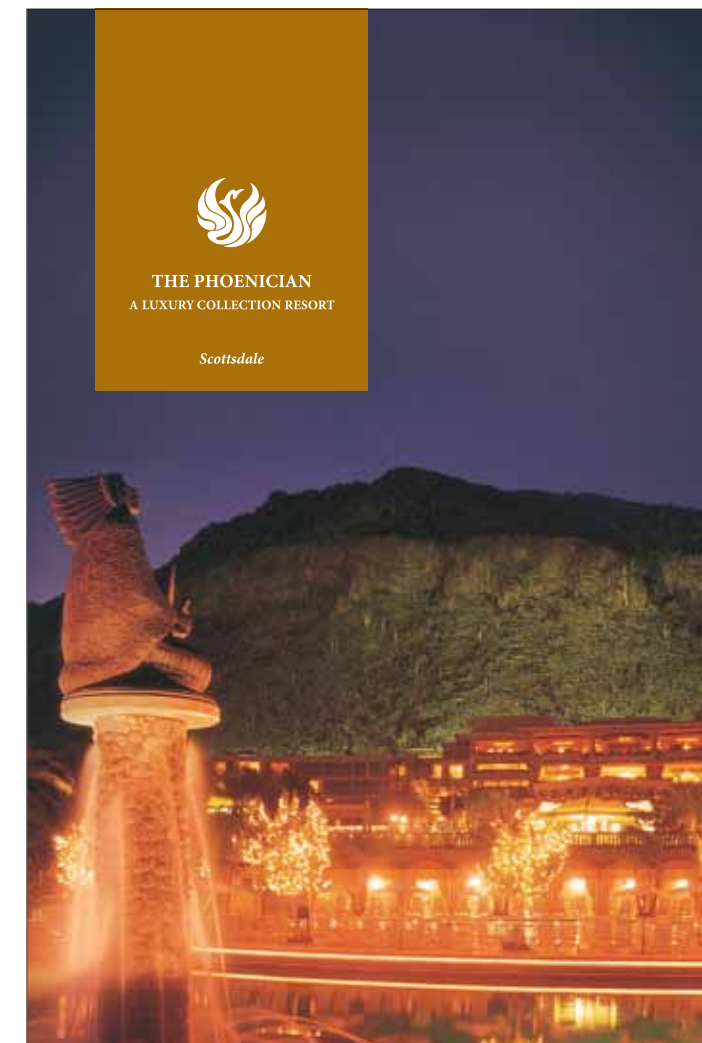
\$50 a plate per kid. That same family of four would be responsible for a whopping gift of \$300 in this scenario. My objection to this is that it seems to penalize the attending families who really have no say in the type of event chosen or the cost of said event. But, if you want to avoid petty whispering behind your back as you gorge yourself on the sweet table, this might be a safe way to estimate your monetary giving.

As for actual gifts, that seems to be kind of no-no unless you're a very close family member. Leave the Jewish symbolic gifts to the family and the synagogue. Chances are good the child will get a Kiddush cup and/or Shabbat candlesticks from the synagogue, and no matter how beautiful the ones you might give would be, they're probably not going to be fully appreciated until well after your death when they're finally unpacked and set out for the now adult's first family Shabbat with spouse and baby. Not a lot of immediate gratification here.

If your child is invited alone as a peer to a bar mitzvah party, then most of the above rules become null and void. Wii games, Beats headphones, even a low-end iPod might be well received for a kids-only event.

My overall advice on this issue is to give what you feel in your heart you can give. Personally, I'd avoid going the Mont Blanc pen route because most kids won't appreciate it, and it'll just end up in the back of a drawer until the ink dries up and the kid tosses it thinking it's just an old pen that doesn't write. I like giving bonds because they're forced savings in case the child and/or parents are careless acquirers. But, in a pinch, I go for the check.

I like the idea of chai, so I'd stick with a multiple of 18. Just feels like good juju ... er, um ... jewjew.



  
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## Meaningful projects connect students to great causes in Israel



Danielle visited the pups at the Israel Guide Dog Center for the Blind and did not want to leave! Photo by Eli Ben Boher

Many students are required to complete a mitzvah project, but the challenge is in finding a project that will be meaningful and truly connect the students to a great cause in Israel. We spoke with Michael Leventhal, executive director of the Israel Guide Dog Center for the Blind. He says, "Many students are drawn to us, because we combine the humane treatment of animals with helping people who are blind – and we do all of this in Israel. In fact, we are the only accredited guide dog training facility in the entire Middle East. The students also get a kick out of the idea that the dogs only respond to Hebrew commands, so the puppies are learning Hebrew at the same time that they are." So how can students in the United States feel connected?

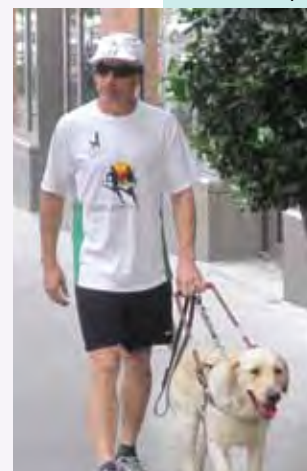
"The most important thing for a small organization like ours is awareness-raising," Leventhal reports. "We want the kids to learn about the unique obstacles that confront people who are visually impaired in Israel, and why it is so important for us to be there, and then develop meaningful projects that shine a light on a great cause."

Some of the students have been amazingly creative. One young lady created a "Best in Shul" dog show, another did a "Walk Your Human 2K" community event, where people made a gift to the Israel Guide Dog Center and participated in a walk around a school track. Another

student visited Israel with her mother and met 12 people who are blind and working with guide dogs, and she made a calendar that she sold at mitzvah fairs. A young boy pitched for his little league and had family and friends sponsor him for every strikeout he recorded.

The main thing is that the students experience the satisfaction that comes from helping others through tikkun olam – making the world a better place. The center created a wonderful package that they will send to students, which includes a DVD that explains their work. They also have personalized web pages that the students can easily set up to help raise awareness in their communities. "We want the students to feel connected – and most importantly – we want them to come to Israel and visit us," Leventhal adds. "We want them to put on a blindfold and walk through an obstacle course with a guide dog to experience what it is like for a person who is blind to trust their four-legged companion and best friend."

For more information visit [israelguidedog.org](http://israelguidedog.org), email [info@israelguidedog.org](mailto:info@israelguidedog.org) or call 215-343-9100 and request an information packet.



Dror Carmelli and his guide dog, Lyn.

## How do guide dogs in Israel react to missiles and sirens?

The Israel Guide Dog Center for the Blind is the only accredited guide dog training facility in Israel. Located between Gaza and Tel Aviv, their work is regularly interrupted by the sounds of the Red Alert siren. But our thoughts have turned to the many guide dogs working with their "partners," who are blind. How do the dogs cope with the sirens and explosions?

Dror Carmelli and his guide dog, Lyn, live in Ashdod, which is one of the areas that were regularly fired upon. Asked to share his experiences, Dror said, "Lyn's puppy-raising family did good work. They lived in Be'er Sheva (also frequently attacked), so Lyn is very used to the siren. Lyn likes the siren because to her it means we move and usually join with other people – so she actually becomes excited. Lyn runs to our front door and leads me into the building shelter, where we join other families and pets. I think the pets help to calm people and children. For her, it is like a game – and not a dangerous missile attack. At the end of the danger, she runs and plays with the children outside."

If we are outdoors during an attack, the first thing I do is try to listen for people to ask for help in getting to a shelter. Most of the time I was not so close to a shelter, and we have to lie down, and I put my hand on my head. Sometimes Lyn lies down next to me and sometimes not. It is hard to explain to her about the danger of standing on the legs. I have to thank her trainers for the good training. She is not afraid of the booms. Lyn stays calm and happy."

This is a perfect example of why it is crucial for the dogs to be trained in Israel. Can you imagine the reaction of a dog to an explosion a block away if it had not been exposed to the noise and vibration as a puppy? Dror says a dog trained in America would not be equipped to deal with the sirens and the "booms."

For those of us who do not live in southern Israel, it is impossible to imagine what it must be like to be forced to seek shelter at a moment's notice.

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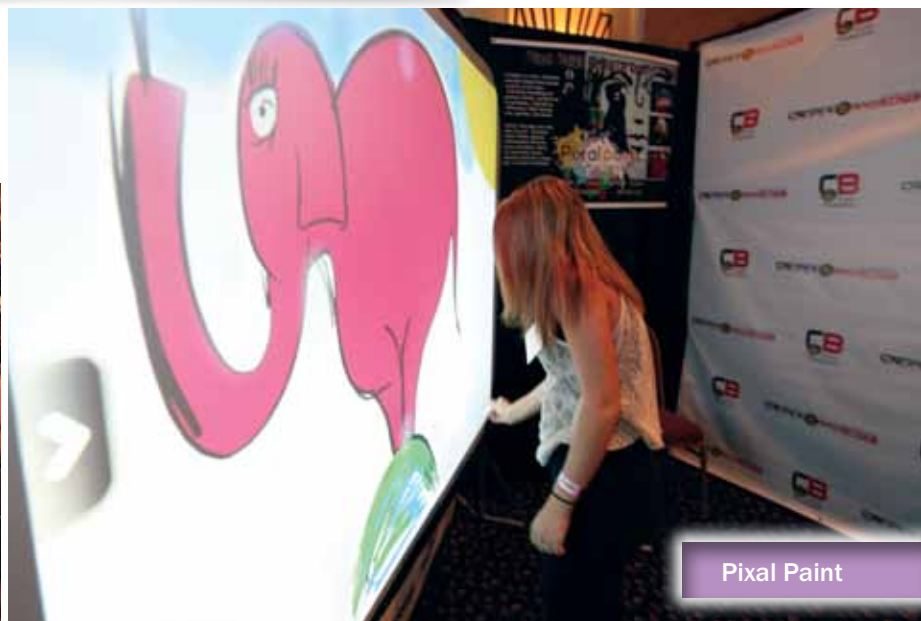


# Mitzvahs & More aids party planning

The 2014 Annual Mitzvahs & More Expo was held Aug. 24 at the Hilton Scottsdale Resort and Villas. More than 400 attendees strolled among 50 unique event professionals exhibiting such varied party planning services as catering, specialty desserts, table top decor, DJ's, live entertainment, fashion, flowers, invitations, jewelry, linen, personalized party favors, photo booths, photography, props, venues, videography and more. Created specifically for the Jewish community, this award-winning Expo is presented each year by Living Energy Events and Productions (livingenergy.com).



Vegas 2 U



Pixel Paint



Herb Box Catering



Kona Ice



Living Energy Entertainers



## Capturing memories to last a lifetime

By Janet Arnold

It's been nearly 10 years since Rhonda Ross came up with the idea. She had been to many parties, bar and bat mitzvahs, etc., and realized that "at the end of the day, it's all a blur." Enter PictureThisAZ. "We started in 2005 with one photo booth," she explains.

Rhonda now has six photo booths available for rentals, and they're busy all the time.

Here's how it works.

Let's say it's a bar mitzvah. Rhonda meets with the family prior to the big day. The young man gets to choose a scrapbook in personalized colors and theme to fit his event.

The booth comes complete with an attendant who interacts with the guests, encouraging the use of props and adding to the fun. The guests can enter the photo booth as often as they like; each person in the photo receives a quickly developed photo to take home. And there's an additional copy that goes into the individual's book. Guests have the opportunity to write something special to the bar mitzvah boy as well. At the end of the evening, the book goes home with him! No waiting for months for the photos to come in! Plus the guests go home with labeled souvenir photos.

Rhonda, who has lived in the Valley since 1982, feels strongly that having such a personalized keepsake is an important reminder to the young man of just how loved he is. "With all the bullying going on these days, and all the tough times young teenagers have, it's nice to have something so positive to look at and remind themselves of all the friends and family they have who surround them with love and support."

The idea has caught on for other types of events as well. Rhonda says they often do weddings, schools, corporate parties,

quinceañeras and adult birthday parties. "All age groups love the photo booth," Rhonda remarks. "People tend to feel less inhibited with no photographer there, and with the help of the fun props we provide, they can be as silly as they like."

PictureThisAZ is a bit of a family affair, with husband, Mathew, and sons, Ryan, 20, and Adam, 14, pitching in to help. Members of Temple Solel, the Ross family enjoys helping each other and participating in such an upbeat business.

As their website says, "You create the dreams, we create the memories."

picturethisAZ.com | 602-423-6830



Rhonda Ross

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## What made your bar/bat mitzvah meaningful?



**Naomi Present**

*Congregations Chaverim and Anshei Israel  
Tucson*

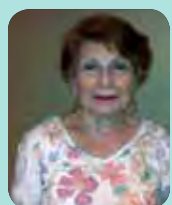
"It was extra special that my mom, Rabbi Stephanie Aaron, led the service. I really loved the fact that so many of my family and friends were there to participate and support me. I felt such a strong sense of Jewish community and was truly sad when the service was over."



**Esther Allouche**

*Congregation Beth Tfillah  
Scottsdale*

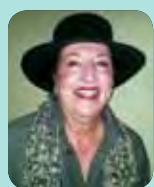
"My bat mitzvah wasn't fancy but more of a spiritual gathering. It was the people who were there that made it special."



**Barbara Sharfman**

*Congregation Kehillah  
Scottsdale*

"At my oldest granddaughter's bat mitzvah Rabbi Maynard Bell made me an honorary bat mitzvah because he said I had fulfilled all the requirements."



**Wylie Silverstein**

*Congregation Beth Tfillah  
Scottsdale*

"This was something I needed to do to make up for something I hadn't done. And at the time I was pregnant with my daughter which made it very special."



**Shelly Travis**

*Congregation Anshei Israel and Jewish Federation of Southern Arizona  
Tucson*

"It was the first time I felt and took 'Jewish ownership' of my life."



**Sarah Singer**

*Congregations Chofetz Chayim and Anshei Israel  
Tucson*

"My paternal grandparents are both Holocaust survivors and the fact that I was alive and able to lead a Bat

Torah service is the epitome of the Jewish ability to survive and thrive. It was very special to have all the generations of my family together to participate in my service."



**Randi Jablin**

*Congregation Beth Tfillah; New Shul; Beth Emet  
Scottsdale*

"I became a bat mitzvah as an adult and shared the experience with a very close friend. It made it possible for

me to understand the prayers and help my daughter with her bat mitzvah preparation."



**Barbara Mark Dreyfuss**

*Temple Chai  
Scottsdale*

"For me it was a spiritual journey, not learning by rote but appreciating the essence of what I learned. My two

children presented me with my tallit."



The Four Seasons – all decked out for a bat mitzvah celebration.

## The work is done, now it's time to party!

By Deborah Moon

You've spent years learning the alef bet, months studying your Torah portion and countless hours completing your mitzvah project ... you've earned the right to celebrate!

For many freshly minted Jewish "adults," that means a glamorous party full of glitz and glitter. Others want another shot at a favorite activity of their youth (which in reality continues for several more years).

### Venues

*Superstition Mountain Golf and Country Club* is a destination with "stunning sunsets and views and a clubhouse that offers a warm, intimate, Tuscan feel," according to Bernadette Contreras, the country club's events manager. Superstition Mountain can accommodate parties of up to 200 guests, with a variety of indoor spaces for smaller parties.

Although Superstition Mountain offers party packages, families can customize things to suit both their budgets and the interests of the bar or bat mitzvah.

*The Four Seasons* has a variety of banquet spaces that can accommodate parties ranging from 12 to 300 guests. The resort has onsite catering that's so

good they've even had guests call to get recipes from our chef after attending an event. Outside caterers are permitted with insurance and pay a fee for service. Thanks to "great relationships" with nearby kosher kitchens, the Four Seasons can provide kosher meals as well.

For families who want to make a weekend out of the event, the Four Seasons has many popular activities including nature hikes around nearby Pinnacle Peak and themed "Dive-In" movies at the pool.

*The Phoenician* is ready to customize a party with whatever theme the b'nai mitzvah chooses, with settings ranging from private rooms for intimate groups of 10 to ballrooms that can accommodate up to 1,000.

For those wanting to host a Havdallah service, the elegant resort features a wonderful outdoor location, the Orchid Lawn area with the beautiful Camelback Mountain as a backdrop.

The Phoenician is a full-service food and beverage establishment and provides all such needs for the affair. Though the resort does not have a kosher kitchen, the catering staff will work with an outside vendor to provide a limited number of kosher meals.

## CELEBRATE

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## NEXT

NOVEMBER ISSUE:

What Jewish story or book would you like to see made into a movie?

To share your reply, please send your short answer, name, congregation/organization (if desired), city and photo to [editor1@azjewishlife.com](mailto:editor1@azjewishlife.com) by October 7.



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At the Phoenix Zoo, guests have the unique option of adding an up-close animal experience to their event. Each Animal Discovery includes two animals presented by an Education team member. The zoo also offers after-hours narrated Safari Train Tours for event guests. The train takes riders around the park, providing interesting information about the animals and zoo history.

The zoo can accommodate events ranging from two to more than 1,000 people in a variety of indoor and outdoor venues.

The zoo works with a number of professional, local catering companies and is willing to make arrangements with an insured and permitted kosher caterer.

## Caterers

If you are holding your simcha at your synagogue or another venue that permits outside caterers, there are plenty of tasty options for you to consider.

*Miracle Mile Delicatessen* will cater parties for eight to 1,000 people. In addition to incredible food and hot and cold beverage options, Miracle Mile supplies utensils, dishes, cleanup and excellent Miracle Mile service.

The deli's biggest hit at kiddushes has been the homemade macaroni and cheese, an unusual dish to find at a kiddush, but a huge favorite among kids and adults.

Miracle Mile will customize table cards to match any bar/bat mitzvah theme.

With 65 years of serving the Valley's Jewish community behind it, Miracle Mile can cater kosher meals and desserts for any size kiddush or event.

"We pride ourselves in the food and service that we provide, and look forward to serving more generations of the community as it grows," says Miracle Mile Vice President Josh Garcia.

*Chompie's Catering* can feed from 10 to 10,000 guests. In addition to providing the food, Chompie's offers options for service staff and table settings, bar and bartender, and banquet buffet or plated meals.

During Chompie's Catering's 35 years, favorites requested for bar/bat mitzvah parties have been the smoked fish platters, noodle kugel and other traditional fare, but now requests vary quite a bit. Themed events have included those with a ball park feel – think mini franks in a blanket, giant pretzels and nachos – or cultural food stations such as Italian, Chinese, Mexican and New York Deli.

Chompie's Catering can provide kosher meals at venues with a kosher kitchen available for use.

Chompie's Catering offers hot or cold menus, custom cakes and even an ice cream bar setup and a chocolate fountain.

However and wherever you celebrate your transition to Jewish adulthood, just remember, "You've earned it."

# First bat mitzvah at Chabad of Flagstaff

By Janet Arnold

While those of us in the Valley and southern Arizona were lamenting the heat and preparing for monsoons, up in the cool climes of Flagstaff a joyous event was taking place. On Aug. 15 Greer Harrison Hanson was celebrating becoming a bat mitzvah through Chabad of Flagstaff. Making the day even more special is the fact that Greer is the first bat mitzvah at the Chabad; they have had six bar mitzvahs. Greer, an eighth-grader at Basis in Flagstaff, studied at the Chabad Hebrew School for five years and also studied privately with Rebbetzin Chaya Shapiro for a year preparing for this special day. Greer said the bat mitzvah was important to her so she could "embrace my Jewish identity."

There are approximately 500 Jewish households in the Flagstaff area and another 500 Jewish students who attend Northern Arizona University. About 120 families are active in the Chabad, whose official name is Chabad Jewish Community Center of Flagstaff. They offer weekly Hebrew School from September to June and Camp Gan Israel during the summer. Rabbi Dovie and Chaya Shapiro also offer one-on-one bar/bat mitzvah tutoring.

Chabad Jewish Community Center of Flagstaff prides itself on being a vibrant place where every person is welcome



regardless of affiliation or style of observance. They believe in promoting and strengthening Jewish identity, pride and awareness by providing a wide range of educational, cultural and social programs. In addition to the Hebrew school and camp, they offer adult education classes, social services, tourist assistance, weekly Shabbat services and Holiday celebrations, as well as many activities at the Rohr Chabad Jewish Student Center at NAU.

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# Prodigies are kids too

## Justin Friedlander takes books, baseball and chutzpah to world chess championship



Justin, left, and Benjamin Friedlander with their Chess Emporium coach Matt Okunevich in a skittles (practice) room in Nashville, where the two boys competed in Supernationals V.

By Janet Arnold

When Justin Friedlander was a 3-year-old in the Chanen Preschool at Congregation Beth Israel, his teacher Carol Berkowitz told his parents that he was indeed exceptional. As a teacher at the school for more than 30 years, she had seen hundreds of kids, so from then on his parents, Robert and Janet Friedlander, “viewed Justin and his budding awareness much differently.”

By the time Justin was 4, he started watching his older brother, Benjamin, play chess, and he knew he wanted to be involved with the game as well.

Now at the ripe old age of 8, Justin earned the right to represent the United States in the FIDE World Chess Federation Youth Championships, held Sept. 20-29.

We spoke to Justin and his dad shortly before they headed to Durban, South Africa, for the international tournament. He was scheduled to play 11 rounds of chess in 10 days with one day off.

In the interview, Justin and Robert talked about their plans for the trip. Justin said he was hoping to have a little time to see some sites and to throw around the baseball and football he would take along. The two planned to look for a synagogue for Rosh Hashanah services as well.

Justin is a third-grader at Sonoran Sky Elementary School in the Paradise Valley School District. He says that math is his favorite subject, but reading is moving up quickly as a close second. “When I read, I can barely hear people calling my name,” he says. “I imagine every word. I’m taking a book on the plane with me. We have to read 400 pages this quarter, but I’ve already read about 200.”

Benjamin, now 10, helped to set the stage for Justin’s love of chess. Benjamin is also a champion chess player, and the boys

have taken lessons through the Chess Emporium in north Phoenix and Unity Chess in Scottsdale. Justin says when the brothers play each other, they go back and forth – he’ll win sometimes and his brother will win the next game.

The boys also play a number of sports including soccer, baseball, flag football and basketball. The “baby” of the family, as Justin refers to her, is 4-year-old Marissa. The family also includes Shekel, a Canaan dog, the natural breed of Israel. (The Canaan dogs date back to Biblical times when they would guard the camps and herds of the ancient Israelites.) The family belongs to Congregation Beth Israel, and Justin attends the Mark L. Haberkorn Religious School there.

Justin currently has one chess teacher from Cuba and another from Iran.

“It’s great that Justin is exposed to different chess styles as well as different cultures,” Robert says. “He’s learning other foods, languages, religions and customs. Chess is much more than just moving a lot of plastic pieces around a chessboard.”

Justin has also been learning about the reality of finances and has been fundraising to help defray some of the \$15,000 in costs associated with the South African tournament. Recently, at AZ Air Time in Scottsdale, he offered 5-minute games for \$5 and played against other children and many adults as well. He will be participating in a national tournament in December in Florida, with a national spring tournament and four major state tournaments on the horizon.

You can check Justin’s results at the World Championships at [justinchess.com](http://justinchess.com). Throughout the tournament, Robert posted regular updates on the “How’s Justin Doing” portion of the site. There you can also make a donation to help Justin and his family with the associated costs.

## When not composing or playing piano, Emily Bear bakes, swims and jet-skis

By Janet Arnold

Emily Bear, hailed as a 13-year-old piano prodigy, has been called the next Mozart. She composes, orchestrates and performs in a wide variety of styles.

After spending time with Emily, Quincy Jones remarked, “With the ability to seamlessly move from classical to jazz and bebop, she shows as much musical prowess as pianists/composers twice her age, and I am thrilled to be working with her. She’s astounding, man ... she’s astounding.”

Emily, who lives in Rockford, IL, made her concert debut at age 5 in Chicago, performing a 40-minute solo program that featured classical pieces side by side with jazz standards and her own compositions. Her orchestral debut came at age 7, and by age 8, she was playing concerts abroad in Italy and China. When she was 9 she made her Carnegie Hall debut with a 110-piece orchestra, a 220-voice choir and R&B soloists performing one of her compositions.

Emily comes by her musical agility naturally. In a recent email interview, she says, “My mom was a musical theater major at the University of Michigan and sings Broadway and jazz; my sister plays the harp and piano and the harpist for the Rockford Symphony Youth Orchestra; my brother plays guitar, piano and is the first chair tenor saxophone in his high school jazz band; and my dad plays the radio!”

Emily broke into the national spotlight at age 6 when she appeared as a guest on the Ellen DeGeneres Show performing Mozart, jazz and an original song she composed. She has since been featured on several major news programs in the United States and internationally.

Now that her hands are finally large enough to play it, she learned Gershwin’s “Rhapsody in Blue,” one of her all-time favorite pieces, for a concert series in Connecticut run by a member of the Gershwin family.

Yet like anyone her age, Emily has other interests. She “loves cooking and baking, jet skiing, swimming, summer camp, animals and making jewelry.” Emily is home-schooled to allow flexibility in her schedule.



Emily is enthusiastic about sharing her passion for music with others, saying she loves to hear that her music inspires someone to learn to play an instrument.

“I also love performing at charity events and a percentage of each of my CDs and music songbooks are donated to different charities... Another thing that is super important to me is helping music programs in public schools. If anyone has any used instruments around their house that they are not using anymore, please donate them to your public school’s music programs.”

Emily knows music is in her future. “I love composing for orchestra – it’s the most magical feeling to hear the music come alive with that many instruments playing together. My other favorite thing is composing for films. I also wrote music for television commercials like the recent Weight Watcher’s Simple Start campaign.”

Locals will have a chance to see the Jewish pianist perform when she appears at the Mesa Arts Center at 7:30 pm on Oct. 30. She will be playing with cellist Zuill Bailey. Zuill is the curator for the Center’s Classical Music Inside Out Series, which endeavors to make classical music more accessible and encourages an understanding of the music from the perspective of the composer and performer. Mesa Arts Center is located at One E Main St. in downtown Mesa. Tickets are available at [mesaartscenter.com](http://mesaartscenter.com) or by calling 480-644-6500.



# ADHD or just a lack of sleep?

By Debra Rich Gettleman

When I don't sleep, I get cranky, irritable and downright irrational. Unfortunately for my family, that happens more often than I'd like to admit.

Impulsive behavior, difficulty focusing and emotional reactivity in an adult aren't likely to trigger an immediate trip to the doctor, resulting in a prescription to treat ADHD. But the 2014 Sleep in America Poll from the National Sleep Foundation shows that on average, our kids are getting less sleep than what's recommended, higher diagnoses of ADHD and more prescriptions for stimulant medications, especially in the younger populations.

According to the Sleep Foundation, our children are getting at least an hour less of sleep than what is recommended. This produces symptoms of tiredness, difficulty focusing, learning problems and impulsivity – the same symptoms associated with ADHD. Think about your kids' schedules. Among school, homework, piano, martial arts, play dates and other extracurriculars, there's less and less time for an old-fashioned good night's sleep.

In the July issue of Contemporary Pediatrics, Vatsal G. Thakkar, M.D., and a clinical assistant professor of psychiatry at the New York University School of Medicine, explains that as many as 10% of adolescents seen for behavioral issues actually have some type of sleep disorder. Couple that with the fact

that a recent survey of pediatricians found only one in five of those doctors had received any formal training in pediatric sleep disorders.

Seemingly innocuous behaviors such as eating dinner 30 minutes later, staying up to do homework, or going to bed with an iPad or smartphone can easily create a long-term "sleep debt" with a serious cumulative effect on behavior. Finding a pediatrician who understands the link between a sleep deficit and problems like inattention, hyperactivity and impulsivity is key to helping your child. But in too many cases, parents and doctors resort to medication as their first line of treatment.

New data compiled by the Centers for Disease Control and Prevention (CDC) also show steadily rising numbers of young children being diagnosed and medicated for ADHD. The most alarming figures show that among very young children, 2- to 5-year-olds, high numbers are being medicated for ADHD. While best-practice guidelines clearly state that behavior therapy should be the first line of treatment for preschoolers exhibiting signs of ADHD, the CDC's "preschool project" showed that 74% of toddlers given the ADHD diagnosis received stimulant medication, while only 44% received some type of behavioral therapy. Even more troubling, 46% of 2- and 3-year-olds diagnosed with ADHD are given medications.

Susanna Visser, Ph.D., from the CDC noted in an interview with Contemporary Pediatrics, "The only conclusion that can be reached for now is that the studies document practice patterns inconsistent with evidence-based guideline recommendations for ADHD management." That's a pretty nice way of saying that doctors are doling out meds to children at an alarming rate.

Dr. Mark Gettleman, M.D., F.A.A.P., and founder of Dr. Goofy GettWell pediatrics explains, "Stimulants like methylphenidate are only recommended for preschoolers as a last resort. Most often the type of disruptive behavior that gets labeled as ADHD in toddlers is more linked to appropriate age-related activity and ineffective parenting."

Dr. Gettleman finds the numbers disturbing. "It's often easier to just give a child a pill and think you're fixing a problem," he says, "but you can't medicate away the 'terrible twos' or typical toddler tantrums. I work with parents to teach them effective behavior management techniques." Gettleman is a licensed "Love and Logic" instructor who teaches classes throughout the Valley and trains parents to use logical consequences and cause-and-effect behavior in raising their children. "Too often in today's society we want a quick fix regarding parenting. But drugs aren't always the best answer. Parents like to leave the doctor's office with a plan and a prescription to prove that they got what they paid for. But that's often an easy, ineffective and potentially harmful way to tackle complex behavioral issues."



Debra Rich Gettleman is a mother and blogger based in the Phoenix area. For more of her work, visit [unmotherlyinsights.com](http://unmotherlyinsights.com).



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# Kids & Teen EVENTS OCTOBER

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#### MIMKids in October: Featuring Latin America

Musical Instrument Museum, 4725 E Mayo Blvd., Phoenix. Space is limited; reservations required: [programs@MIM.org](mailto:programs@MIM.org) or 480-245-6962. \$12 per class. For children from birth to 5 years on Wednesdays, Thursdays and Saturdays and for kids 6-10 on Saturdays; various times.

Explore a variety of European countries, their music, rhythms and instruments.

Oct. 4: Brazil, pandeiro, frame drum

Oct. 11: Caribbean, güira scrapper and Carnival masks

Oct. 25: Peru, pan pipes

[mim.org](http://mim.org)

#### Club J at the Valley of the Sun JCC

Provides after-school programming ranging from sports to cooking and crafts to Israeli culture for those in K-8. Transportation from nearby schools available. 12701 N Scottsdale Road. Check out the wide range of classes at: [vosjcc.org](http://vosjcc.org) or contact [youth@vosjcc.org](mailto:youth@vosjcc.org) NEW sessions of after-school classes begin in October. Check out photography, science, tumbling, improv drama and more. 480-483-7121, ext. 1275, or [youth@vosjcc.org](mailto:youth@vosjcc.org)

#### J-Care After-School Program at the Tucson JCC

Includes activities, help with homework or teens can hang in the Youth Lounge. Bus transportation from schools available for K-12. 3800 E River Road. 520-299-3000, [tucsonjcc.org](http://tucsonjcc.org)

### Oct. 5

#### FUN (Families Unite Now) Day at Golf n' Stuff

hosted by Congregation Anshei Israel's Religious School, USY and preschool/ kindergarten. Families of all ages are welcome to share in the FUN. 10 am at Golf n' Stuff, 6503 E Tanque Verde in Tucson. Includes unlimited miniature golf, go-karts, bumper boats and laser tag plus tokens for batting cages and video games. \$15 per person for two hours of solid fun! RSVP by Oct. 11 to Kim at 520-745-5550, ext. 224, or [edasst@caiaz.org](mailto:edasst@caiaz.org)

### Oct. 17-19

**New Camper Weekend at Camp Stein:** For those who have not attended before in grades 1-6. \$100 for weekend (if you sign up for 2015 camp, this amount will apply). [campstein.org](http://campstein.org), 602-480-0323

### Oct. 17-Nov. 5

**Omanim Tseirim: Our Young Artists.** The Tucson JCC is filling its walls with work by talented young artists in Early Childhood, J-Care and Taglit. Come enjoy the fabulous art being created in the youth programs. Artists' reception Sunday, Oct. 19, 3-5 pm, 3800 E River Road, Tucson. [ldavis@tucsonjcc.org](mailto:ldavis@tucsonjcc.org) or 520-299-3000, ext. 106

### Oct. 18

**Out of this World: Kids Night Out at the VOS JCC.** For ages 4-12. Activities include UFO and alien sightings, extraterrestrial investigation, alien bouncy house, gravity wall, star-gazing, marshmallow laser gun fight, make your own rocket, Treasure Planet. Dinner: Alien Hair (green spaghetti w/ pink alfredo sauce), UFO fuel (purple milk), popcorn. Members: \$35 first child, \$30 each sibling; Nonmembers: \$50; No overnight option this month. 6-11 pm at Valley of the Sun JCC, 12701 N Scottsdale Road. RSVP to 480-483-7121, ext. 1275 or [youth@vosjcc.org](mailto:youth@vosjcc.org) 480.483.7121 x1275

### Oct. 25

**Parents' Night Out Party** at the Tucson JCC. Parents can enjoy a night to themselves while the J-Care staff provides a fun-filled evening for their children. October theme: Fall Harvest Fling! PNOP includes dinner, snack, games, dessert field trip for ages 8+ and a movie with popcorn. 3800 E River Road in Tucson. Members \$20 for first child, siblings \$15. Nonmembers add \$5. Contact Aimee Gillard 520-299-3000, ext. 256, or [agillard@tucsonjcc.org](mailto:agillard@tucsonjcc.org)

### Tweens On The Town

for Grades 5-9. Spend a Saturday night hanging with new and old friends! Includes dinner and a trip to a fun location around Tucson. 6-10 pm. Meet at the Youth Lounge at the Tucson JCC, 3800 E River Road in Tucson. \$20 member, \$25 nonmember. Contact Lindsay Migdal at 520-299-3000, ext. 175, or [lmigdal@tucsonjcc.org](mailto:lmigdal@tucsonjcc.org)

### Bring the family to Chandler Mayor's Day of Play,

presented by ShapeUpUS.org at Tumbleweed Park 9 am-1 pm. (Southwest corner of McQueen and Germann Roads) Fun, games and fitness info. Free. 602-996-6300 or [shapeupus.org](http://shapeupus.org)

### Oct. 26

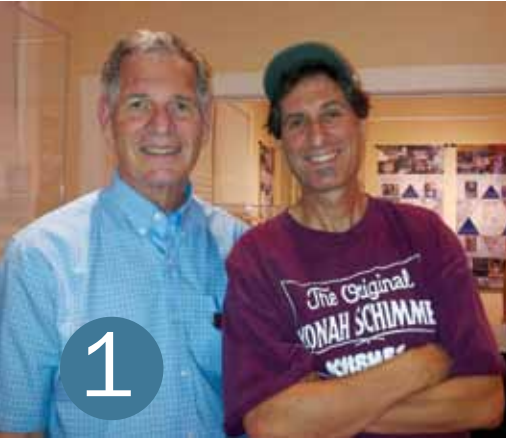
**Keep on Truckin' Family Festival** is sponsored by Congregation Anshei Israel and Jim Click Automotive. Explore and learn about trucks, cars, service vehicles, helicopter, Army vehicles and more! Food trucks with items for sale; Tucson Mobile Fingerprinting to safeguard your child(ren); Free admission. 10 am-1:30 pm in the parking lot at CAI, 5550 E Fifth St. in Tucson. 520-745-5550, ext. 242, or [barb@caiaz.org](mailto:barb@caiaz.org)

### Oct. 29, Nov. 5 & 12

**Giving Your Child the Attitude of Gratitude:** Three-part class offered through Jewish Life & Learning Classes at the Bureau of Jewish Education. Explore hands-on positive parenting skills. Raise confident, responsible and ethical children through inspiring wisdom of Jewish values and teachings. 9:30-11 am at Ina Levine Jewish Community Campus, 12701 N Scottsdale Road. \$53. Register at [bjephoenix.org](http://bjephoenix.org)







1

**1 KLEZMER MOVIE AND MORE** – Attendees at the Sept. 16 20th anniversary screening of documentarian Yale Strom’s “The Last Klezmer” enjoyed a post-movie bonus: an impromptu klezmer violin performance by Strom, an accomplished musician. The event took place at the Arizona Jewish Historical Society’s Cutler Plotkin Jewish Heritage Center as part of its educational and cultural programming. AzJHS president Mark Sendrow (left) is pictured with Strom. Photo by Leni Reiss



2

**2 JOYS OF JUICING** – Students in the Sholom Preschool at Temple Beth Sholom of the East Valley gleefully watch a juicer extract juice from whole carrots. With students from 12 months to PreK, the preschool works to help the students understand the importance good nutrition plays in the development of their bodies and brains.



3

**3 BUSY LOUNGE DAY** – A group of TBS-EV USYers, from 7th-12th grades, enjoy the first “lounge day” of the new school year Sept. 14 at Temple Beth Sholom of the East Valley. The lounge days continue on the second Sunday of each month. The kids have a chance to have lunch and get to know one another. Other social, community service and religious events are held regularly throughout the year.



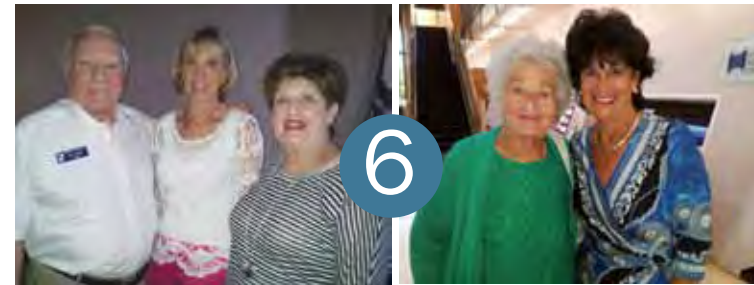
4

**4 GOVERNOR’S TOURISM AWARD** – Governor Jan Brewer presents the Governor’s Tourism Award for Best Arizona Preservation to Jewish History Museum Director Judy Rose Sensibar, right. The award is a Hopi sand painting of a Kachina doll by Kevin Horace Quannie. The award recognizes the preservation that JHM has done on the 1910 synagogue including the creation and installation of reproductions of the original stained glass windows. Sensibar says she hopes the award will draw attention to the need for funds to renovate the Holocaust History Center next to the museum. The HHC is also a historic building, one of the few territorial houses in Barrio Viejo that hasn’t been restored, says Sensibar.



5

**5 WINE, CHEESE AND SHABBAT** – Beth Ami Temple, a congregation of active adults, held a Wine and Cheese Open House to welcome current and prospective members on Sept. 12. From left are oneg chair Elyssa Schneider, Beth Ami President Blossom Osofsky and open house chair Donna Horwitz. A capacity crowd enjoyed the affair and Shabbat service held in the sanctuary at Palo Cristi Church, 3535 E Lincoln Dr. in Paradise Valley, where the temple has met for 36 years. Rabbi Arthur Abrams and Cantorial Soloist Pam Beitman conducted the service, which was followed by an Oneg Shabbat.



6

**6 ART AT JCC**– Sal Calta, left, a Phoenix Art Museum docent, spoke on the topic of art forgers on Sept. 15 at the opening “Art All Around Us” event for the Valley of the Sun JCC. The appreciative audience included Evelyn Ettelson, center, and Elaine Katz, and Gerda Klein and her daughter, Vivian Ullman. Photos by Leni Reiss



7

**7 START ME UP** – The second cohort of Start Me Up! fellows had their fall orientation with Rabbi Dr. Shmuly Yanklowitz on Sept. 8. From left are Avi Wolf, Ari Mandel, Rabbi Dr. Shmuly Yanklowitz (in white shirt behind), Iris Feinstein, Lana Monashkin, Becky Wolf Brom, Erin Searle, Talyah Sands, Jeremiah Kaplan, Nicki Kaplan and Daniil Gunitzkiy. The group is embarking on a two-year program that will include training in management, social entrepreneurship and adaptive leadership and will lead to innovating programming for the future.

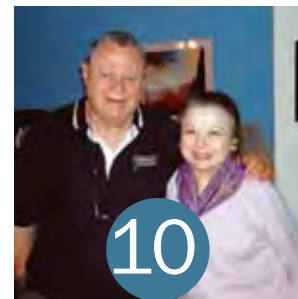


8



9

**8 SHOFAR** – This year Temple Havurat Emet has six women taking part in the shofar tradition. Pictured are four of the women. From left are Barbara Schwartz, Carolyn Cesario, Gloria Bitting and Gigi Stacy. Not pictured are Sydell Rochman-Pascale and Charlotte Currens. The women participated at Rosh Hashanah and will blow the shofar again at the close of Yom Kippur services Oct. 4. Kol Nidre Services are at 7:30 pm on Oct. 3. The Reform congregation meets at the Sun Lakes Methodist Church, 9248 E Riggs Road in Sun Lakes.



10

**10 ANNIVERSARY ONEG** – Steve and Ellie Berliner celebrated their 55th anniversary by sponsoring the oneg at Congregation Beth Chaverim after Shabbat Services on Sept. 5. Congregation Beth Chaverim is a Reform congregation in Sun City West.

**9 BOLLYWOOD SHABBATON** – Beth Tefillah in Scottsdale held a three-day Shabbaton on Indian-Jewish life as part of their new cultural program entitled: Jewish Communities Around the World. From left: Esther Allouche, Diana Krohn, Margo Borden, Moselle Benjamin and Audrey Benjamin participate in the inaugural event, Bollywood Shabbaton, Aug. 21-23. On Thursday, 25 women gathered to make Indian food, which they served to more than 90 people at the Friday night community Shabbat dinner. Moselle Benjamin spoke about her background and her experiences as a young girl in India and shared photos of family members in India 100 years ago. On Saturday night they screened a documentary called “Next Year in Bombay,” in conjunction with Havdalah, hors d’oeuvres and cocktails. “It was a treat being transported to those cities where Jews still reside,” said Esther Allouche. The next program in this series will focus on Brazil in April 2015.



11

**11 JFSA YOUNG WOMEN’S SHABBATON** – The Jewish Federation of Southern Arizona’s Young Women’s Leadership Cabinet Shabbaton Retreat was held Aug. 22-24 at Ventana Canyon Resort in Tucson. The retreat is the opening event for this group of women, each of whom will be on the cabinet for a two-year period. Amy Hirshberg Lederman was the spiritual facilitator. “It is a wonderful bonding experience based on sharing, Jewish learning and the beauty of Shabbat,” says Lederman.



12

**12 UA HILLEL PEACE LECTURE** – On Sept 10, Dr. Asher Susser lectured to a packed room at the University of Arizona Hillel Foundation in Tucson. Together with the Arizona Center for Judaic Studies, UA Hillel hosted Dr. Susser’s lecture entitled “Israel, Hamas and the Palestinians: Conflict Resolution or Conflict Management?” In his lecture, Dr. Susser urged a rational management of conflict, and said the best way to achieve non-belligerency is for Israel to end occupation in Palestinian territories. The event was attended by students, faculty, community members and the department heads for both Judaic studies and Middle Eastern & North African studies.





13

**13 ICE BUCKET CHALLENGE** – The staff of Ave25, a Phoenix marketing, graphic and web design studio, led by owners Rusty and Kelly Pile (3rd & 4th from left) took the Ice Bucket Challenge in August to help raise awareness and funds for ALS. Amyotrophic lateral sclerosis, often referred to as "Lou Gehrig's Disease," is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. The progressive degeneration of the motor neurons in ALS eventually leads to their death. "ALS touches so many of us in some way," shares Rusty. "We were happy to help to shed some light on this disease and its need for research funding." ave25.com



14

**14 JNFUTURE** – The JNFuture Shana Tova L'chaim event at RSVP Social Club in Scottsdale on Sept. 11 attracted 70 attendees including including Gabrielle Rozio and Tiffany Berman, Paul Mallery, Avi Wolf, Bryce Schotz and Bryan Grossman. JNFuture, a component of Jewish National Fund, engages and energizes young leaders who are committed to environment. The Arizona chapter was recreated recently to provide leadership opportunities and educate young professionals about JNF. The two guest speakers were Rabbi Leor Sinai, the co-executive director of Alexander Muss High School in Israel (one of JNF's programs), and Joshua Berkowitz, national JNFuture board member. Talyah Sands was the event chair. Photos by Daniel Spiegelman

## Winter Birthright trips planned

Young adults in Arizona have two options for Taglit-Birthright Israel trips this winter. The Israel Center of Greater Phoenix announced a Winter Birthright Trip to Israel for young adults 22-26. Hillel at Arizona State University is offering a winter break trip targeting the 18-22 crowd. Taglit-Birthright Israel offers the gift of a free, 10-day educational trip to Israel for Jewish adults between the ages of 18 to 26. Since its inception in 2000, Taglit-Birthright Israel has sent more than 400,000 Jewish young adults to Israel. The trips are funded by national philanthropists, local donors and Jewish organizations, and the government of Israel. Despite the unrest in Israel this summer, Phoenix's summer community Taglit-Birthright trip took 27 participants to visit the Jewish state to experience all the great things that the holy land has to offer. "Our trip was amazing and 17 out of the 27 participants decided to extend their trip and stay in Israel little bit longer... a fact that made me so proud," says Israel Center Director Shahar Edry. "Awesome Israel has been the community's Birthright provider for the last three years. "We thank them for their good will to help us again as well as our generous community supporters to offer a Winter Community Birthright trip," says Edry. The Phoenix community Winter Birthright trip will leave Dec. 30 and will return on Jan. 11. Registration is due by Oct. 30. For further information, contact Edry at Shahare@vosjcc.org or 480-483-7121, ext. 1109. Exact dates for the Hillel at Arizona State University winter break Birthright trip have not yet been set. But students are encouraged to secure their spot with a \$250 refundable deposit now. Registration for this trip is: Register at freisraeltrip.org or contact jordan@hillel.asu.org



## Keeping it Together: International Shabbat project Oct. 24-25

The concept is simple: Jews of all walks of life, from across the spectrum – religious, secular and traditional, young and old, from all corners of the world – uniting to experience one Shabbat together. The project began last year in South Africa and this year goes global, anticipating more than 1,200 partners in 200 cities and 34 countries. Locally there will be The Great Arizona Challah Bake for women and girls on Oct. 23 at 6 pm at the Valley of the Sun JCC, 12701 N Scottsdale Road. Plans are also under way for a Saturday evening Havdalah service and concert. The tagline, Keeping it Together, alludes to the unique restorative powers, the deep physical, emotional and spiritual rejuvenation, the Shabbat experience offers. Local coordinators Mim and Mel Bottner and Heather and Jared Elias believe, "This relaxation and renewal is especially relevant in a modern world in which we are bombarded with technology and gadgetry; a world where what is truly important often takes a backseat." Keeping it Together also refers to the unity and togetherness of literally keeping Shabbat together as one Jewish people, and as individuals, families and communities all over the world, all at the same time. The hope of the project is that by experiencing the magic of Shabbat just once, there is an opportunity to rejuvenate family and community life, restore Jewish pride and identity and build Jewish unity across the globe. azshabbos@gmail.com The Moishe House will participate in the weekend with a special program for Jewish young adults ages 21-30. They're inviting all to bring sleeping bags or blankets by 6 pm on Oct. 24 for a shabbaton including a Shabbat dinner, sleep over in the yard or on "comfy couches," optional morning services, lunch and snacks all day long, poolside time, afternoon yoga, a powerful program with local rabbis and a sing-along havdalah Saturday evening. RSVP to wolf.avi.e@gmail.com or moishehousephoenix@gmail.com.

## Jewish Cultural Fest joins Valley lineup

New this year in the Valley is the Jewish Cultural Festival to be held the weekend of Oct. 24-26 on the grounds of the Scottsdale Pavilions Shopping Center. Festival coordinators are Gary Brin, an active member of the Jewish community and Will Dunn, who is a seasoned festival promoter. Together they are organizing a festival to bring the Jewish community together surrounded by food and fun. At 1 pm on Sunday of the Festival, they're offering the inaugural "Latke Maven Fry-off." Entry fee for the contest is \$20, and there's a first place

prize of \$200.

Gary, who grew up among the Jewish delis in Chicago, is known as The Hot Pastrami Guy; he offers his sandwiches and fixings through a traveling food truck. He'll also be serving up his famous "Brisket Sundae" for \$5, and plans to bring in kosher kishke from Chicago. Hermann's pickles will be available as well. "There are festivals for so many nationalities and ethnicities," Gary states. "We thought it was time to bring to life a Jewish festival to help unite the community." Festival hours are 11 am-9 pm on Friday, 9 am-9 pm on Saturday and 9 am-4 pm on Sunday. Vendors offering food, arts and crafts, a kids' zone, music, entertainment and presentations will be featured all weekend. Admission and parking are free. The Pavilions is located at 9180 E Indian Bend Road between the 101 Freeway and Pima Road. Those interested in the fry-off or in being a vendor can contact Gary at 602-410-4942 or azjewishfestival@gmail.com. More info at azjewishfestival.com.

## Hadassah Golf Tournament Oct. 26

Hadassah Southern Arizona is sponsoring a golf tournament Oct. 26 at The Golf Club at Vistoso, 955 W Vistoso Highlands Dr. in Oro Valley, with a noon tee time. A kosher grill dinner and player gifts are included. There will be 18 holes of Florida scramble with prize categories such as longest drive, straightest drive, closest to the pin and others, as well as a raffle and silent auction during the tournament. Hadassah celebrated its 100th anniversary in 2012 and maintains two hospitals in Jerusalem. Hadassah Medical Organization has been a trendsetter in health-care and medical research. The stem cell research currently going on is making tremendous advances in slowing the devastating life sentence for ALS patients. Tournament proceeds will help to fund the research for ALS and many other diseases. Hadassah Southern Arizona celebrated its 75th anniversary in 2012 with 1,000 members. In addition to their commitment to HMO, members sew therapy dolls for the Diamond Children's Center at the University of Arizona Medical Center and participate in a food program, providing weekend food for students who ordinarily would go hungry. "We are a proactive organization and truly believe in tikkun olam," says chair Iris Sapovits. Registration is \$125; due by Oct. 12. Tee time is determined by registration date. Foursomes get first choice of tee-time. For registration, contact Iris Sapovits, 570-362-3894 or irissapovits@yahoo.com, or Phyllis Harris, 520-797-5519 or montague1@comcast.net.

# OCTOBER CALENDAR

## Through Nov. 29

**Shifting Sands: Recent Videos from the Middle East** featuring international artists who use film and video to explore the Middle Eastern desert as a site charged with meaning. Opening reception Oct. 2 at 5:30 pm for members and alumni, 6:30 pm for public. No cost. At ASU Art Museum, Turk and Kresge Galleries, 51 E 10th St., Tempe. asuartmuseum.asu.edu

## Oct. 3-4

**Yom Kippur** – The Day of Atonement. Check for holiday services on our online calendar: azjewishlife.com Have an easy fast.

## Oct. 4

**LGBT Jewish Inclusion Project Community Break Fast** 6-9 pm at private home. Sponsored by Jewish Federation of Southern Arizona. Vegetarian and dairy. No charge. RSVP to 520-577-9393, ext. 128, for location. Jewishtucson.org/lgbt

## Oct. 5

**Sukkot Family Gathering**, Neshev Basukkah, sponsored by the Israel Center at 1 pm at the Valley of the Sun JCC, 12701 N Scottsdale Road. Parents build a community sukkah while kids enjoy activities and create art to decorate the sukkah. Bounce houses, shaved ice truck and live music. Bring kosher desserts to share. 480-634-4900, ext. 1109, jewishphoenix.org

**YJP Walks for Wishes**. Join Young Jewish Phoenix (ages 21-40) in a Walk for Wishes to support Make-A-Wish Arizona. Free but participants encouraged to raise money. YJP Team goal: \$1,800. 8 am at location TBD. Contact esearle@jewishphoenix.org

## Oct. 6

**It's Not Just Lunch**, sponsored by Smile on Seniors. Lunch and fun activities. Noon at 2110 E Lincoln Dr. in Phoenix. Suggested donation \$5. RSVP: 602-492-7670 or chani@sosaz.org

## Oct. 7

**American Jerusalem: A History of the Jews of San Francisco**, documentary film screening. Free. 7 pm at Arizona Jewish Historical Society, 122 E Culver St., Phoenix. RSVP: 602-241-7870 or lbell@azjhs.org

## Oct. 9-16

**Sukkot** – fall harvest festival begins evening of Oct. 8. Check for holiday happenings on our online calendar: azjewishlife.com Shake the lulav!

## Oct. 9-13

**14th Annual Scottsdale International Film Festival**, see story page 29

## Oct. 11

**Mikvah Monologues**, by Anita Diamant, are based on interviews with people who marked a personal life transition by immersing in a mikvah. A pro-

gram of the Union for Reform Judaism and local Reform congregations. Directed by Daniel Schay. 7 pm at Temple Chai, 4645 E Marilyn Road, Phoenix. Includes dessert reception in the community sukkah with Ms. Diamant. \$36 adults; \$18 for NTTY and college students. Register at urj.org/west/sacredwaters

## Oct. 12

**Sacred Waters**, day of learning with keynote speaker Anita Diamant. Sponsored by the Union for Reform Judaism and local Reform congregations. Congregation Beth Israel, 10460 N 56 St. in Scottsdale. Speakers include local clergy, utilities, and water conservancy groups. 8 am-4:30 pm, including lunch. \$30. Register at urj.org/west/sacredwaters

**Valley Beit Midrash** kicks off its 2014-2015 season with Anita Diamant, a world-renowned author and lecturer. Her New York Times best-selling novel *The Red Tent* is being turned into a mini-series by Lifetime TV. \$18. 7 pm at Temple Chai, 4645 E Marilyn Road, Phoenix. 602-445-3112, valleybeitmidrash.org

**Confessions of a Jewish Hillbilly**, by Bill Adler will be the subject of his talk during brunch hosted by the Men's Club. 10 am at Beth Emeth Congregation, 13702 W Meeker Blvd. \$7 per person. RSVP by Oct. 7: 623-584-7210

**Hadassah Southern Arizona Luncheon and Program:** Israel's Ups and Downs, Ins and Outs: The Whole Lowdown. Speaker: AIPAC's Laura Green from Salt Lake City. Noon at the Skyline Country Club, 5200 E Saint Andrews Dr., Tucson. \$25 members/\$27 nonmembers. RSVP by Oct 8 with check made out to Hadassah to Lois Bodin, 7537 E Camino Amistoso, Tucson, AZ 85750. Details: Anne Lowe, 520-481-3934

## Oct. 13

**Sukkot Holiday Festival** at Smile on Seniors. Enjoy snacks and the opportunity to fulfill Sukkot mitzvot. At 10:30 am at 2110 E Lincoln Dr., Phoenix. RSVP: 602-492-7670 or chani@sosaz.org

## Oct. 14-Nov. 18

**From Eastern Europe to the U.S.: Our Wandering Ancestors** is sponsored by ASU Jewish Studies, taught by Emily Garber. 1-3 pm, Tuesdays, at the Ina Levine JCC, 12701 N Scottsdale Road. Explore the history of Jewish genealogy. Register at jewishstudies.asu.edu/adult-ed

**Rebuilding Your Life: A Discussion and Support Group for Divorced, Separated or Widowed Men and Women**, a 6-week program by the Deutsch Family Shalom Center at 7 pm at the house off south parking lot of Temple Chai, 4645 E Marilyn Road in Phoenix \$50. Facilitated by Lois Goldblatt, MS. RSVP: 602-971-1234, ext. 211, or mbeliak@templechai.com.

## Oct. 16-17

**Shemini Atzeret-Simchat Torah**. Final days of Sukkot. Simchat Torah marks the renewal of the annual



# OCTOBER CALENDAR

cycle of Torah readings. Check our online calendar at [azjewishlife.com](http://azjewishlife.com) for services.

## Oct. 17

**Desert Foothills Jewish Community Association** presents Van and Melanie/The Heat, an acoustic duo who perform all styles of music, after Shabbat services in the north Scottsdale area. First attendance is free. 7:30 pm. Membership is \$60 per year. RSVP: Arlene at 480-585-4437

## Oct. 17-Nov. 2

**Speed the Plow** by David Mamet. Powerful satirical drama on the Hollywood movie business. Fridays and Saturdays at 7:30 pm, Sundays at 2 pm at Theatre Artists Studio, 4848 E Cactus Road #406, Scottsdale. Tickets: 602-765-0120 or [thestudiophx.org](http://thestudiophx.org)

## Oct. 19

**Jews & Muslims, Past and Present** is a discussion and book signing with Yamit Ambrister, author of *One Moroccan Woman* and Batya Casper, author of *Israella* at 3 pm at the Valley of the Sun JCC, 12701 N Scottsdale Road. Sponsored by the Israel Center and the JCC. 480-634-4900, ext. 1109, [jewish-phoenix.org](http://jewish-phoenix.org)

**Maus I and II**, the Pulitzer Prize-winning books by Art Spiegelbaum, will be discussed at Book Talk with Generations After, the descendants of Holocaust survivors group. 2 pm at the Ina Levine Jewish Community Campus, 12701 N Scottsdale Road. RSVP: Phx2G3G@gmail.com

## Oct. 21

**Small Business is a Big Deal**, a free small business workshop co-sponsored by Jewish Free Loan, Jewish Legal Aid and the Arizona Small Business Association. Includes networking, best practices, professional advisors and information about interest-free financial resources. 5:30 pm at the Phoenix Financial Center, 3443 N Central Ave., Phoenix, 9th floor conference room. RSVP required: 602-230-7983 or [info@jewishfreeloan.org](mailto:info@jewishfreeloan.org)

**Learn Your Medicare A, B, C and Ds!** Glen Spencer, director of the benefits assistance program for the Phoenix Area Agency on Aging, will explain the basics of all Medicare programs including services, costs, enrollment periods, what's new in 2015 and changes as a result of the Affordable Care Act. Presented by National Council of Jewish Women. 6:30 pm at Pueblo Norte Senior Living Community, 7090 E Mescal St., Scottsdale. [ncjwclaire@cox.net](mailto:ncjwclaire@cox.net)

## Oct. 22

**Israeli Sing-a-long** at Mozart Cafe and Bakery, 7116 E Mercer Lane, Scottsdale. 7 pm. Sponsored by the Valley Israel Center. 480-483-7121, [vosjcc.org](http://vosjcc.org)

## Oct. 23

**The Middlesteins** by Judi Attenberg, book discussion led by Nancy Siefer, Ph.D. Free. 7 pm at the Arizona Jewish Historical Society, 122 E Culver St., Phoenix. RSVP: 602-241-7870 or [lbell@azjhs.org](mailto:lbell@azjhs.org)

**The Jews of China** is the topic of Ann Kuperberg's talk at the Rosh Chodesh get-together for women

of all ages. Free. 7 pm at the Northwest Division of the Jewish Federation of Southern Arizona, 190 W Magee Road, Oro Valley. RSVP: [alowe@jfsa.org](mailto:alowe@jfsa.org) or 520-577-9393, ext. 130.

## Oct. 24-25

**The Shabbos Project**, a program to unite all Jews around Shabbat. See story pg.60

## Oct. 24-26

**Jewish Cultural Arts Festival** at Scottsdale Pavilions Shopping Center. See story, page 60

## Oct. 25

**Casino Night at the J** is the Valley of the Sun JCC's premiere Annual Fundraiser. Honoring Allan Flader. 6:30-11 pm at 12701 N Scottsdale Road. Cocktails, buffet dinner, live auction, Blackjack, Craps, Roulette, Money Wheel and exclusive Poker Tournament. \$150. RSVP by Oct. 17: 480-634-4900, ext. 1131, or [vosjcc.org](http://vosjcc.org)

## Oct. 26

**Hadassah 2014 Golf Open** in Tucson. See page 61

**Phoenix Holocaust Survivors' Association 30th Anniversary Dinner.** Friends and family of descendants are invited to attend to honor the courage and resiliency of our survivors. RSVPs required. Dinner \$25. No charge for survivor members. 5 pm at Beth El Congregation, 1118 W Glendale Ave., Phoenix. RSVP: 602-944-8809 or [ewade410@cox.net](mailto:ewade410@cox.net), [phoenixphsa.org](http://phoenixphsa.org)

**Jewish History Museum Benefit** honoring the esteemed Justice Stanley Feldman with the Jewish Heritage Award. Hors d'oeuvres, dessert and drinks. \$72. 4 pm at the Historic Scottish Rite Cathedral, 160 S Scott Ave., Tucson. RSVP: 520-670-9072, [jewish-historymuseum.org](http://jewish-historymuseum.org)

**Annual Fall Festival of the Arts** celebrating the 7th Anniversary of the Arizona Consortium for the Arts. Music and dance by local performers, works by local artists and artisans, activities for children of all ages. Noon-4 pm at the Arizona Historical Society Museum at Papago Park, 1300 N College Ave., Tempe. Free. [artizona.org](http://artizona.org)

## Oct 27

**Dr. Khalil Shikaki**, professor of political science and director of the Palestinian Center for Policy and Survey Research in Ramallah. Dr. Shikaki's lecture will discuss "Palestinian public opinion regarding peace with Israel." 7 pm at the Tucson JCC as part of the Shaol and Louis Pozes Memorial Lectureship Series, 3800 E River Road, Tucson. 520-626-5758, [judaica.arizona.edu](http://judaica.arizona.edu)

## Oct. 30

**Jewish Book Fair Luncheon** with Iris Krasnow, author of *Sex After...* at 11:30 am at Ina Levine Jewish Community Campus, 12701 N Scottsdale Road. [vosjcc.org](http://vosjcc.org)

**Dancing in Jaffa**, film screening and discussion on this compelling new documentary about ballroom dancing as a means of bridging differences between Jewish and Muslim children. Presented in conjunction with "Shifting Sands" exhibit at the ASU Art Museum. Co-sponsored by the Center for

Jewish Studies, the Center for the Study of Religion and Conflict, the ASU School of Film, Dance and Theatre, and the Herberger Institute for Design and the Arts Socially Engaged Practice Program. Free. 7 pm at the ASU Physical Education Building East, Room 132. [herbergerinstitute.asu.edu](http://herbergerinstitute.asu.edu)

**Emily Bear concert.** See page 55

## Oct. 30-31

**Anochi: Dialogues with God in Israeli Poetry** with Dr. Rachel Korazim, presented by Valley Beit Midrash. 7 pm Oct. 30 at Temple Solel, 6805 E McDonald Dr., Paradise Valley; and 6:15 Oct. 31 at Temple Chai, 4645 E Marilyn Road, Phoenix. \$18 donation; RSVP: [valleybeitmidrash.org](http://valleybeitmidrash.org)

## Oct. 31

**Brandeis National Committee-Phoenix Chapter Fall Luncheon.** Proceeds go to BNC's Sustaining the Mind Campaign funding research to help find a cure for neurodegenerative diseases such as Parkinson's, Alzheimer's and Autism. Entertainment by Joel Robin and jazz singer Delphine Cortez. 11 am at Montelucia Resort, 4949 E Lincoln Dr., Paradise Valley. \$60. RSVP by Oct. 24: [judithlevine43@yahoo.com](mailto:judithlevine43@yahoo.com). [brandeisphoenix.com](http://brandeisphoenix.com)

## Nov. 1

**Arizona Jewish Historical Society 2014 Heritage Award** celebration honoring Channel 12's Mark Curtis. See page 26

**Council for Jews with Special Needs' "Fountain of Youth,"** annual fundraiser at the Ina Levine Jewish Community Campus, 12701 N Scottsdale Road. \$100. Sponsorship opportunities available. RSVP to [Wendy@cjsn.org](mailto:Wendy@cjsn.org) or 480-629-5343

**Window to Israeli Society through Literature: The Image of the Other.** Torah study and brunch with Dr. Rachel Korazim. Presented by Valley Beit Midrash. 8:30-11 am at Temple Solel, 4645 E Marilyn Road, Phoenix. \$18 donation; RSVP: [valleybeitmidrash.org](http://valleybeitmidrash.org)

## Nov. 2

**2nd Annual Desert Gathering Jewish Music Fest.** 3-7 pm at Steele Indian School Park, Third St and Indian School Road, Phoenix. [desertgatheringaz.com](http://desertgatheringaz.com)

**Casino Event** at Beth Emeth Congregation, 13702 W Meeker Blvd., Sun City West. 2-5 pm. Tickets \$25 prepaid/\$30 at door. Includes refreshments. Professional dealers from Casino World plus bingo. Prizes. Space is limited. RSVP by Oct. 27: 623-544-3665 or 623-584-7210.

## Nov. 4

**JNF Second Annual Women for Israel Luncheon** featuring Florine Mark, CEO of Weight Watchers. 11:30 am at Phoenix Art Museum, 1625 N Central Ave., Phoenix. \$36. RSVP by Oct. 24: Kaci Garrison, 480-447-8100, ext. 967 or online at [jnf.org/azwfi](http://jnf.org/azwfi)

**JFSA Annual Campaign dinner** for the Northwest Division of the Jewish Federation of Southern Arizona. 5:30 pm at the Omni Tucson National Resort, 2727 W Club Dr., Tucson. \$28; \$180 minimum family pledge to the 2015 annual campaign. RSVP: 520-577-9393, ext. 118, or [kgraham@jfsa.org](mailto:kgraham@jfsa.org)

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## EVENTS

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