

# Misaskim Cares

A PUBLIC SERVICE PUBLICATION | SUMMER 5774 | VOL. XI

Your  
Guide  
to a  
Healthy  
& Safe  
Summer

ונשמרתם מאוד לנפשותיכם

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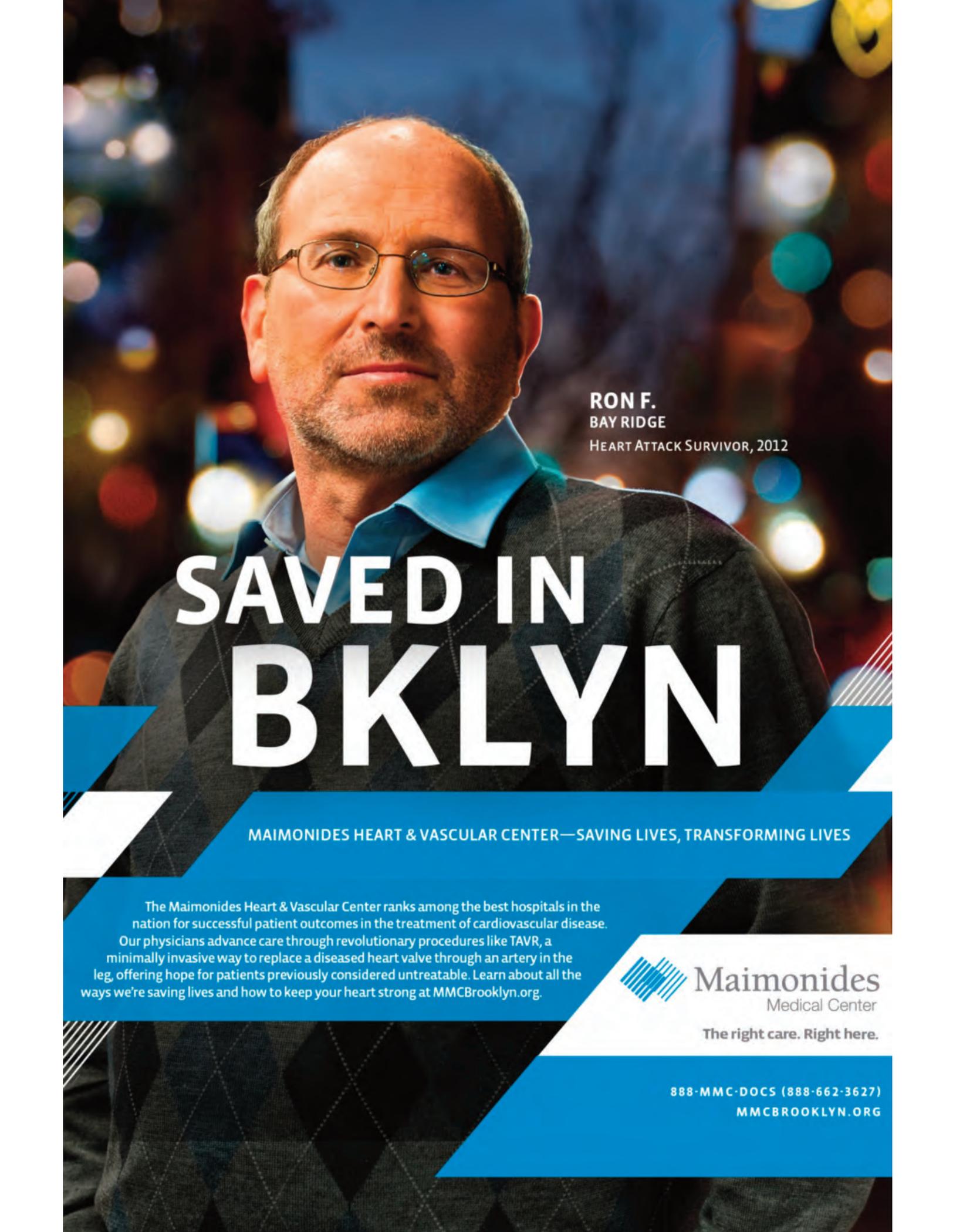
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# Guarding The Eyes

One of the six 'Mitzvoth Tmidious' (constant mitzvah) not just one of the 613 mitzvah and certainly not a 'midas chasidus'. (Biyur Halacha סימן א')

Looking at immodesty is forbidden. (שנינו אומרו סי' כ"א)

If you know of an area where immodesty will confront you, it is forbidden to enter this area, even if you intend to fully guard your eyes. An alternative route must be used.

If there is no alternative, or the alternative is costly or impractical, you are permitted to enter that area, providing you make every reasonable effort to avoid seeing the immodest sights.

If you know you won't keep your eyes in check, it is forbidden to enter that area at all costs, even when there is no other alternative.

A provocative appearance of a teller, cashier, or other employee, as well as inappropriate magazines screaming for your attention at the checkout counter, and immodestly dressed crowds, all bring this halacha to the forefront with increased proportion in the summer.

What is considered "no alternative route" is very much open for interpretation. How exactly is 'no alternative' measured? A place that's more expensive, is that considered an alternative?

What about less convenient? If the wife can shop instead of the husband, is that an alternative? Must I modify vacation plans? If both places are problematic, do I have to seek out the lesser of the two evils? What if I got to the place and only then realize it is problematic? Hundreds of particulars ultimately define 'alternative route'. Unless the individual clarifies what constitutes 'alternative route' for his particular circumstance, the whole subject tends to move into oblivion.

**These halachos do not change or go away...**

**If you're not bothered by what you see**

**If you're in denial... like my eyes don't really see**

**If "everyone" is oblivious to the issue**

**If you feel you're failing anyway**

The halachos stay. Every incident on its own will be rewarded for, by Hashem. Every small accomplishment in this field is a show of loyalty to Hashem, and an expression of what we really want to be, even if at times we do succumb. And remember! T'shuva is always in season. Regardless of what happened, you can always begin again. And Hashem will help you.



This summer one group unfortunately will just ignore this very important and applicable mitzvah. The other group will do what they can. They will go to great length to avoid seeing, even if only one, forbidden sight.

***To which group will you and your family subscribe this year?***

**AND TO THE BUSINESS OWNERS:**

Will your business also cater to those who take "Guarding The Eyes" seriously?

***Wishing all a really happy summer!***

# ונשמרתם מאדז אפשותיכם

The Torah admonishes us not only to observe this mitzvah but places extra emphasis with the word **מאד** – taking extra precautions to keep ourselves and our loved ones out of harm’s way. The Rambam goes a step further reminding us that any action that may result in endangering a life is tantamount to someone who violates this mitzvah. This reminder is particularly appropriate in the summer months when we tend to be in a position to properly observe this mitzvah.

“Misaskim Cares” is designed to be a helpful guide that should be read, reread and studied so that vacations do not turn into nightmares. The **מאד** teaches us to go beyond the ordinary concerns for safety. It reminds us that we dare not make assumptions about safety. We should not accept anything less than perfection when it comes to safety, particularly children who are suddenly exposed to big open areas, bodies of water, unfriendly country roads and worst of all pools. We have seen tragedies that took only seconds to unfold because someone thought that it was too short a period for anything to happen. We have seen assumptions that siblings were watching other siblings when their attention was clearly elsewhere or were too young to be given that task to begin with.

Safety does take planning and should not be dealt with in a haphazard way. Going on a trip in a car means seatbelts, staying within the speed limit, not being distracted such as texting or holding a cellphone in hand, and observing all laws. Even a ride on a bicycle requires planning such as wearing protective gear and not just when it is for long distances: even a ride around the block.

In addition to taking these extraordinary precautions to assure a safe summer, it is also a time to remember who we are. While we may be taking a vacation, behaving like a Torah Jew does not, especially when we are under the microscope in such places as the Catskills. Torah, avodah and gemilas chasodim are the three pillars of Judaism year round, and not just when yeshiva is in session during the year.

For Misaskim, this is a time of year when education is paramount. Consider yourself a safety ambassador who keeps an eye on others to make sure that they are safe, whether you observe a toddler near a barbecue grill or see a youngster swing wildly from a monkey bar. Yes, the summer requires extra vigilance and not letting our guard down. We need to make sure that our families scrupulously observe ruchniyus safety as much as they observe gashmiyus safety.

We hope that you enjoy “Misaskim Cares” and use it as an important aid for a safe summer. The information is both timely and timeless!

With best wishes for a happy and healthy summer!

*Misaskim Board of Directors*



# עולם חסד יבנה Bringing Joy to Others

by Rav Dovid Goldwasser

In the *תוכר* every morning, we say:  
גומל לאיש חסד כמפעלו נותן לרשע רע כרשעתו  
*Hashem remunerates man with kindness  
according to his deed;  
the evil is paid in kind with wickedness to the  
wicked.*

The Eitz Yosef comments on the difference of the language employed in describing Hashem's conduct with the two - one gets rewarded according to his acts, the deeds he has performed, while the *רשע* is recompensed relative to his wickedness. Why isn't the retribution of the *רשע* also calculated commensurate with his deeds?

In order to explain this we cite a *mishnah* in *Pirkei Avos*:

ונאמן הוא בעל מלאכתך שישלם לך שכר פעלתך  
*Know that your Employer is faithful to pay you  
the wage of your labor.*

At times a person may carry out a small deed, he performs a minor act, but the result of this seemingly insignificant deed - the *פעולה* - is actually very substantial and meaningful.

For example, a person fell into the river and is drowning. Someone on shore sees the helpless victim, and stoops to pick up a branch from the ground. He then extends the branch to the drowning person and rescues him. The act itself was minimal, but its impact, the *פעולה*, was immeasurable, for he has saved a *nefesh* from death.

Many of the acts of *chesed* that we perform on a daily basis are almost inconsequential in nature,

yet the *chizuk* that is generated breathes new life into the recipient. Although we are unaware of the impact of our *chesed*, Hashem's reward is consistent with the ultimate *פעולה* that is achieved. In contrast, the punishment of the *רשע* is limited to the misdeed itself and the destruction that he wrought is not included in that calculation.

The summer months are days spent outdoors, enjoying the *nifla'os haBorei* and revitalizing one's being. It is also a *zman* that presents us with unique opportunities to do *chesed* and to interact beneficially with our fellow man. The concept of *kol yisroel areivim zeh bazeh* - we are responsible for each other - is an integral component of *chesed*. It is often times a small act that has far-reaching effects, and one simple act of *chesed* can have significant ramifications which we cannot begin to evaluate.

An ordinary weekly trip up to the mountains can easily become a vehicle for *chesed* for an elderly person who needs the convenience of a personal ride or an individual who cannot afford public transportation. While it is true that there may be a slight imposition on your autonomy, the *chesed* that you performed will be memorable for the other person. It should be noted that the person who is



accepting the *chesed* should be mindful to be ready at the arranged time, keep the vehicle clean, and not to be intrusive.

In the warm weather, children are playing outdoors, on the sidewalks, on grassy lawns, and in the playgrounds. Even if they're not **your** children, be aware of their surroundings to ensure their protection and well-being. According to the U.S. Department of Justice, more than 800,000 children under the age of 18 go missing each year nationwide.

If a squabble between youngsters begins to escalate into a fight, don't ignore them. Intervene, when children are engaging in dangerous activities, and no one seems to be on the job. If you see a stranger approaching a group of children, do not hesitate to check up on them. If a child is wandering or seems to be lost, offer your assistance. The child may be too timid or shy to ask for help.

If there are a few children hanging around with nowhere to go because they cannot afford to attend a camp, perhaps you can organize a learning program with them. Try tutoring a child who is learning-challenged. Use the summer hours to reach out and be *mekarev* someone, or become involved in a *kiruv* project.

After the extremely cold weather of the last winter, we all welcome the warm temperatures. However, as the thermometer goes up, there are elderly and infirm people who are not properly prepared for the heat and humidity. *Chesed* means ascertaining whether they have some means of cooling the apartment, or otherwise procuring a fan or a small portable air-conditioning unit for them. *Chesed* may necessitate doing some of their grocery shopping when it is too hot for them to go out. We run out to the supermarket, the bakery, the



pharmacy at least once a week, often several times a week. Take a moment to call and check if your neighbor needs something. It takes a moment but could help avoid a hospital stay for an elderly person who didn't have food in the house or became overheated.

As thousands of families escape to the cooler air in the mountains, they take with them many of the regular volunteers who assist the various *chesed* organizations in the city. If you remain in the city, and you have the time, offer your services to any one of the many organizations, some of which provide lifesaving aid.

Certain *shuls* and *mosdos* have a smaller *olam* during the summer and sometimes are short for a *minyan*. Even if it may be slightly inconvenient for you to *daven* there, the *chesed* is invaluable, and you will have the *zechus* of the entire *minyan* if you facilitate their quorum.

Often when families leave the city for the summer months, they leave behind one family member who is home alone during the week. It

is always a great *chesed* to invite that individual for a meal, or perhaps cook him a meal h e / s h e prefers to enjoy on his own.



A truly straightforward *chesed*, but a *mitzvah* whose value is inestimable, is taking the time during the summer to visit parents and grandparents who do not live close by.

When neighbors are away for an extended period of time, it is helpful if someone is keeping an eye on their property. People sometimes forget to cancel their regular deliveries and mail/packages are left at the door. A pile of mail or flyers on the floor, or stacked





boxes outside the door, are a definite indication to strangers that nobody is home. If you notice something amiss, check it out. If you see something, say something. If there has been damage, whether weather related or otherwise, investigate and alert someone so that there is no further deterioration.

Lastly do *chesed* with yourself, with your essence. If you do not have time to pursue certain areas of Torah learning during the hectic year, this is a good propitious time to learn something special. During the relaxing months of summer, you can review *hilchos Shabbos* or *hilchos kashrus*, or work on a specific *middah*, such as developing the fine art of speaking gently or suppressing anger. This is also an opportune time for your *guf* to be fortified from *chesed*. Your heart, your brain, your entire body benefit from exercise. The Rambam writes in *Hilchos Dei'os* that one of the ways of serving Hashem is by maintaining a healthy body. He states that when a person exercises sickness does not happen." Physical activity is one of the most important ways to enhance your health. Your heart, your brain, your entire body, benefit from exercise. Even great tzaddikim would travel during the summer months to restful locations where they would have a chance to unwind and invigorate themselves for the coming year.

R' Aharon of Belz was a very compassionate individual who dedicated his life to performing *chesed* and bringing joy to others.

This *middah* was apparent in him even as a

young child. He once got a pocket watch from his father attached to a fob, which he kept in his pocket. On the way to *bais medrash*, he met an older person who seeing the chain asked him, "Dear child, do you know what time it is right now?"

Aharon took out the watch and meticulously apprised him that it was 7 hours, 10 minutes and 30 seconds. The man thanked him and went on his way.

Another person, overhearing the conversation, admonished the child, asking him, "Were you trying to show off your new watch? Why did you have to give him the hours, the minutes and the seconds?"

"Chas v'shalom," answered the future Belzer Rebbe, "but when a person asks me for a favor, I have to do it b'shleimus, thoroughly. If the man wanted to know what time it was, the answer had to be precise. That is how I wish to do mitzvos," he concluded, and he continued on his way to *bais medrash*.

A person was not created for himself, only to benefit and help others in any way he has the ability to do so.

— R' Chaim Volozhiner



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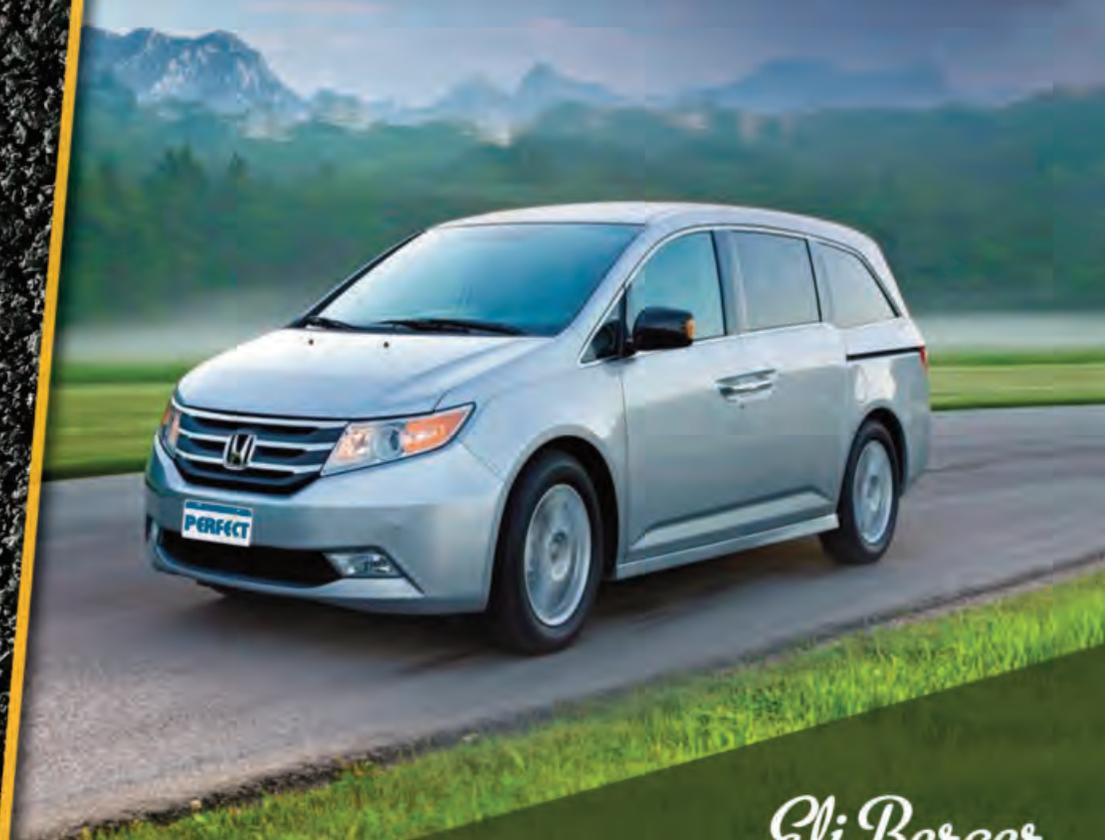
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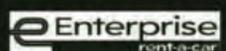
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**COMMITTEE MEMBER**  
AGING  
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**SIMCHA FELDER**  
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May 28, 2014

Misaskim  
5805 16th Avenue  
Brooklyn, NY 11204

Dear Kids,

Mazel tov on finishing another school year! I know how hard you've worked, and how excited you must be to start your summer vacation. Just like your parents, rebbeim, morahs, and teachers work hard all year to keep you safe, it's important to also stay safe during the summer months.

Reading through Misaskim's booklet is a great way to get information about how to be and stay safe. I hope you will review this wonderful publication and follow the suggestions contained in it.

Best wishes for a happy, healthy, and enjoyable summer!

Sincerely,

  
Simcha Felder  
Senator, 17<sup>th</sup> District

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מסעדות	זמן מסעדות	החלפת הנהגות	מסעדות
6/27	כ"ט סיון	חגית	8:18 9:29 9:49
7/4	ו' תמוז	בלק	8:18 9:27 9:48
7/11	י"ג תמוז	פינוס	8:15 9:24 9:45
7/18	כ"ה תמוז	מסות	8:11 9:18 9:41
7/25	כ"ז תמוז	מסעי	8:05 9:11 9:35
8/1	ה' אב	דברים	7:58 9:02 9:27
8/8	י"ב אב	ואתחנן	7:49 8:53 9:19
8/15	י"ט אב	עקב	7:40 8:42 9:09
8/22	כ"ו אב	ראה	7:29 8:30 8:59
8/29	ג' אלול	שופטים	7:18 8:18 8:47

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7/25	כ"ז תמוז	מסעי	8:05 9:11 9:35
8/1	ה' אב	דברים	7:58 9:03 9:28
8/8	י"ב אב	ואתחנן	7:49 8:53 9:19
8/15	י"ט אב	עקב	7:40 8:42 9:09
8/22	כ"ו אב	ראה	7:29 8:30 8:59
8/29	ג' אלול	שופטים	7:18 8:18 8:48

מסעדות	זמן מסעדות	החלפת הנהגות	מסעדות
6/27	כ"ט סיון	חגית	8:19 9:30 9:50
7/4	ו' תמוז	בלק	8:19 9:28 9:49
7/11	י"ג תמוז	פינוס	8:16 9:25 9:46
7/18	כ"ה תמוז	מסות	8:12 9:19 9:42
7/25	כ"ז תמוז	מסעי	8:06 9:12 9:36
8/1	ה' אב	דברים	7:59 9:03 9:29
8/8	י"ב אב	ואתחנן	7:50 8:54 9:20
8/15	י"ט אב	עקב	7:41 8:43 9:10
8/22	כ"ו אב	ראה	7:30 8:31 9:00
8/29	ג' אלול	שופטים	7:19 8:19 8:48

מסעדות	זמן מסעדות	החלפת הנהגות	מסעדות
6/27	כ"ט סיון	חגית	8:20 9:30 9:51
7/4	ו' תמוז	בלק	8:19 9:29 9:49
7/11	י"ג תמוז	פינוס	8:16 9:25 9:47
7/18	כ"ה תמוז	מסות	8:12 9:19 9:42
7/25	כ"ז תמוז	מסעי	8:06 9:12 9:36
8/1	ה' אב	דברים	7:59 9:04 9:29
8/8	י"ב אב	ואתחנן	7:50 8:54 9:20
8/15	י"ט אב	עקב	7:41 8:43 9:10
8/22	כ"ו אב	ראה	7:30 8:31 9:00
8/29	ג' אלול	שופטים	7:19 8:19 8:48

מסעדות	זמן מסעדות	החלפת הנהגות	מסעדות
6/27	כ"ט סיון	חגית	8:18 9:29 9:49
7/4	ו' תמוז	בלק	8:17 9:27 9:48
7/11	י"ג תמוז	פינוס	8:15 9:23 9:45
7/18	כ"ה תמוז	מסות	8:10 9:18 9:41
7/25	כ"ז תמוז	מסעי	8:05 9:11 9:35
8/1	ה' אב	דברים	7:57 9:02 9:27
8/8	י"ב אב	ואתחנן	7:49 8:52 9:19
8/15	י"ט אב	עקב	7:39 8:42 9:09
8/22	כ"ו אב	ראה	7:29 8:30 8:58
8/29	ג' אלול	שופטים	7:18 8:18 8:47

מסעדות	זמן מסעדות	החלפת הנהגות	מסעדות
6/27	כ"ט סיון	חגית	8:19 9:29 9:50
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8/22	כ"ו אב	ראה	7:29 8:31 8:59
8/29	ג' אלול	שופטים	7:18 8:19 8:48

# PLAN YOUR ROUTE TO AND FROM THE CATSKILLS

## Summer Traffic Troubles

Large construction projects are being planned on the roadways leading to and from the Catskills this summer. Some of these projects will occur in the Middletown area on the NY 17/84 at Exit 121 and 122, complete closures at the Bayonne Bridge and continued closure of the Brooklyn Bridge at night. To obtain updated information about these construction projects and others, please consult the list below.

### New York State DOT

<https://www.dot.ny.gov/index>

### New Jersey Turnpike Authority - Traffic Cams

<http://www.state.nj.us/turnpike>

### NYC DOT - Traffic Web Cams

<http://nyctmc.org>

### 511New York - Get Connected to Go

<http://www.511ny.org>

### MTA Bridges & Tunnels Cameras

<http://webcam.mta.info/mta3>

### 511New Jersey - Get Connected to Go

<http://www.511nj.org>

## Highway Advisory Telephone System - exclusively for the George Washington Bridge:

Call **1-877-PA-ROADS** 727-6237

**Press 1** - To report an emergency at the GWB

**Press 2** - For traffic conditions. Once at this message:

**Press 1** - For New York bound travel time for the upper and lower levels

**Press 2** - For New Jersey bound travel time for the upper and lower levels

**Press \*** - To repeat instructions

## Road Inform - Informs motorists of traffic conditions for the summer:

Road Inform traffic reports & alerts are broadcast on the **Kol Mevasser Hotline** at **212-444-1100**.

## 511NY & NJ511

### Free real-time traffic information in New York & New Jersey:

Dial **511** (or in NJ, the toll free number

**1.866.511.NJDT (6538)**.)

An automated voice system will prompt callers to choose from options such as Traffic, Routes and Urban Areas.

Callers can respond verbally or by using the telephone's keypad.



## מנחה ערבע MINCHA AREA

תפלת מרדכי

Sloatsburg NY • T. 845.445.7848  
E. Info@MinchaArea.org

Starting Thursday June 26th, the Sloatsburg Rest Plaza will now be open for **Mincha and Maariv each Thursday evening from 5 p.m. to 12 a.m.** during the summer months.

These minyanim will take place at the 2nd level parking area.

Gas Stations  
that carry

# KOSHER SNACKS

on your route  
to and from  
the Catskills



## BROOKLYN

- CITGO  
5818 18th Avenue Brooklyn NY
- MOBIL ON THE RUN  
3132 Fort Hamilton Ave, Brooklyn NY
- RIO - 3715 14th Ave, Brooklyn NY
- SHELL - 1 Cortelyou Road ,Brooklyn NY

## MONSEY

- GETTY ON THE HILL LTD.  
165 Route 59 Monsey NY

## MONROE

- VALERO MONROE  
425 Route 208, Monroe NY
- EXXON GAS HARRIMAN golf  
Route 6 17&32 Central Valley NY

## ROUTE 9W

- LUKOIL FORT LEE 9W  
2550 Route 9W, Fort Lee NJ

## ROUTE 4 EAST

- EXXON RT 4 E Fort Lee  
484 Route 4 East, Fort Lee NJ

## ROUTE 4 WEST

- EXXON RT 4 W Fort Lee  
2338 Route 4 West, Fort Lee NJ
- EXXON RT 4 W Engelwood  
119 Route 4 West, Engelwood NJ
- GULF 475 RT 4 W  
475 Route 4 West, Engelwood NJ

## ROUTE 17 SOUTH

- B P GAS STATION RT. 17 SOUTH  
445 Route 17 South, Hackensack NJ
- EXXON RT 17 S Ridgewood  
Route 17 South, Ridgewood NJ
- VALERO RT 17 S Mahwah  
198 Routh 17 South, Mahwah NJ

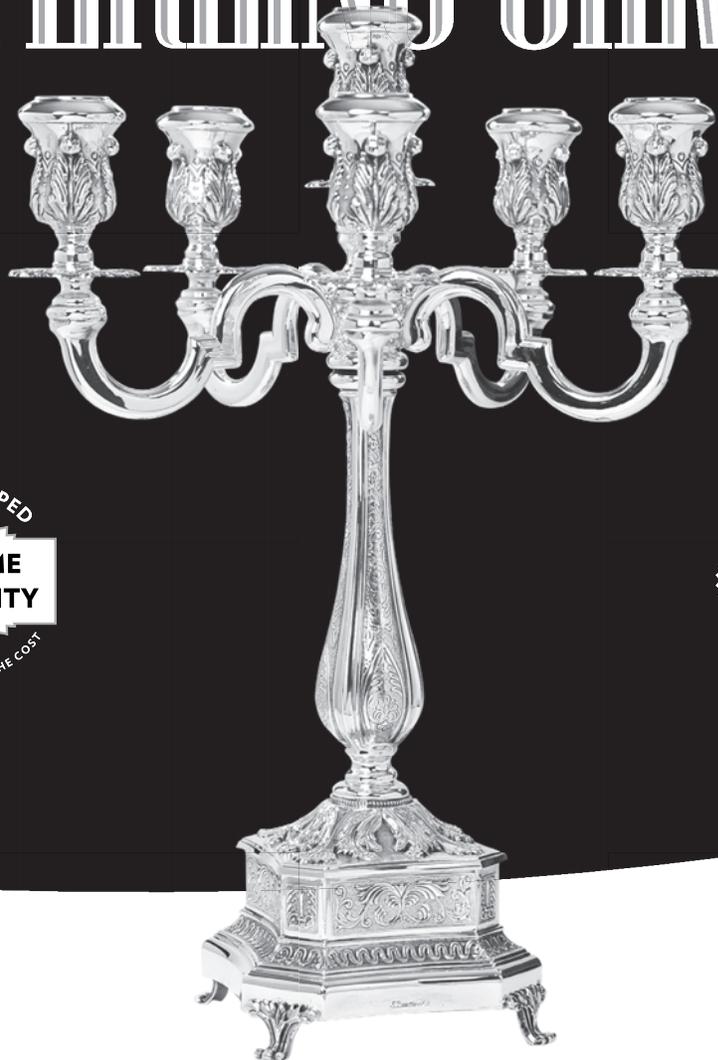
## ROUTE 17 NORTH

- MOBIL - 254 Route 17 North, NJ
- EXXON 17 N RAMSEY  
842 Route 17 North Ramsey NJ
- EXXON RT 17 N Rochelle Park  
173 Route 17 North Rochelle Park NJ
- VALERO GAS STATION  
404 Route 17 North Hasbrouck NJ
- LUKOIL GAS STATION  
624 Route 17 North, Paramus NJ
- VALERO GAS USR  
142 Route 17 North, Upper Saddle River NJ
- VALERO RT 17 N UPPER S R  
360 Route 17 North, Upper Saddle River NJ
- VALERO RT 17 N Mahwah  
193 Route 17 North, Mahwah NJ

## PALISADES

- SUNOCO # 7163 PIP S  
Palisades Pkwy South, Engelwood NJ
- SUNOCO # 7164 PIP N  
Palisades Pkwy North, Englewood Cliffs NJ
- PALISADES CITGO  
Palisades Parkway, Tappan NY

# YOU WON'T BELIEVE IT'S NOT STERLING SILVER



SILVER DIPPED  
**LIFETIME  
WARRANTY**  
AT A FRACTION OF THE COST

LASTS AND  
CLEANS  
LIKE SILVER

Moreshet introduces a new line of handmade silver dipped products that look exactly like sterling silver at a fraction of the cost. Our products can be hand polished and engraved and, like .925 sterling silver, will retain its brilliance for a lifetime.

**Moreshet**  
BY HADAD BROS. L.T.D.

5203 13TH AVENUE • 718.972.3800  
[www.moreshetusa.com](http://www.moreshetusa.com)

An **URGENT** message from  
**Misaskim Cares**



**Do NOT  
Call 911!**



**...If you DID call 911,  
Will they find  
you?**



**If they find you...  
What are the possible  
consequences?**

## Don't Call 911!

Perhaps you meant to dial area code 914 or 917, but you pressed the 1 twice by mistake. You have called the police. **DON'T JUST HANG UP!** Wait to speak to the dispatcher and inform him or her of the mistake and that everyone is fine. Emergency services will call you back if you hang up the phone. At times, the person who made the call doesn't want to answer the phone because it was a mistake and he or she doesn't recognize the call-back number. But that is even worse, because now an officer will have to be sent to the location to ensure that all is well. This wastes precious time and resources that may be needed for a true emergency.

Also, no one ever wishes to hear footsteps approaching their bungalow during the night. This was the case with one woman, who was terribly frightened when authorities came to check-in after an erroneous 911 call.



## Will They Find You?

To help emergency services locate the colony and provide help in a timely fashion, **the name and address of the camp or bungalow colony should be clearly marked - in English!** In some instances colonies will post the name in Hebrew or in Yiddish. While that works for the people staying there, local law enforcement personnel need signs in English.

## If They Find You, What are the Possible Consequences?

It is important that the name and address of the colony is posted clearly and that it is visible from the road. Vacationers should be familiar with the name and address of the colony or camp at which they are staying, as well as with the number of the building they are occupying, so that they can give this information to the dispatcher in a timely fashion.



Authorities will track the source of a call to rule out an emergency. It will certainly not be a pleasant situation if a child, who was left alone in the bungalow, made the call in error while you were schmoozing at the pool or at the grocery. **You may end up answering to other agencies, such as child protective services.**

***If you are concerned that this might happen to you, change your telephone number to an area code starting with 347, 646 or other.***

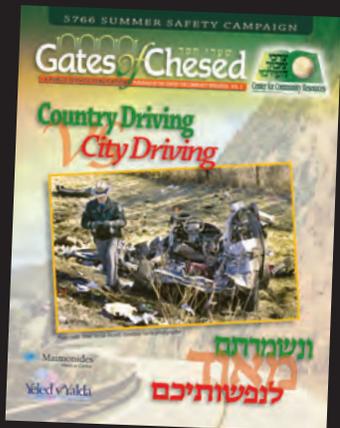
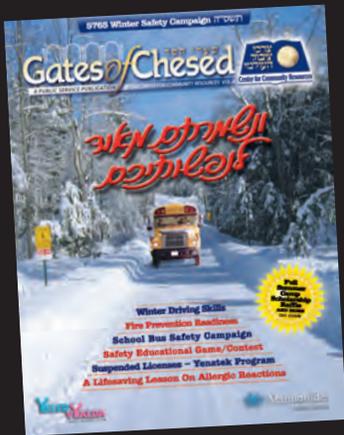


*A message from*  
Sullivan County Public Safety Commissioner  
**Richard Martinkovic**

Sullivan County Public Safety Commissioner

**Richard Martinkovic**

An **URGENT** message from  
**Misaskim** Cares



**Don't  
try to run or  
hide from us!**

and  
**Don't  
Dare  
test us!**





## Don't Run!

The law requires motorists not to leave the scene of an accident. Any accident in which damage of over \$1000.00 is incurred has to be reported. Since one can't estimate the damages at the scene it is best not to leave. Also, it is illegal to leave the scene without reporting when government property was damaged, such as a traffic sign or a barrier. Leaving the scene of in which injury is involved is an unclassified misdemeanor. Violating this law can lead to the offender being handcuffed and brought before a judge.

It's important to note that drivable vehicles that are involved in an accident must be moved to a safe location at the side of the road. Do not try to "preserve" the accident scene so that the police can see it. Doing so raises the risk of further injuries.

## Don't Dare Test Us

**Pull Over** - in the event that a driver hears a siren and sees the dreaded flashing lights in the rearview mirror, he or she is required to pull over to the right at the first available safe location and to remain inside the vehicle.

## Welcome to the Friday Afternoon Rush!

One of the things upstate communities appreciate most about the summer is the influx of visitors from the Brooklyn area, particularly to the Hudson Valley and Catskill region in Sullivan, Ulster, and Orange Counties. Each summer, with visitors, the population of this region can grow by well over 300,000 on weekends. This increase in visitors adds a boost to local economies, and adds a celebrated diversity to many communities. This also poses some challenges to public safety.

The New York State Police is committed to public safety in all of the communities of New York State. Some of the challenges we face in the summer months in the Catskill region have a great deal to do with traffic and highway safety relative to the drastic increase in visitors. While our number of tickets issued, and traffic related arrests does increase during the summer

months, increasing those statistics is not our goal. Our goal is encouraging compliance with vehicle and traffic laws through enforcement, ultimately leading to a reduction in traffic accidents and increased highway safety.

The increased traffic volume is also very dangerous for Troopers on patrol. One of the most dangerous things a Trooper does is an ordinary traffic stop. Many New York State Troopers have lost their lives engaging in this seemingly routine task. Increased compliance to vehicle and traffic laws is also increased safety for Troopers.

Some of the things that will help keep you safe during the summer are awareness of new and or unique laws, understanding of terrain, and an understanding of what Troopers enforcing the law are working toward if you have an encounter with one.



A relatively new vehicle and traffic law section is the **“move over law”**, which requires motorists to slow down and move over if they can do so safely when they encounter an emergency vehicle on the side of the road. Another law motorists should be aware of involves increased penalties for cell phone usage, and or texting while driving. All cell phone usage must be “hands free”. Distracted driving is a leading cause of traffic fatalities. Troopers will be out enforcing distracted driving laws throughout the summer season.

There is a great deal of highway improvement construction currently underway in the Catskill region, particularly on route 17. Please pay attention to the reduced speed limits in construction zones. They are all well marked and Troopers will be enforcing speed limits in construction areas to help insure the safety of both the public, and highway workers.

If you encounter a traffic backup, it is likely due to either an accident or construction. Please avoid driving on the shoulders of the roadway in an effort to pass traffic. This creates an unsafe condition for emergency responders and will result in enforcement action.

Adherence to these laws, as well as other leading causes of traffic related injuries such as child restraint and driving while intoxicated laws will help us all have a safe summer season.

Our goal is to insure a safe summer for everyone traveling in the Hudson Valley Region. Your cooperation can go a long way toward helping us achieve that goal. We wish you a safe summer season!

*A message from*  
Troop Commander, Troop F, NYS  
**Major Patrick Regan**  
Middletown, NY



## Move Over and Construction Sites

Captain Jamie J. Kaminski is urging drivers to heed New York State's Move Over Law by moving away the vehicle away by one lane when approaching emergency vehicles. The law also requires motorists to move over for amber-light vehicles such as highway vehicles and tow operators.

If it is not possible to shift lanes, the law requires drivers to slow down to at least 20 miles per hour below the speed limit to ensure the safety of emergency and other personnel. In addition, the fines are doubled in work zones, and in addition to that, speed limits are strictly enforced at these sites.

Drivers are expected to observe construction zone speed limits at all times, **even though construction activity or construction workers are not present at the time. This means at 2:30am too!**

Officers are especially vigilant during the summer months and will strictly enforce traffic rules. Motorists are cautioned not to try to "test their luck," as it will most likely result in a violation.



## What to Do If You're Pulled Over

**Pull over safely** as soon as it is possible to do so. This shows proper respect for a police vehicle's right of way - it does not mean that you are admitting guilt.

**Make the officer feel safe** by rolling down your windows and placing your hands on the steering wheel. It is a good idea to turn your dome light on at night. Always remain in your vehicle unless you are instructed to do otherwise.

**Allow the officer to address you first.** Drivers often blurt out information to an officer, which may later incriminate them. Don't offer information about your speed, for example. The officer may be pulling you over for a different reason.

**Know where your documents are** so that you don't keep the officer waiting while you rummage through your pockets and wallet. This may not speak well for you. Note that driving with a suspended license will result in an immediate arrest.

**Never argue with an officer.** Challenging the officer or asking to see the officer's radar gun calibration will never result in a positive outcome. If you are issued a ticket and wish to contest it, set a date in court.



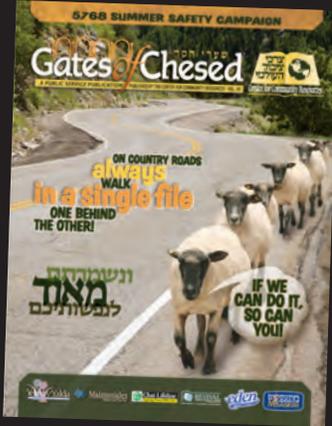
*A message from*  
NYSP Captain  
**Jamie J. Kaminski**

Zone Commander of the NYSP in Liberty

An **URGENT** message from  
**Misaskim Cares**

Most of us have  
license for a  
**lethal  
weapon!**

Do you  
know how to  
**use it  
safely?**



## The Lethal Weapon is Your Car!

According to the Department of Transportation, more than 450,000 car accidents occur each year due to adverse road conditions, and traffic death rates are three times greater at night than during the day! The following tips can go a long way in keeping you safe during your summer driving.

### ***First and foremost: say Tefillas Haderech!***



Photo Courtesy of Shimon Gifter

**Rain:** Slow down on wet roads, because your brakes and tires are less effective under these road conditions. Traveling too quickly in a downpour could result in hydroplaning. If you feel your car hydroplaning, slow down to make contact with the road again. To do this, gently ease off the accelerator. Never apply your brakes or turn your steering wheel, because that will throw your vehicle into a skid.

**Fog:** Fog is statistically the most dangerous environmental driving hazard, because it severely reduces visibility. If you must drive in foggy conditions, make sure to turn on your low beams and fog lamps. You may be tempted to use your high beams for better visibility; however, this will have the opposite effect. High beams will reflect back off the fog and impair your vision even more. It is imperative that you do not drive faster than what you can see. Roll down your window to listen to oncoming traffic that you can't see. It is advisable to use the right edge of the road or painted road markings as a guide.

**Night:** Traffic accidents are three times more frequent at night than during the day. The two primary factors that lead to nighttime accidents are fatigue and reduced vision. Keep your eyes moving from side to side and from near to far ahead in order to counter eye fatigue. It is also helpful to make frequent stops at rest areas.

Keep your headlight beams on low when you are within 1000 feet of an oncoming vehicle, or when you are following a vehicle at a distance of 200 feet or less, in order to avoid blinding other drivers. However, you can turn your eyes away if you are blinded by the glare of an oncoming vehicle's headlights. Watch the markings on the edge of the road and you will be able to stay on-course.

**Drowsiness:** Some warning signs of drowsy driving are droopy eyelids, frequent yawning, blinking, and blurry vision. It is helpful to have a driving companion and to schedule rest stops. If you have difficulty keeping your head up or remembering the last exits you passed, stop immediately and nap for at least 15 minutes.



***After a long week, who doesn't drive up to the country like this? Don't put yourself or others in danger pull over for a few minutes!***

An **URGENT** message from

# Misaskim Cares



**R' Yid!**

**It's Summertime-  
when are you  
going away?**

**Because I  
have every  
intention of  
moving in!**





## I have every intention of moving in!

### Secure Your Home

Unfortunately there is a rise in burglaries during the summertime, when most families are on vacation. It is up to us to take the appropriate steps to ensure that our homes are safe while we are away.

Obviously the most basic step is to make sure that all exterior doors are locked. Windows must also be locked — not only on the ground floor but on the upper floors of your home, too. Thieves often find ways of accessing upper-story windows and doors in order to break in.

Don't leave any tools around that could be used to break into your house. It is especially important not to leave a ladder readily available, as it can be used to gain access to the upper floors.

If you have an alarm system, check to be sure the alarm is both functional and that it is on. Alarm companies distribute stickers and signs that you can leave in front of your home, and these are very good deterrents. Some people display these stickers even when they don't have an alarm!

### Secure your valuables

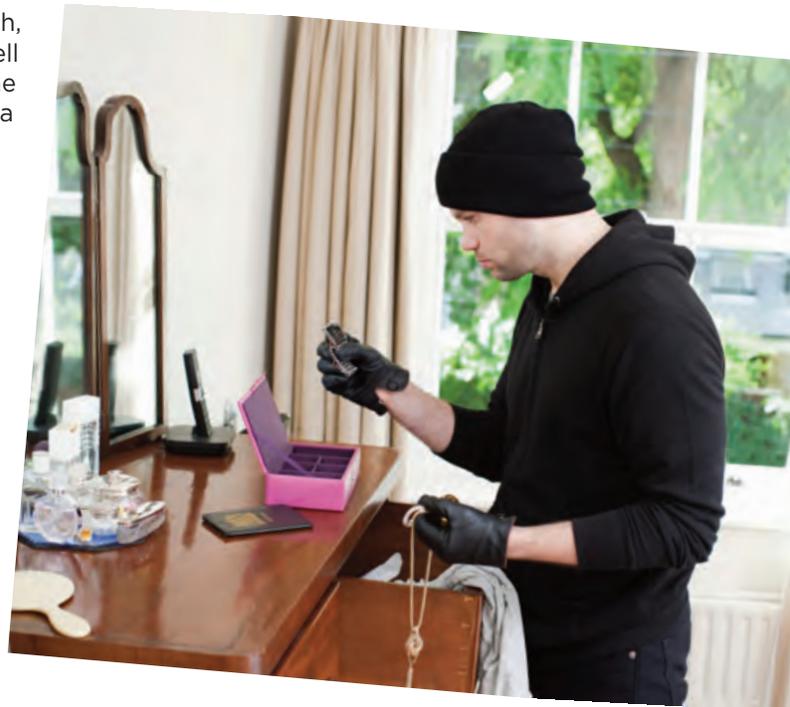
Do not leave valuables — such as jewelry, cash, passports and other important documents, as well as any item of sentimental value — in your home while you are away. You can store these items in a safe-deposit box until you return.

### Don't Advertize Your Absence

Suspend all deliveries of newspapers, mail, and packages to your home. A pile of newspapers in front of your home is a sure sign that you are away. You may choose to contact the post office and request that delivery to your home be stopped.

Alternatively, have a trusted friend, family member or neighbor visit your house every once in a while to pick up your mail. You can also arrange for a car to be parked in your driveway some of the time. The extra activity around the home will discourage would-be burglars.

It is also advisable to leave a light on in front of your home, and some interior lights, to deter criminals.



### Secure your Vehicle

You clearly need to lock any vehicle you leave behind; also lock the garage door opener that is inside your car. If a thief does break into your car, you don't want to provide him with easy access to your home via the garage.

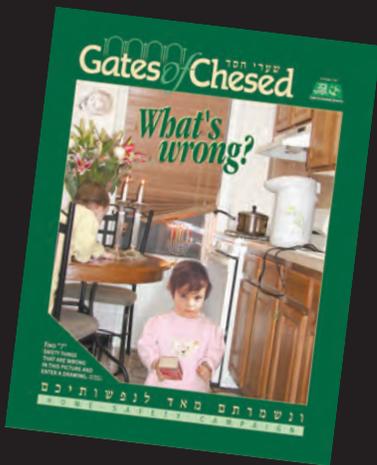
*A message from*  
Lakewood Chief of Police  
**Robert Lawson**



An **URGENT** message from  
**Misaskim Cares**

Do you plan on  
bringing your  
elderly parents to  
you for vacation...

at whose  
expense?



# Message from Catskills Hatzolah



## What to Bear in Mind When Planning Your Vacation

As in past summers, Hatzalah will again be serving vacationers in Ulster and Sullivan Counties. Hatzalah is very proud of its comprehensive network of talented and dedicated volunteers, who have access to the most updated equipment available. However, people summering in the Catskills should bear certain factors in mind when relying on Hatzalah services. Misaskim spoke to Hatzalah coordinators about some important issues.

Many people assume that, should hospitalization become necessary, Hatzalah will automatically accede to their request to be transported to a hospital in New York. This is a mistake. Transporting patients with complex medical conditions to a distant location may be unsafe. Additionally, legal factors do not always permit Hatzalah to bypass local hospitals in favor of the facility of the patient's choice. And finally, transporting a patient all the way back to the city can place an unfair strain on Hatzalah's limited resources.

What does that mean practically? Seniors, the chronically ill, and anyone else at increased risk of needing medical services must consider the risks involved when planning their Catskill vacations. If it is imperative that you be treated exclusively by your own doctors, hospital, or specialized care facility, it may be inadvisable to travel so far from the care you need.

For those who decide to spend time in the Catskills, there are some simple steps you can take that can make a tremendous difference in an emergency. Keep a list of all your medications handy. Also, make sure that a list of your doctors' names and phone numbers, as well as those of any other important contacts, is readily available. This can make it much easier for the EMT to assess your situation and deal with it appropriately.

It is a good idea for people with cardiac conditions to have a copy of an electrocardiogram (EKG) handy. Should Hatzalah need to do an EKG, the old one will serve as a baseline to determine whether the present condition is normal for that person or not.

People who rely on life-support systems should bear in mind that power outages are more likely to occur upstate. It is not realistic to rely on Hatzalah to help you should a blackout occur. If you must have a constant power supply, it is imperative that you prepare in advance. Have a battery backup, or better yet, have your own generator.





## Catskill Regional M E D I C A L   G R O U P

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At **Catskill Regional Medical Group** (CRMG), we offer Primary Care services at three locations throughout Sullivan County. Experienced and professional staff treat patients of all ages to ensure you will fully enjoy your vacation or summer stay. Our staff is committed to being culturally and spiritually sensitive and we partner with our patients and community to provide excellent care in a compassionate manner.

Our offices are affiliated with Catskill Regional Medical Center, Grover M. Hermann Hospital and Orange Regional Medical Center. This allows our primary care physicians and nurse practitioners to provide outpatient care in their offices while also accessing and utilizing services and specialists at our partnering hospitals.

Our primary care staff of skilled physicians and experienced nurse practitioners treat patients

from newborns to senior citizens. We offer adult and pediatric medical care including but not limited to prenatal and postnatal services, immunizations, diagnostic testing and cancer screenings including skin screenings. Our physicians and nurse practitioners also perform appropriate office procedures such as suturing wounds, splinting sprains, splinter removal, treatment of ingrown toenails and much more.

We know that during illnesses or medical needs, time is of the essence. Same-day appointments are available and walk-ins are welcome allowing us to address your healthcare needs quickly and get you back to enjoying your summer.

Additionally, CRMG can offer you services in addition to primary care such as endocrinology, surgery and urology. For more information about Primary Care and our specialists, please visit [www.CatskillRegionalMedicalGroup.org](http://www.CatskillRegionalMedicalGroup.org).

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### **LIVINGSTON MANOR FAMILY HEALTH CENTER**

36 Pearl Street  
Livingston Manor, NY 12758  
**845-439-3579**

### **CATSKILL REGIONAL MEDICAL GROUP**

Primary Care, 1st Floor Ambulatory Service Building  
Catskill Regional Medical Center  
68 Harris Bushville Road, Harris, NY 12742  
**845-791-7828**

### **CALICOON FAMILY HEALTH CENTER**

8881 State Route 97  
Callicoon, NY 12723  
**845-887-5693**

# Important Message from Shomrim



## Before leaving on vacation:

- Carefully check gates and window locks.
- Verify that the alarm and its designated central station system are fully functional.
- Designate a neighbor or friend to take in your mail and/or newspapers that may be left at your doorstep.
- Install time clocks in rooms that face the front or back of your residence, and set them to turn on lights at random times.
- Leave a spare key with a trusted neighbor or family member.
- Store all jewelry and silver in a safe place.

## Baby Sitter:

- When leaving your children with a baby sitter:
- Make sure you know how to contact the baby sitter by cell phone.
  - Make sure to instruct the baby sitter regarding what to do in case of an emergency.
  - When you are away from home, always provide emergency services numbers, as well as your own contact numbers.
  - Post the address of your home (colony/bungalow #) and other important information next to the telephone.

## In the Country:

- Keep the door and windows locked when you leave the bungalow.
- If you hire cleaning help, NEVER leave that person alone.

## Your Car:

- Remove your portable navigation system. Either store it in the trunk of your car or take it with you. Remove the navigation holster from the dashboard or window, since thieves can smash a window on the assumption that

the system is under the seat or in a compartment.

- Never leave something that looks valuable on the seat.
- Always keep your car locked and alarmed.

## Children's Safety:

- Always have someone watching the children while they are playing, even in a gated colony. Children can easily wander off, giving rise to a missing child situation.
- Instruct your children NEVER to accept a ride from anyone without your permission.
- They should NEVER walk over to a car to speak to someone whom they don't know.
- They should NEVER accept any food or presents from people who look friendly.
- Review your address and telephone number with young children. In the event they get lost, they will be able to give that information to Shomrim or to the police.
- Label the inside of your children's clothing with tags that list his or her name, address, and telephone number. If you prefer, you can place a sticker on the inner side of a belt, on a shirt next to the company's label, or on a sticker inside the shoe.

## Shabbos Afternoon and Motzei Shabbos Events:

- Make sure you know exactly where your children will be, with whom they are going, with whom they are coming home, and at what time.
- Never allow children to use public transportation without your permission.
- Never allow children to ride in a car service unaccompanied by a responsible person..

The Shomrim Organizations wish you and your family a healthy and safe summer.

An **URGENT** message from  
**Misaskim Cares**



**How Safe  
are your  
Children  
in Camp this  
Summer?**

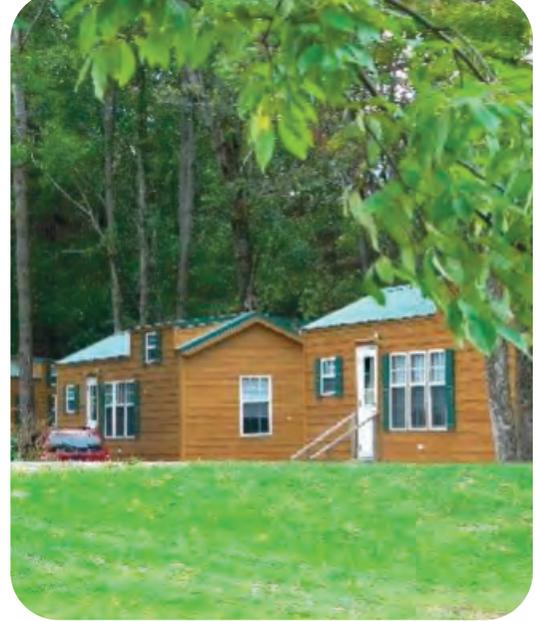
## How Safe Are They?

*Most of us will be sending off our children to sleep-away camp or to day camp this summer. While the benefits are numerous, we must question whether parents and camp management are fulfilling their responsibilities in ensuring our children's safety.*

### Does camp management have:

- Response procedures in the event of fire, flood, power outages, storms, crimes, aggressive wildlife, or missing or injured persons?
- Response procedures that include lockdowns in case of an active shooter or other trespasser?
- A rally point or meeting place in the case of evacuation?
- An emergency transportation plan, in case the camp's premises must be evacuated?
- A list of authorities that should automatically be notified if an emergency situation develops?
- A list of all campers and staff: Is this list, as well as other safety procedures, located in one or more places where it is readily accessible any time of the day or night, so that it can be used in an emergency?

***In one instance, authorities attempted to test these procedures. They managed to infiltrate a camp and were mingling with campers for more than 40 minutes before being spotted.***



## An Urgent Message to Camp Directors & Parents

*Camp directors expect staff members and campers attending a family simchah to be back on camp grounds the same evening, regardless of the time. This, in fact, can prove to be quite unsafe. People driving back to the mountains late at night have trouble staying alert. They are definitely endangering themselves and their young passengers.*

*Wouldn't it be in everybody's best interest to change the requirements. Campers and staff members who can not return by 11pm, should NOT be allowed back on camp grounds until the following morning, when a safe ride can be obtained? Changing this rule could possibly prevent tragedies, R"l, from occurring.*

We live in a different world today. Even when visiting the beautiful and peaceful Catskill Mountains, we must still be vigilant and exercise common-sense safety precautions. Many visitors stay in community-type settings or camps, where it is easy to get to know your neighbors and the vehicles they drive. If you see something that is out of place, alert your fellow residents. If you see a suspicious person or vehicle, call the police. The Homeland Security message always applies:

***“If you see something, say something.”***



*A message from*  
Sullivan County Sheriff  
**Mike Schiff**



**CALL  
OR TEXT  
AGAINST  
TERROR**

**I-888-TIPS-NJT**

**TEXT YOUR MESSAGE TO**

**NJTTPD (65873)**

*PURCHASED WITH FUNDS PROVIDED BY THE U.S. DEPARTMENT OF HOMELAND SECURITY. STANDARD TEXT MESSAGING RATES APPLY.*

**CHRIS CHRISTIE**  
GOVERNOR OF NJ



**KIM GUADAGNO**  
LT. GOVERNOR OF NJ



**NJTRANSIT**  
The Way To Go.

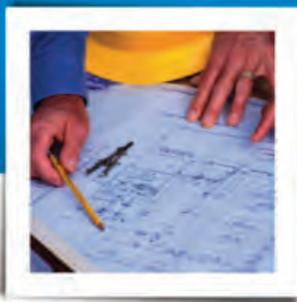


# M. FRIED

## STORE FIXTURES



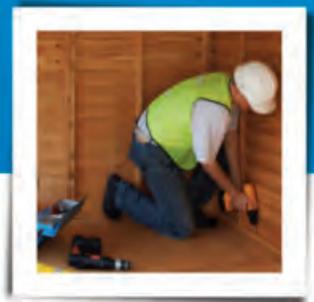
*Fully stocked  
showroom*



*Free fixture  
layout service*



*In-house wood &  
showcase mfg.*



*Insured  
installation crews*

Since 1991, retailers in our community have trusted **M. Fried** for all their quality store fixture needs. We'd like to express our thanks for your loyalty and look forward to serving you for many successful years to come.





# Privacy In The Streets

Over the last decade or so, advances in technology have made it possible to track individuals as they walk, shop, or drive around the city. Although these advancements have proven invaluable to law enforcement in preventing terror attacks, finding missing persons, and catching criminals, the debate rages between law enforcement officials and civil rights activists about the legality of tracking New Yorkers through their license plates, cell phones, and even computer IP addresses.

## License Plate Readers

Originally installed to alert law enforcement to terror suspects attempting to enter New York City, the NYPD has significantly expanded its use of license plate readers and now utilize it as a tool to apprehend violent criminals, drivers operating without a license, and fugitives. There are about 120 plate readers installed above bridges, tunnels, and traffic lights throughout the city, with plans to install about another 80. An additional 100 mobile readers are currently installed above police squad cars and can be deployed to any neighborhood in the city within minutes.



According to a NYPD spokesman, thus far the city has collected a database of about 16 million license plates and can legally store that information for a full five years! Practically speaking, this means that long after you've forgotten your travels and whereabouts on any given day, the possibility of law enforcement to backtrack and trace your location back then via your license plate number and possibly use that information as evidence in civil or even criminal cases is very real.

## E-ZPass® Tag Tracking

Drivers are aware that every vehicle outfitted with an E-ZPass® tag is tracked and recorded as it passes through an E-ZPass®-equipped tollbooth. Ostensibly, this deters potential toll dodgers through the knowledge that their vehicle has been tracked and recorded by the system, as the traffic ticket, complete with the time and location of the violation, duly arrives at their door soon after!



However, most people are not aware that their E-ZPass® tags are also being tracked as they simply drive through ordinary New York City streets. Hackers of the system have discovered that city officials have been surreptitiously tracking drivers through their tags for years.

Particularly troublesome to privacy advocates is the fact that this is happening without prior disclosure under the "Terms and Conditions" to E-ZPass® when drivers sign up for the program. Officials counter these allegations by insisting that the city tracks E-ZPass® tags solely to monitor traffic flow in the city in an effort to reduce traffic congestion. The company that manufactures the devices claims that "the Tag ID is scrambled to make it anonymous." They also maintain that "tag sightings (reads) age off the system after several minutes...and are not stored, because they are of no value. Hence the system cannot identify the tag user and does not keep any record of the tag sightings." Probably true; however, opponents are bothered by the reality that the ability exists for authorities to track drivers through E-ZPass without any regulation or oversight system to ensure that routine tracking will not occur sometime in the future.

## Cell Phone Tracking

While cell phones are certainly convenient little devices, the price for that convenience is the relinquishment of privacy. Every cell phone user's location can be tracked via the signals his phone emits to nearby cell towers – even when the phone is not being used. On the positive side, numerous missing persons have been tracked and brought to safety due to this technology.

More disconcerting, however, is the ability of police departments across the country to utilize new technological inventions such as “cell tower dumps” and secret mobile

devices to obtain private information from millions of unsuspecting cell phone users. Public records obtained by various national media outlets acknowledge that about one in four law-enforcement agencies have used a tactic known as a ‘tower dump,’ which gives police data about the identity, activity and location of any phone that connects to the targeted cell phone towers over a set span of time, usually an hour or two. A typical dump covers multiple towers and wireless providers, and can net information from thousands of phones.



## IP Addresses

Okay, so privacy seekers will just have to hibernate at home to prevent Big Brother from looking over his shoulder, right? Wrong. Authorities can still track his correspondence, contacts, and location via his computer's IP address. An IP address is a unique number assigned to each computer, including laptops, which are typically moved to different locations. Although a search warrant is required to obtain an individual's recent emails, law enforcement officials can track the IP addresses of all computers logging in to any individual email accounts. Even more

disturbing is the fact that authorities can uncover information about an individual's internet activity, as well as current and past location data, via a simple subpoena to the person's internet provider.

## Cameras, Cameras, All Over the City

Now, for any technologically deprived people out there, don't think that not owning a car, cell phone, or computer will keep you from being photographed and tracked as you make your way around New York City. A plethora of security and surveillance cameras can easily track almost anybody venturing onto a New York street. The NYPD has a vast network of over 6,000 surveillance cameras monitoring the city's streets at all times. In addition, there are thousands of security cameras installed outside of private homes and businesses, many of them turned to record activity on the street.

And that's not all! If, by some odd chance, there should be no camera in sight, the probability that you will be recorded on a passing vehicle's dashboard camera is greater than ever.

Previously utilized solely by emergency vehicles, dash cams are now popping up on dashboards and windshields of ordinary motorists throughout the city. These cameras film incidents of road rage and other unsafe behaviors, provide visual proof in court to defend against mistaken moving violation charges, and can protect against scammers who often stage auto “accidents.”



So smile at the camera(s) as you go about your daily routine in the streets of New York! And face the fact that as technology continues its zoom toward the future, you can be certain that privacy will soon become an unattainable commodity in New York City and beyond.



# You've Been Scammed!!

The bad guys sure have it easy these days. No need to rob banks, run around with guns, or break into homes and businesses. These unscrupulous fraudsters can sit comfortably in their homes and internet cafes and with just a few clicks of the mouse, can separate people from their hard-earned life savings.

Welcome to the menace of 21st-century technology. While technology has made our world smaller, faster, and more connected, it is now easier than ever for scammers thousands of miles away to empty bank accounts and retirement funds, and cause financial havoc with barely any risk of legal retribution.

Modern day scammers are talented and creative. Utilizing all modes of technology, they have no qualms about using regular mail, email, and telephone technology to further their goal of lining their pockets with the money of hardworking Americans. Educating oneself in as many of their methods as possible -- and following experts' advice to

protect valuable assets -- is the only weapon in fighting cyber-crime and scammers.

***To learn more about these sinister scams, Misaskim spoke with FBI Assistant Special Agent in Charge, Doug Leff. He is with the Federal Bureau of Investigation New York Field Office and is in charge of the complex financial crime division. He has dedicated his career to investigating and shutting down financial scams, and, whenever possible,***

***bringing perpetrators to justice.***

Leff encourages the community to spread awareness of these crimes. "Any time you get the word out, it's to everyone's benefit," he asserts. "If even one person can be prevented from losing his life savings, of having his or her heart broken, it's a great mission to accomplish." To that end, he addressed a wide range of scams and provided useful information on how to avoid falling prey to these modern-day con artists.





**With the  
click of  
a button  
you can  
lose  
it all!**

## Know Your Enemy

Kid yourself not, these criminals are indeed enemies that will play upon your sympathies and fears, in addition to the basic greed in human nature, to wreak financial ruin upon yourself and your loved ones. Agent Leff explains that many of these scams originate from third-world countries, Nigeria in particular. "In Nigeria, the average income is less than an dollar a day, so these fraudsters go the internet cafes and spend all day long, from sunup to sundown, sending all these fraudulent emails, because if they can get even a couple of

victims a month they'll be the most wealthy people in their country."

Although most fraud originated and is still perpetrated from Nigeria, in recent years there has been an uptick of crimes from Eastern Europe, the provinces of the Former Soviet Union, and more recently, from the Philippines, Thailand, Singapore, and some South American countries. "Literally, the world over," says Leff.

## Email Fraud

"Email fraud is still predominant," he says. Most email fraud can be categorized as "advance fee schemes," where victims are lured by the promise of large sums of money, in exchange for a small percentage or fee "which is minimal in comparison to the promised money," explains Agent Leff.

A typical scheme involves an email from a supposed overthrown foreign official or members of a royal family from a third world country. The email requests assistance in transferring money from the ---foreign country to the U.S., for which assistance the official will pay a large sum. To start the "process," the victim must first pay a small fee. Following the initial "payment," the victim is further tricked into sending additional monies with

explanations of "unexpected fees" and "new taxes."

"Thousands of people from our area alone have lost their lifes savings to these sort of schemes," warns Leff.

More sophisticated scammers will send emails explaining that an individual with the identical last name died in a third-world country without surviving relatives. The email offers to help claim the money, just taking a small payment for "lawyer fees" to prepare documents, etc. The perpetrator will continue to squeeze out additional "fees and taxes" until the victim either catches on or is financially ruined.

In another scenario, a citizen of a third-world country claims that his local banks are corrupt and routinely skim off a large percentage of funds deposited in its accounts. The scammer requests the victim to deposit his check in the victim's safe U.S. account temporarily. To make it worthwhile, the scammer will allow the victim to keep 10 percent of the money, while wiring him back 90 percent. The scammer proceeds to mail the victim an official looking check, counterfeit of course. After the victim deposits the check in his account, the victim wires the 90 percent to the scammer. After 3 to 5 business days, the bank realizes that the check had been a forgery or a counterfeit and holds the victim liable for the full amount of the money wire. "This scheme has been going around in droves for the last 18 months or so," warns Leff.

Criminals are also utilizing a method of fraud that involves sending emails that claim to be

from a victim's bank or another reputable institution. The emails instruct people to click on a link to enter personal information or to change their password. Once that is done, the scammers steal the victim's identity, thereby causing financial havoc from which it is extremely difficult to extricate oneself.

## Telephone Scams

Phone scams are prevalent. Many of them ensnare victims by look of the phone number. It appears to be local, complete with a local area code. Leff explains that "because of an internet phone number, someone can be sitting halfway around the world and using a local area code. Don't let your guard down because of an area code."

Some telephone schemes involve callers who claim to be from your credit card company, warning that there is a problem with your credit card account. Victims are requested to enter the credit card and pin numbers, and are then

informed that the problem has been cleared up. In reality, though, the fraudsters are engaging in what is referred to as a "bus stop" scheme, wherein the fraudster, using your credit card information, quickly engages in a shopping spree, and equally as quickly, sells the products he purchased with your card at a hefty profit.

Another scheme involves receiving a call from "Microsoft" claiming it needs to remotely access your computer because your computer has been hacked. The victim is guided through the process of helping the perpetrator access his computer remotely. Once that is done, he is informed that the hacked account has been resolved. In reality, however, he has just helped a criminal access all his personal information, all online banking information, and other financial information -- which will enrich the criminal and possibly impoverish the victim.

## Text Fraud

Fraud via texting works much the same as telephone fraud. A victim receives a text advising him that his computer has been hacked. The text instructs him to go to a fraudulent website for assistance. Once he goes to the website, however, he is guided to reveal his information, which is then used for identity theft.

Another form of text fraud occurs when a text is received instructing a potential victim to text back a five-digit number to address a security breach that has occurred with his cellphone account. Unbeknownst to him, however, that five-digit code allows the fraudster to deduct funds from the victim's account for a "charity donation".

Similarly, Agent Leff warns, fraudsters appeal to Americans' charitable natures by sending out random texts asking people to donate ten dollars to causes like e Hurricane Sandy Relief Fund by texting back certain digits. Here, again, this code allows the scammer to deduct funds by adding it to the victim's phone bill. "You know, it's just ten dollars, but if they do that to a thousand people, they've just made \$10,000," he says.

## Mail Fraud

"Mail's a little tougher for a fraudster to do," Leff explains. He explains that it usually involves forged or counterfeit checks mailed to an individual, as mentioned earlier in the article.

A fairly new and creative form of mail fraud involves lawyers receiving a letter, usually from Canada, from a new "client" who is retaining the lawyer's services to sue an individual locally. Then, the lawyer receives a phone call from the "defendants" with an offer to settle the lawsuit. The defendants mail the lawyer a check, from which the lawyer deducts his usual fee, and wires his "client" the funds from the settlement. Of course, the check is fraudulent, and the lawyer has found himself to be the victim of mail fraud.



Bottom line: Never respond to a check received in the mail without careful verification from reputable sources.

## Social Media

Fraudsters have no qualms or conscience. They routinely access unrestricted Facebook accounts to gather information about potential victims, which they proceed to use to lure money. One way is by befriending a victim through social media, building up a relationship, and then requesting money from their new “friend” by playing upon his or her sympathies.

Elderly people are especially susceptible to social media fraud. As an example: scammers access information about travel plans and the like for victims’ families, and then contact victims and inform them that their relative has been arrested in that location, and will only be released with the immediate wiring of a large sum of money for bail.

Experts warn people to be vigilant about what they post on social media, and to be wary of friendships that exist only in cyberspace.

## Empowering through Technology

“The technology, unfortunately, in the 21st century has made it very easy for people who weren’t all that sophisticated to perpetrate pretty complex frauds by using the internet,” Leff explains. “However, we need to use the internet to our advantage to check people out by using the many resources it provides”.

He insists that it is imperative to investigate every individual or company that contacts you by any method for funds or personal information. He recommends using websites like [ftc.gov](http://ftc.gov) and [fbi.gov](http://fbi.gov), as well as simply using search engines like Google for assistance. “Type in the name of the company that has initiated contact with you, and you might just wind up getting hits from various scam websites, warning people to stay away from this company because its fraud.”

Leff also recommends verifying a company address through a website such as [411.com](http://411.com). By doing a reverse search, potential victims can check if it’s a legitimate brick-and-mortar address or just a mailbox or a virtual address.

Additional tips to protect yourself from scammers:

1. Remember: Never send money or reveal personal information solely on the basis of an email.
2. Don’t respond to text-message requests for charity unless you know independently that it’s a legitimate charitable institution.

3. For protection against telephone scams, never give information to the person on the line who claims to be from your bank or similar institution. Rather, inform the caller that you will speak to him via calling the institution’s main number and reaching him through his extension. “Just by saying that, 99 percent of the time, the fraudster will just hang up,” says Agent Leff.

4. Always remember the rule of thumb: If it sounds too good to be true, it probably is.

## Report the Crime

Law enforcement officials strongly advise victims of scams to report the incident to the proper authorities. The FBI collaborates with officials from many different law enforcement departments across the country and around the world to investigate these crimes and to bring perpetrators to justice. To report a crime, go to [www.IC3.gov](http://www.IC3.gov), and click on “File a Complaint.”



# YES! I've Been Scammed!!

When Yonesen Schwartz, owner of Toys 2 Discover in Boro Park, recently processed an order of toys from a factory in China, everything seemed as usual except for one thing: the sender stated that his banking information had changed.

Schwartz had been dealing with this company for a long time, and didn't think anything of it.

## He wound up losing \$216,000.

He's found out since that many thousands who deal with China and other countries have been scammed in this way, including many people in our community, but they tend to keep quiet about it.

"One businessman told me he lost \$800,000 — \$800,000! — in a transaction to India," Schwartz said. "He didn't report it to anyone. When this happens, they feel ashamed, they feel like they've been fooled. But we are victims — we have nothing to be ashamed of. This has to be known about, and prevented."

The hackers were very shrewd. First, they were able to divert the legitimate email into Schwartz's spam folder. They then sent copies of the invoices from their email, which they created to be identical to the legitimate sender with the exception of a hard-to-notice change in one letter, such as switching an "m" to an "n."

Although the company never got the payment, Schwartz received the shipment because the "forwarder" — the agent in China — agreed to release the shipment if Schwartz sent him a copy of the wired payment.

After receiving the shipment, Schwartz was about to send another payment for another shipment but didn't — because of a defective screw.

"I opened one of the packages to assemble the toy for display," he recounted. "When I tried to put it together, I noticed that one of the screws was too short. I opened a few more packages, and found the same problem."

His store manager used his own email — which hadn't

been hacked — to ask the company to send 500 correct screws. "They said, 'What do you mean? Why do you have the shipment? You never paid us!'" Schwartz recalled.

Schwartz has since paid for the shipments, which he said carry a retail value of about a half million dollars. "I'll never see the money I lost. I just hope that other businessmen will avoid this trap."

He said he contacted various enforcement agencies, but "they were of no help. They basically hung up on me."

A spokeswoman for one of the agencies, speaking off the record, suggested that Schwartz contact Brooklyn District Attorney General Charles Hynes's office.

The DA's office told Hamodia that Schwartz — and anyone else similarly victimized — should contact the DA Action Center at 718-250-2340. A flesh-and-blood "screener" is available from 9 a.m. to 5 p.m., Monday through Friday.

Schwartz said it was fortunate that his manager had a separate email account to communicate with the company, and that the Chinese forwarder had accepted the wire document; otherwise



*Yonesen Schwartz, owner of Toys 2 Discover in Boro Park, in front of his store.*

# YES! I've Been Scammed!!

*continued*

he would have sent even more money to the scammers. Schwartz was "100 percent certain" that Hashem had a hand in preventing this further loss.

A Brooklyn businessman also dealing with China recounted a similar experience. "I was emailing a company I had dealt with a few times before," said the man, who operates a lighting business based in Manhattan and Boro Park. "I knew they had two emails, which looked

fine on the invoice."

It turned out that his \$20,000 made a circuitous trip from China to South Africa, and finally to an unidentified location in Kenya. "I'll never see that money again," he said.

Asked whether he contacted any law-enforcement agencies, he said, "No one in the U.S. or China can help you."

"It was the first — and now last — time this will ever happen to me," he said.

"From now on," he said, he will carefully check all clients' contact information before wiring money bank-to-bank, since "that way someone has to walk into a bank and show their I.D. before collecting any sent money," he cautioned.

*Article Reprinted from the Hamodia*



## WARNING FROM NYPD



### ATM Skimming

We would like to inform the Community of ATM Skimming, which is a Scam that has hit the 5 boroughs. ATM "Skimming" occurs when a criminal attaches a phony card reading device over the real card reader located either at the lobby entrance door or on the ATM machine, the phony device looks identical to the real device and is equipped with electronic recorders that will capture the financial information from our card. This data is later used to create "Cloned" cards which will later be used to withdraw money. Skimming devices were found at two banks located on 8th Avenue and another one was located at a gas station pump on Coney Island Avenue within the confines of the 66th Precinct. Make sure to cover the keypads when entering you PIN number and always be vigilant. Please see picture at right.



### Green Dot Card Scam.

#### The Scam.

People are losing thousands of dollars in a phone scam involving Green Dot MoneyPak cards. After receiving a call from someone who claims to be collecting a debt from either a Utility Company, the IRS or as settlement for an auto accident; people are being threatened with the loss of their heat, electric, possible deportation or criminal prosecution. Three typical scenarios:

- IRS Scam** -- A caller informs the victim that they owe back taxes to the IRS and must make immediate payment with a Green Dot Money-Pak.
- Accident Scam** -- The victim's family member had a car accident and the caller threatens physical violence unless immediate reimbursement is made with a Green Dot Money-Pak.
- Utility Scam** -- Utility companies demand immediate payment by Green Dot Money-Pak or your electricity or gas will be turned off.

#### What Can I Do?



**Caution**  
Be suspicious of callers who demand immediate payment for any reason.



**Information**  
Never give out personal or financial information to anyone who emails or calls you unsolicited.



**Know Them**  
Never wire money, provide debit or credit card numbers or Green Dot Money-Pak card numbers to someone you do not know.



**Know This**  
Utility companies and government agencies will not contact you demanding immediate payment by Money-Pak.



#### Report It.

If you can not verify the I.D., feel unsafe, or suspect criminal activity, call 911 immediately.



#### Remember

Remember that anyone who has the number on a Green Dot Money-Pak card has access to the funds on the card.



[www.nyc.gov/nypd](http://www.nyc.gov/nypd)

# Texting and Driving: *a deadly combination*



The facts are well known. Studies have shown that drivers who text are 23 times more likely to be involved in a crash. Answering a text takes a driver's attention away from the road for a full five seconds — as long as it takes to travel the length of a football field. And the statistics for young drivers are worse.

The numbers prove that texting behind the wheel is a recipe for disaster. Distracted driving was blamed for 3,328 fatalities and over 421,000 injuries in 2012. Yet, despite the staggering numbers and the increasingly harsh penalties for being caught texting and driving, the situation has reached epidemic proportions. Despite the fact that 94 percent of drivers support laws against texting while driving, a full 10 percent admit to texting or sending emails at least occasionally while driving. And 14 percent of drivers confirm that they routinely take their attention off the road to read incoming texts and emails.

## Numbers are Nameless

It's the names and faces of the real people behind the numbers that illustrate the tragedies that distracted driving causes. On April 24, a North Carolina woman died instantly after veering into oncoming traffic and slamming into a truck. A quick check of her cell phone revealed that the woman had just posted a Facebook message informing her friends that music made her happy. The 911 call about the crash came in less than a minute after the message was posted. "In a matter of seconds, a life was over just so she could notify some friends that she was happy," said the police officer at the scene. "As sad as it is, it is a grim reminder for everyone ... you just have to pay attention while you are in the car." Investigators further revealed that online activity showed that the woman had also been posting "selfies" as she drove.

## Judgment Day

Even those drivers who manage to escape serious injury to themselves from crashes caused by their texting find themselves facing a whole slew of legal trouble if their irresponsible driving has been the cause of death or injury of others on the road. In New York, a driver who causes death due to texting will find himself charged with criminally negligent homicide or vehicular manslaughter. These are serious offenses, with serious jail time.



A trial currently taking place in California has drawn the attention of the media nationwide. On the night of April 14, 2012, a 20-year-old woman on a motorcycle was struck down by a woman who was speeding, as well as texting while behind the wheel. The woman was charged with vehicular manslaughter with gross negligence, with a potential of six years behind bars. “She slammed her Toyota Tacoma truck in the back of [the] motorcycle so hard that motorcycle was eaten up by the front of her truck,” said the district attorney at the trial.

## Living With Guilt

A momentary lapse of judgment and self-control often translates into havoc and destruction wreaked in the lives of innocent victims. And the alleged perpetrator? All it takes is one impulsive text message, one email that simply couldn't wait... and the result may be loss of freedom, the wreckage of finances due to legal fees and lawsuits, and — perhaps most devastating of all — a lifetime of regrets, and a conscience forever tormented by guilt.

Six years ago, Reggie Shaw was driving to work when he texted one word too many- one word that destroyed two lives in one violent moment. “I went across the center line, hit another car. Both were killed on impact,” says Shaw. Although six years have passed, and Shaw's prison time has been completed, he travels around the country lecturing about the dangers of distracted driving.

He tells young drivers of the hidden victims — the drivers who go about their lives wracked with guilt and regret. “I took two men's lives. How do you get that back? You don't,” he says bluntly. “I wish it would have been me,” he says.

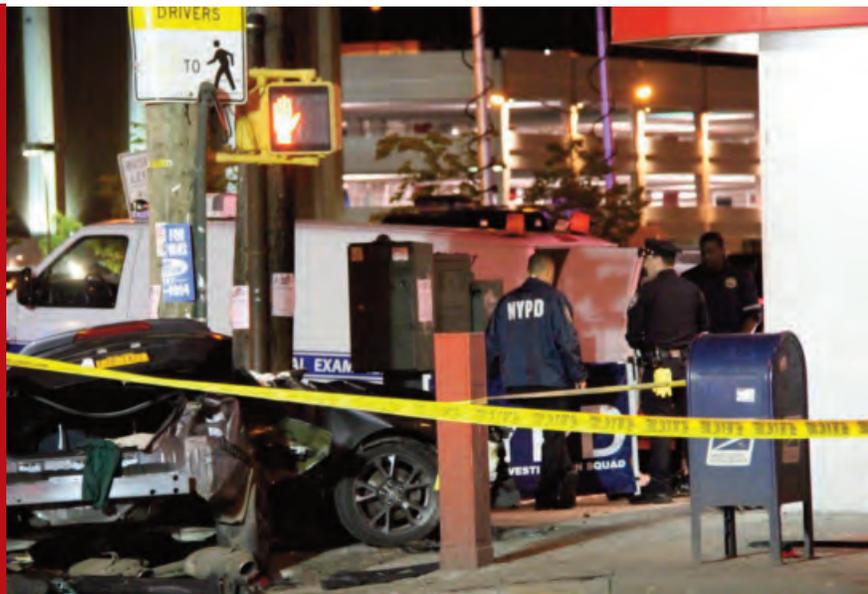
## Put it Away!

Don't risk it. No text message is really worth the damage it may cause. Life is precious. Protect your own life and others' lives. When you get behind the wheel — please — just put it away.

## *at the Scene*

In the aftermath of any serious motor vehicle accident, emergency officials will care for the wounded, search for evidence at the scene for the cause of the crash...and seize the driver's cell phone to check for recent activity that might have contributed to the accident.

If officials are unable to recover the phone, or if the phone has sustained too much damage to retrieve the necessary information, standard procedure now includes routine subpoena of cell phone records, which is permissible evidence in any U.S. court of law.



**Servicing New York City**

**Servicing Ulster & Sullivan Counties**



# ARRESTED?

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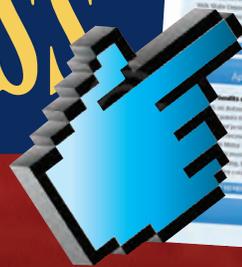


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# Speed Cameras

In April, the New York State Assembly approved New York City's request for permission to install 120 new traffic speed cameras in school zones throughout the city. This would bring the total number of speed cameras in the city to about 140. The cameras photograph drivers going 10 mph above the speed limit, which is 30 mph throughout most of the city. Speeding drivers photographed by the cameras would be mailed \$50 dollar tickets -- potentially raising millions of dollars of much needed revenue for the city. Violations are assigned to the registered owner of the vehicle and do not result in points against the driver's license.

Opponents claim that the bill is simply another way of squeezing cash-strapped New Yorkers. To prove this, they

claim that more than 11,715 tickets have already been issued thanks to the city's vast network of red-light cameras. Up to \$585,750 in fines has been netted from tickets issued to motorists from only five of these red-light cameras between January and March this year.

Many New Yorkers are also outspokenly opposed to the cameras because they feel that being involuntarily photographed is an outright infringement of their right to privacy. An ever-increasing web of red-light, speed, surveillance, and security cameras has relegated privacy to the category of "forgotten relic"; something that belonged to previous generations.

Proponents of the cameras assert that the bill to install

new speed cameras would go far in reducing drivers' speed in school zones, thus minimizing the incidence of traffic accidents involving children. They assert that evidence from other cities proves the cameras' effectiveness in reducing death and injuries caused by speeding. Mayor de Blasio along with the NYPD strongly support this program.

The new cameras were installed at different locations in the Bronx, Brooklyn, Queens and Staten Island. They were placed on the city's most dangerous streets, where numerous pedestrian accidents have occurred. As mandated by state law, the cameras operate from 7 a.m. to 4:10 p.m., and they must be on a street that is within a quarter mile of a school entrance or exit.

***While camera location was not revealed by the DOT, information on where they were spotted is available online. Some of the locations are:***

- Blake Avenue & Howard Ave, in Brooklyn.
- Avenue I & Ocean Parkway, in Brooklyn.
- Pennsylvania & Seaview. Towards Belt Parkway in Brooklyn.
- Eastern Parkway & Bedford Ave. in Brooklyn.
- Kings Hwy. Between East 92nd and East 96th St. in Brooklyn.
- Southbound on Ralph Avenue between Snyder Avenue and Clarendon Road in Brooklyn.
- Eastbound Hylan Boulevard at Tysens Lane on Staten Island

***The DOT is also planning to install speed cameras at the following schools:***

- Oholei Torah Elementary School, 667 Eastern Parkway, Brooklyn
- Yeshiva Torah Temimah, 555 Ocean Parkway, Brooklyn
- Bobov Yeshiva Bnei Zion, 4006 15th Avenue, Brooklyn
- Yeshiva Shaare Torah, 1680 Coney Island Avenue, Brooklyn
- Yeshiva Ateret Torah, 901 Quentin Road, Brooklyn
- Mesivta Tifereth Jerusalem, 145 East Broadway, Manhattan

***In addition to the speed cameras, Mayor de Blasio and the NYPD stated that they would crack down on reckless driving by lowering the citywide speed limit to 25 mph and increasing enforcement.***

# Buckle Up... *to Save your Life*

One of the greatest safety features in a vehicle is also the most simple to employ. Seat belts are credited with saving the lives of over 12,000 Americans in 2012, and have saved an astonishing 69,000 lives between the years of 2006-2010 alone. Mandatory seat belt use is now the law in every state, with the exception of New Hampshire.

Seat belts have a long history, actually almost as long as motor vehicles themselves. The very first seat belt patent was issued in 1885 to a New Yorker, Edward Claghorn, and was described in the patent as “designed to be applied to the person, and provided with hooks and other attachments for securing the person to a fixed object.”



The first modern, three-point seat belt was invented by Volvo engineer Nils Bohlin in 1958, and was introduced into new Volvo vehicles a year later.

However, it was not until the 1980s that states began to pass laws requiring seat belt use. Fatalities from traffic accidents began to fall dramatically through the 1980s and 1990s — a direct result of mandatory occupant restraint laws.

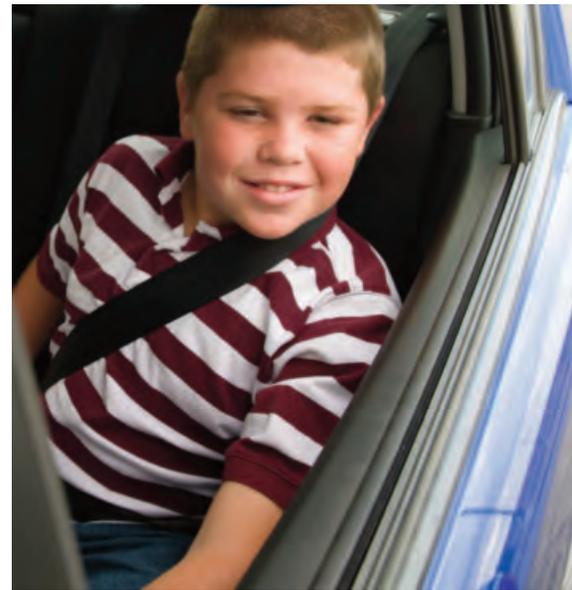
In addition to passing laws regarding occupant

restraints, over the years numerous awareness campaigns were instituted by government officials, child-safety advocate groups, and private citizens to promote the use of seat belts and child safety seats. Catchy slogans helped to spread the message that seat belts save lives. “Click it or ticket,” “Click Clack, front and back,” and “seat belts save lives—use it every time” all helped to push occupant restraint use upward and steadily increase traffic safety.

## Lives at Risk

Every 14 seconds someone in America is injured in a traffic crash, and every 12 minutes someone is, chas v'chalilah, killed. However, notwithstanding these numbers, studies show that a significant portion of Americans, especially teens, continue to put themselves at risk every day by not buckling up. In fact, only 54% of teenagers questioned reported being careful always to use seat belts.

Many Americans claim that they are full-time seat belt users, but according to the NHTSA, studies have shown that even among this segment, "almost 10 percent acknowledge that they did not use their seat belts on at least one occasion during the past week and that self-reported seat belt use is 12 to 25 percentage points higher than observed use."



## Calling All Parents

One of the easiest ways to teach teens to practice lifelong safety habits in vehicles is for parents to be role models of proper safety procedures while driving. Being sure to always buckle up — without exception — and not driving unless every occupant in the vehicle is properly restrained, will go a long way in improving long-term safety habits.

Parents also need to be aware that they are legally responsible for making sure that their children are properly restrained in a vehicle. In the event of an accident, a parent may be left with more than just a lifetime of heartbreak, guilt, and regret. In most states, a parent of a child that was seriously injured or died as a result of not being restrained according to law, will be arrested and charged with manslaughter or other felony charges.

Last September, West Virginia parents Shawn and Jessica Souther were traveling with their baby boy when Jessica lost control of the vehicle. The baby was ejected from the car, and later died. In October, both parents were arrested and charged with child neglect resulting in death. "The seat belt itself wasn't installed inside the vehicle; the child was just inside the seat itself," said the police officer at the scene. "All it did was keep the child in

the seat as the seat left the vehicle. So it's not going to save the child if it's involved in a collision."

***Currently, due to a spate of child deaths across the country, there are now parents in California, Pennsylvania, and Florida, among others, who are awaiting trial on charges of manslaughter or vehicular homicide after losing their children in traffic accidents.***



## Know the Law

Protect yourself and your children by knowing and obeying the law. New York State law requires the driver and all front-seat passengers to wear seat belts. In addition, proper restraints are mandatory for all backseat passengers under the age of 16. Follow all the height and weight guidelines for proper child seats and booster seats. Complete guidelines can be found at [dmv.ny.gov](http://dmv.ny.gov).

# What a sad way to end off your simcha!

לצערנו, איז עס היינט אן אפטע ערשיינונג, אז ביי רוב שמחות וסעודות מצוה, ווערט א געוואלד מיט עסענווארג, אוועק געווארפן. צענליגער אדער הונדריטער ריינע גאנצע חלות, ווי אויך ריינע פארציעס פון בשר בהמה אדער עוף, פיש, א.ד.ג. גיין לאיבוד. (און פיל מאל, זענן די אלע ערדייכט געווארן, מיט גרויס מי און אנשטרענגונג). די איסורים פון "בל תשחית" און "בזיון אוכלים", זענען שוין כמעט פארגעסן געווארן, צווישן אונז היימישע אידען.

און דאס אלעס קומט פאר, בשעת עס זענען דא פיל משפחות עניים, און מוסדות התורה, וואס וואלטן געקענט נהנה זיין פון די עסענווארג, להחיות בהם נפשם, ונפש עוליהם.

וועלכע ערליכער איד, וויל דען נישט, אז פון די שיריים פון זיין שמחה, זאלן הנאה האבן, עניים הגונים אדער מוסדות החינוך. דער זכות איז דאך געוואלדיג גרויס, חוץ פון דער עצם זכות, זיך צו ראטעווען, פון די איסור "בל תשחית" און "בזיון אוכלים".

Unfortunately, it is common practice today, at most catered simchos and seudos mitzvah, that massive amounts of food (often purchased with much financial strain) are discarded. Often, tens, even hundreds, of perfectly good challos and rolls, untouched portions of chicken, fish and meat are thrown in the garbage. The sins of bal tashchis (wasting that which is useful) and bizayon ochlin (treating with disrespect the food Hashem has given) are all but forgotten. At the same time, there are many poor families (among them widows and orphans) yeshivos and schools who could benefit immensely from this food. Which Jew would not want that the leftover food of his simcha benefit the poor or a mosad hachinuch? What a great zechus this would be, aside from ensuring that the sin of bal tashchis will not be transgressed. Arrange with your caterer in advance that all leftover food should be packaged in aluminum pans and refrigerated so that it can be used later. Call an organization in your neighborhood, avoid bal tashchis and spread the joy to others.



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Boro Park/Flatbush	347-782-3940	Will usually pick up
Boro Park, Kensington	718-436-2305	Will usually not pick up
Boro Park, Kensington	718-436-3024	Will usually not pick up
Williamsburg מספקי מזון	718-907-1950	Will usually pick up
Boro Park, Williamsburg, Flatbush, Crown Heights, Lakewood, Monsey	917-776-5642	Will usually pick up Cakes & Flowers
Crown Heights	718-756-8492	Will usually not pick up
Monsey	917-692-3137	Will usually pick up
Far Rockaway/Five Towns	646-492-4136	Will usually pick up



# Natural Water Spots

## *Natural Dangers*

*Recreational water activities can be a healthy and wholesome way of spending the summer months...only with the knowledge that each trip to a water spot carries untold danger and serious risk of injury and even death.*



## Natural Water Spots

For many people, water recreational activities are the only answer to their desperate quest for relief from blazing sun and sweltering temperatures. Swimming, surfing, and wading in natural water environments such as rivers, lakes, streams and waterfalls provide cool respite combined with a healthy dose of all-natural fun. The roar of the waterfall, the gently rolling waves of the sea, the utter relaxation of floating on a placid lake...what can be better?

Indeed, recreational water activities can be a healthy and wholesome way of spending the summer months...only with the knowledge that each trip to a natural water spot carries untold danger and serious risk of injury and even death. Proper awareness and knowledge of the hazards posed by even the calmest bodies of water can make the

difference between a healthy, fun-filled day and one ending suddenly and tragically.

As a warning to experienced swimmers, public health officials stress that swimming in a natural body of water requires more skill and energy than swimming in a pool. Factors such as water and air temperature, water currents and waves are often underestimated and can vary quickly due to changing weather conditions. In addition, heat-related injuries are often overlooked due to distraction. Basic precautions such as staying hydrated, covering exposed skin under a blistering sun and applying and reapplying sunscreen (minimum 30 SPF), especially after swimming or sweating, can help prevent heat-related illnesses and avoid painful and dangerous sunburn.

## Safe Swimming in Lakes, Rivers, and Streams

A small dose of preparation is key to preventing most water-related deaths or injuries. Some common-sense rules include swimming only in designated swimming areas, with lifeguards present and on duty. Use the buddy system to make sure everyone is accounted for at all times. In addition, always use a U.S. Coast Guard-approved personal flotation device (life jacket) -- and double check to make sure that it fits properly and is in good condition.

### LIFE-SAVING RULES Check the Weather!

This all-important rule involves checking the weather and water conditions at your destination before heading out. If there are thunderstorms in the area or heavy currents in the water, change your plans! In addition, it is imperative to keep checking the weather and water conditions throughout the day, and to stay aware of sudden weather changes.

The crash of thunder is a signal to leave the area immediately. The threat of lightning is very real on natural bodies of water. Seek shelter in an enclosed area and remain inside for 30 minutes after the final thunderclap. If stuck outdoors, try to avoid open areas, tall, isolated trees, and metal objects. In addition, stay on the lookout for changes in wind conditions. Heavy winds can be dangerous -- leave the area until calm conditions return.



## Stay Aware!

Natural bodies of water can be full of obstacles -- both natural and manmade. Before entering the water, check the ground for shards of broken glass or other materials that can cause lacerations. Keep a sharp eye out for rocks or debris floating on the surface or underwater.

While swimming, keep checking your surroundings carefully. Underwater vegetation can entangle legs, so stay aware. Steer clear of buoys, dams, and boats on the water. Look carefully for sudden drop-offs-- water depth can change suddenly and become drastically deeper without warning.

## Rip currents, or Rip tides

Rip currents, also known as rip tides, are among the most common and most severe hazards for swimmers. Although they occur more often in the ocean, they also present a danger in rivers and lakes. Each year, tens of thousands of swimmers in the United States are rescued from rip currents, and about 100 people unfortunately drown.

Rip currents are narrow channels of fast-moving water that pull swimmers away from the shore. These dangerous currents form when wave action builds an underwater sandbar close to the shore. The waves push more and more water in between the sandbar and the shore, until a narrow section of this sandbar collapses, which provides the water an "escape route." That water rushes seaward through the gap, creating an extremely strong, but narrow "rip" current. (Source: [livescience.com](http://livescience.com).)

Rip currents can move at speeds of up to eight feet per second, easily overpowering even Olympic champion swimmers. "A rip current is one competitor all swimmers should avoid challenging," says four-time Olympic medalist Ian Crocker.

The strength of a rip current makes it nearly impossible to swim against. All swimmers should be trained in the proper procedure if caught in a rip current. Above all, remain calm. Staying calm conserves energy and helps you to think clearly. Then, swim out of the current. To do this, swim parallel to the shoreline, until you move out of the rip current. Only then should you

try to swim back to shore. If you are unable to reach shore, tread water while facing the shore, and call attention to yourself by yelling or waving your arms.

Another important point to remember is that people who are not trained in water rescue methods should not attempt to rescue people caught in a rip current. Many would-be rescuers have unfortunately drowned or nearly drowned while attempting to help a swimmer in distress. A better way of helping is to call for assistance, and try to reassure the victim and keep him calm until emergency personnel arrive.

## Recreational Water Illnesses

As explained on WebMd, RWIs are any infection caused by organisms that "contaminate water in pools (including chlorinated pools), lakes, hot tubs, and oceans.". The water becomes contaminated by contact with sewage, animal waste, or runoff after rainfall. RWIs commonly manifest as diarrhea, skin rashes, swimmer's ear, and other illnesses. Data from the CDC has shown that the number of RWIs in the United States has skyrocketed over the last ten



swallowing water while swimming, and to dry your ears well afterward.

## Flesh-Eating Bacteria

Necrotizing fasciitis, more ominously known as flesh-eating bacteria, gained notoriety in the summer of 2012, when 24-year-old Aimee Copeland of Georgia fell from a homemade zip line that snapped, sending her into the lake below. Although a deep gash from a sharp rock in the lake was stitched up, Aimee had unknowingly become infected with necrotizing fasciitis, an infection that can destroy skin, fat, and the tissue covering the muscles (fascia) within a very short time.

Although Aimee survived, the cost was high. To save her life, doctors were forced to amputate four of her limbs to stop the aggressive bacteria from taking over her body. Today, Aimee is independent with the help of modern prosthetics and a service dog.

Necrotizing fasciitis is a rare -- but often fatal -- disease. Although knowledge of this deadly bacteria and its connection with freshwater had existed prior to 2012, Aimee's case brought the dangers of flesh-eating bacteria to the fore in the nation's consciousness. Although flesh-eating bacteria are very common in warm and brackish waters like fresh-water ponds, rivers, lakes, and streams, the vast majority of swimmers emerge from these waters unscathed.

However, if the bacteria comes in contact with an open wound such as the one that

Aimee sustained on her leg, it can turn deadly very quickly. Knowledge of the symptoms and some preventive tips can keep you at ease in the water this summer.

If you receive a deep cut or puncture while swimming, clean the area thoroughly with clean water (not from the stream!) as soon as possible. Apply antibiotic ointment, and keep the wound clean and dry. Caring for the wound without delay is your first and most effective form of defense.

Also key in preventing this serious disease is to be extremely careful not to enter any freshwater lakes, ponds, streams, or rivers if you have an existing wound or puncture anywhere on your body. Wait until the wound heals. In this case, patience is a virtue that may just save your life.

Symptoms of necrotizing fasciitis may include: Small, red, painful lumps or bumps on the skin, which then change to a painful bruise which grows rapidly. Often the center of the bruise becomes black or oozes fluid. At the same time, a victim may suffer from chills, nausea, dizziness, weakness, and fever. If you have any of these symptoms, seek medical attention immediately. Don't delay!

## Waterfall Safety

Nothing beats trekking to a waterfall on a glorious summer day. Waterfalls are wondrous; yet each summer, hikers and swimmers suffer injury or worse by underestimating the life-threatening dangers they may pose. Some common-sense precautions can keep you safe and able to visit your favorite falls year after year.

years to over 6 million documented cases of swimmer's ear, and 10,000 cases of diarrhea caused by contaminated water each year! Doctors warn that every swimmer is at risk of contracting a recreational water infection just by entering any natural or manmade body of water.

The good news is that RWIs are largely preventable, and usually respond to quick treatment. The best way to protect yourself is by avoiding swimming in lakes, streams, and oceans after rainfall, and whenever a water body is declared unsafe by local health officials. Two other really easy methods of protection are to avoid

Be sure to obey rules – they’re meant for your safety -- and stay out of restricted areas. Be aware of slippery rocks, steep slopes, and undercurrents beneath or in the vicinity of the waterfall you are visiting. In addition, although it should be self-understood, stay back from the edge! Each year people are injured by coming too close to get a better view.

And for any daredevils out there, please don’t jump off waterfalls or dive into waterfall pools. There may be unseen hazardous objects beneath the water.

## Crossing Streams With Care

Although shallow streams may look innocent and placid, a surprisingly significant number of hikers drown while crossing them. Experts warn hikers to exercise extreme caution and carefully analyze conditions before crossing a stream.

Swift currents can knock you over. Since it is impossible to judge how strong the current is by sight alone, toss a twig into the current to gauge its speed. If it moves faster than a normal walking speed, don’t cross.

It is also impossible to judge a stream’s depth. While crossing, use a stick or branch to test the depth of the water. Keep the stick in front of you, and keep testing, because the water’s depth may change suddenly.

## Swimming Safely in the Ocean

In May of 2012, a series of tragedies at Jersey Shore

beaches caught the attention of local beachgoers and ocean swimmers. In separate incidents, over a span of just three days, two young men tragically drowned while swimming. At around the same time, another four people nearly died after being caught in a rip current, but fortunately, managed to make it back to shore with minor injuries.

While of course these are sad occurrences, these incidents bear an important lesson for the ocean swimmers in our community. All of the victims in those cases were swimming at beaches where there was no lifeguard on duty at the time. "You’ve got to be careful and you cannot swim at unprotected beaches," said the police chief at the scene of one Jersey Shore tragedy. "It’s just not smart."

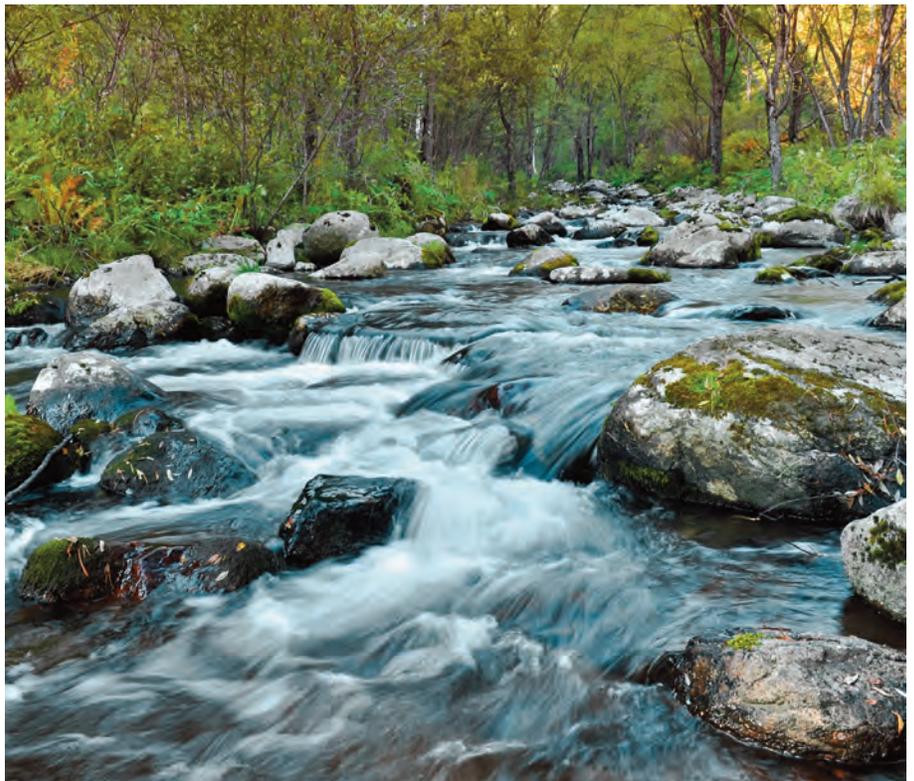
Veteran surfers and swimmers all contend that knowledge of

the ocean is paramount for survival. "In the ocean it’s not always about being the best swimmer," said one Jersey Shore beachgoer. "It’s about being a swimmer that knows -- and respects -- the ocean."

It is imperative that members of our community know the basics of ocean safety guidelines before heading out to the waters of Coney Island, Long Island, Florida, and other vacation areas.

## Follow Safety Guidelines

Even at beaches with a lifeguard present, it is important to be a basically good swimmer before attempting an ocean swim. Ocean swimming is much more difficult than swimming in a pool, due to the waves and currents, and rapidly changing conditions.



Be aware of your limitations and leave the water if you feel fatigued or suffer from cramps anywhere in your body. Remember that diving into shallow water or into water of unknown depth can result in serious injury or death. In addition, your body will cool off quickly in the water. So limit your time in the water, and get out when you feel cold.

Follow instructions or danger warnings from lifeguards at the beach, or on signs posted by local officials. According to the National Weather Service, "know the meaning of and obey the warnings represented by colored beach flags." Different beaches may use different colors, but a commonly used series of warning flags includes:

- Double Red: Beach is closed to the public
- Single Red: high hazard, e.g., strong surf or currents

- Yellow: medium hazard
- Green: calm conditions, although caution is still necessary
- Purple: flown with either Red or Yellow: dangerous marine life, but not sharks.

**It is also strongly recommended to take your cellphone to the beach. In case of emergency, call 911.**

## Ocean Conditions

Part of your safety strategy should always include checking weather and ocean conditions before heading out. Most drownings and 80% of lifeguard rescues are due to rip currents – described earlier in this article and reviewed again here -- and, to a lesser degree, shorebreaks and backwash.

**Rip Currents:** Your best chance of surviving in a rip current, is to educate yourself in advance. While it is normal to panic while being swept further out into the ocean, know that panic is a ticket to disaster. The ocean is stronger than even the best swimmer; in a fight with the ocean, the ocean will always win! So stay calm. Swim parallel to the shoreline, and eventually you will swim out of the rip current. Then you will be able to make your way safely to shore.

**Shorebreak:** A shorebreak is an ocean condition when waves break directly on the shore. As explained by the NOAA, both small waves and high waves can be equally unpredictable and dangerous. They typically form when there is a rapid transition from deep to shallow water.

Shorebreaks have caused death and serious spinal cord injuries to swimmers and surfers, whether experienced or inexperienced, most often by the wave hurling a person onto a sandy beach with extreme force, or by a person getting tumbled about in the mercilessly strong waves.

Most often found at steep beaches, the best way to avoid shorebreak is to ask the lifeguard on duty about wave conditions at the beach.

**Backwash:** This condition usually occurs at times of high tide and is especially dangerous for children playing near the water's edge. Backwash happens when the water remaining on the beach returns forcefully to the surf beneath later-incoming waves. Even in the short distance between breaking waves and deep water, backwash can pack a powerful punch and can knock even adults off their feet.

**Drop-offs:** Swimmers must be aware that steep drop-offs may be present anywhere in the ocean -- even fairly close to shore. Although the water may seem shallow, the ocean floor can suddenly drop dramatically. So keep your wits about you, and make sure that your children are within arm's reach.

## Beware of Sharks!

Last November, bodyboard surfer Quinn Gates, 16, got more than he bargained for as he surfed in the waters off Ocean County, New Jersey. After feeling a sharp tug on his foot, he saw that a large chunk had been bitten out of his



swim fin, in what shark experts believe was a shark bite. "It could have gotten my toes or feet," the teenager said in relief.

"New Jersey is one of the better places for sharks to find prey," said Capt. Stephen D. Nagiewicz, of the Shark Research Institute. Although sharks have been sighted frequently in the waters off the Jersey Shore, and have attacked boats and dolphins, no human has suffered a shark attack in New Jersey since the 1950s.

The same cannot be said for another area frequented by our community: Of the 53 unprovoked shark attacks in the United States last year, 24 of them occurred off the Florida coast.

To keep matters in perspective, however, experts agree that the chances of being attacked by a shark are extremely slim. Although media coverage brings lots of attention to shark attacks, it is worthwhile to remember that there is a far greater danger of drowning while swimming, or even of being struck by lightning, than your chances of being bitten by a shark. However, swimmers and surfers should bear in mind that sharks may be present in the ocean at any time. In order to avoid being a shark's next meal, remember these guidelines, provided by the National Oceanic and Atmospheric Administration (NOAA):

- Don't swim too far from shore.
- Stay in groups - sharks are more likely to attack a solitary individual.
- Avoid being in the water

during darkness or twilight, when sharks are most active.

- Don't go in the water if you are bleeding from a wound - Sharks have a very acute sense of smell.
- Leave the shiny jewelry at home - the reflected light resembles fish scales.
- Avoid brightly-colored swimwear - sharks see contrast particularly well.

These tips are helpful, although not foolproof. As always, the best protection a swimmer can have is to stay alert and to swim with a buddy. A buddy nearby can call for assistance and ultimately save your life.

## Boating Safety

Fact: In 2013, the U.S. Coast Guard counted 4,062 recreational boating accidents. More than 60 percent of accident victims never intended to be in the

water; either they fell overboard, or landed in the water when their boat capsized. Of those victims with reported life jacket usage, a whopping 84 percent were not wearing a life jacket.

These statistics need not deter you from engaging in recreational boating this summer. However, a healthy sense of caution is recommended, and so is a brush-up of safety guidelines to ensure that everybody returns to shore safely.

Keep the following general guidelines in mind:

- Check the weather before leaving for your destination and check it periodically during your trip.
- If there is any threat of thunder or lightning, head somewhere indoors instead. Being caught in a boat with lightning on the water is a dangerous and terrifying experience.



- Cover up for skin protection and use sunscreen in abundance.
- Stay hydrated, and...
- Never board a boat without first putting on properly fitting, U.S. Coast Guard-approved life jackets.
- Check that all equipment on board is in good working condition, and make sure you know exactly how to operate that equipment.
- Learn any applicable laws and regulations involved in your sport before setting out, and familiarize yourself with the risks associated with the sport.
- As an extra safety measure, always tell someone where you're going, who is with you, and how long you'll be away, before you set out.
- And finally, check wave conditions before you leave the shore, keeping a special eye out for dangerous rip currents.

Once you are out on the water, remain vigilant for all potential hazards. Stay far from dams, submerged objects such as rocks, stumps, or logs -- and especially, stay at least 100 feet away from other boats on the water.

## Carbon Monoxide Risk

Carbon monoxide poisoning from your boat or other boats on the water is a very real risk. In recent years, more than 800 boating-related poisonings in 35 states have been identified, with over 140 of these poisonings resulting in death.

Carbon monoxide from engine exhaust builds up inside and outside of boats in areas near exhaust vents. Exposure can occur from your own boat or other boats while idling in a marina or out on the water. Do not swim around boats or hang onto the back of a boat while the engine is running. Keep your own boat a safe distance from other vessels on the water to minimize your risk

of carbon monoxide exposure.

Carbon monoxide is odorless and colorless; and dangerous concentrations can accumulate within seconds. Awareness of the danger and knowledge of the symptoms of carbon monoxide poisoning can protect you. Symptoms include: headache, fatigue, confusion, nausea, seizures, and dizziness or loss of consciousness. If you or a member of your party displays any of these symptoms, get to fresh air and seek medical help immediately.

## SAFETY RULES ON BOATS

### Rowboats

Although rowboats move slowly, they carry many of the same risks as faster boats. Before going out onto the water, check the condition of the exterior and interior, and especially the floor of the rowboat for rips or wear to seam or jointed areas. Make sure the oars are in good working condition.

Never stand in the rowboat. The shift in weight can cause the boat to capsize. Also, don't sit on the side of the boat, so that you don't fall into the water without warning. Trade off with other passengers the task of rowing the boat in order to avoid exhaustion.

### Canoes, Kayaks, and Rafts

Life jackets are especially important in paddle boats, as you probably intend to spend some time off your boat. Be prepared for the possibility that the water may be very cold. Be cautious, as sudden immersion in very cold water



is dangerous -- it can even lead to cardiac arrest. In addition, prolonged periods of exposure to moderately cold water can cause hypothermia. So prepare appropriately, and don't stay in the water for long periods at a time.

Learn the "rules of the road" when sharing waterways with other boaters. One basic rule is that any boat under 20 meters should not impede the passage of a larger vessel. Be courteous, and keep a sharp lookout for other paddlers.

Know what the river level is and how it affects paddling conditions. Rivers rise and fall with the seasons, and can fluctuate from low water to more than ten feet. So know your limits, and change your plans if you are a novice paddler and the conditions seem difficult.

Other recommended guidelines include: wear bright, noticeable clothing, make sure there is reflective tape on your paddle blades, and keep a whistle in easy reach for emergencies. In addition, paddlers must know that in low-light conditions, a white light must be shown toward oncoming traffic.

## Whitewater Rafting and Tubing

Whitewater rafting is an extremely popular sport for adventure lovers, but participants should be aware that it always entails some risk, due to the elements of nature. Before embarking on this adventurous, extreme watersport, make sure you know the river classifications, and make sure you know your

own physical limitations.

There are six classes of rivers. They range from Class I (easy) to Class VI (likelihood of death if attempted). Those new at the sport can attempt a Class I or Class II. Be honest with yourself about what you can handle. It isn't worth risking life or limb for some adventure!

### Rules to remember:

Life vests and helmets are required for whitewater rafting. Never raft in the dark, even if you are an experienced rafter. Also, make sure to sit comfortably on the raft and have a good grip with your hands and feet. This will help you stay on the raft when the ride is bouncy. If you do fall into the water, first try to jump back onto the raft. If that is impossible, it is very important not to stand in the water. Your feet can get stuck between rocks or other obstacles, and you can get sucked under!

Instead, float with your feet forward. Your feet should float right at the "top" of the water; this will prevent them from getting stuck between rocks or will prevent you from injuring yourself. Don't fight the river; just let yourself float with the current.

## Boat Tubing

Attaching a tube to a motorized boat with a tow line for riders to be whisked along the water is a highly popular water sport for people of all ages. Some common-sense guidelines help ensure that the ride is as safe as it is fun.

1. Life jackets are not optional. They are a must for tube riders of any age!
2. Follow manufacturer's recommendations for tube capacity in terms of number of riders, age limits, size and weight of riders, and maximum towing speed.



## Boat Tubing *continued*

3. When small children are riding in the tube, be especially careful to avoid sharp turns and high speeds.
4. Always designate one passenger on the boat as "spotter." The spotter's job is to keep an eye on the tube to check for tubing accidents and to see if a rider has fallen out of the tube and into the water.
5. Double-check to make sure that the tow line is securely attached to the boat and the tube. Only use rope that is specifically designated for towing inflatables.
6. Before taking off on the water, make sure person riding the tube is in the proper position, and is ready and prepared for the ride. Always signal before starting the boat, so as not to catch the rider unawares.
7. Going across wakes at high speeds can cause serious back injury, so always slow down when crossing a wake.
8. And a special note of caution: If you are pulling more than one tube, slow down! Very serious injury can occur if the tubes should collide.



## Don't Drive Through It!

Hey folks, winters over! Goodbye, mounds of icy snow, slippery roadways, and snow several inches high! Welcome, summer! Hello to sun-dappled streets, scenic views ... and easy driving conditions. Sure, easy driving conditions -- until you're hit with one of

summer's sudden storms and drenching downpours.

Now, here's the dilemma. That large puddle ahead at the corner...drive through it, or turn back? Experts say that a car can be damaged in as little as six inches of water. If you think the puddle might be six inches deep, then turn back -- or risk stalling your engine. Restarting your engine immediately after

stalling will cause serious damage to the vehicle.

It is difficult to know exactly how deep a large puddle is until you're driving in it. If the puddle is deep, water can seep into the vehicle's electrical system and shut it down. In addition, there may be deep potholes on the street, which are impossible to see when they are covered with water. These potholes also can severely damage your vehicle.

If you think that the puddle is less than a half-foot high, check the area for downed power lines before you drive through it. Never drive through a puddle with downed power lines. You are putting yourself at great risk of dying. If you do drive through it, and you make it safely to the other side, make sure to test the brakes right away to make sure they still work. Then, tap your brakes lightly as you drive to dry your brake pads.



# Danger at the Pool!

Last October, a Florida family's dream vacation aboard a Carnival cruise ship turned into a nightmare when their 6-year-old child was discovered lifeless in the pool. The atmosphere at the pool had been festive, with vacationers swimming, eating, and dancing to the music. Then a staff member noticed the boy's lifeless body, submerged. "There were a lot of adults, but why wasn't anyone watching the kids?" commented a passenger who watched the horror unfold. "You'd think Carnival would have lifeguards around the pool."

According to Carnival, the company does not have lifeguards aboard its ships, but requires parental supervision for children under 13 years of age. This raises a host of questions. With the large number of staff aboard each cruise ship, why isn't an essential service -- that is, lifeguarding -- provided? And perhaps a more painful question follows: Why wasn't parental supervision being exercised?

## Emphasizing the Message

Although awareness campaigns abound, with government agencies, doctors, and emergency officials lecturing and providing informative literature on ways to prevent child drownings, it remains the leading cause of unintentional death in children ages 1 to 4 years old, and the second-leading cause in children ages 5 to 14. Although drownings unfortunately occur any time of the year, the numbers soar during the summer months, for obvious reasons.

Now, with the summer months upon us again, it is imperative to reiterate and reinforce the safety messages that Misaskim prints each year because they can help keep our children safe. "The time is now to turn the tide on child drownings," says Consumer Product Safety Information Chairman Inez Tenenbaum. "Let's work together to prevent drownings by putting up barriers and having eyes-on supervision of children in and around the water."

***Drowning remains the leading cause of unintentional death in children ages 1 to 4 years old, and the second leading cause in children ages 5 to 14!***

Sadly, our community was not immune to drowning tragedies in the summer of 2013. However, with **דשמיא סייעתא**, and a collective mission to accept responsibility for the all the children in our community, enhanced supervision this summer will ensure a safe and fun swimming experience at the pool.

## Important to Remember

Drowning accidents involving young children are NOT limited to swimming pools. They can happen in bathtubs, kiddy wading pools and even in buckets of water. A major component in keeping young children safe when they are around water is to provide "touch supervision." This means that one must be in close enough proximity to the child to be able to reach him or her at all times. Adults should not be involved in any distracting activity, such as reading, talking on the phone or playing cards while supervising children.

# Remember last summer.. Unfortunately



## 10 Tips to

### Drowning is a quick and silent killer.

Most children don't have the ability to know what to do when drowning and don't yell for help. As a result, they slip away in silence.

- 1.** Do not consider a child "drowning-proof" even if he or she is wearing proper floatables. Always make sure to have an adult who knows CPR closely supervise your children.
- 2.** Install an emergency phone with a dedicated line at the pool. It can save lives! Never rely on a cell phone!
- 3.** Remove all toys from the pool after use so that children aren't tempted to reach for them when no one is around.
- 4.** Be sure to keep rescue equipment such as a shepherd's hook or life preserver next to the pool.
- 5.** Designate one person to be in charge of locking the pool area immediately after use and each time pool maintenance workers leave.

# This year we are sure

# NOT everyone listened to this advisory!

## Prevent Pool Tragedies

**6.** Designate one person to be in charge of locking the pool on Shabbos if it is used as a Mikvah.

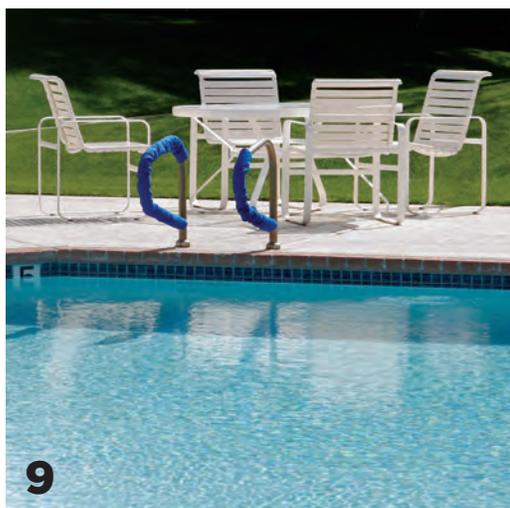
**7.** Check that the fence around the pool is at least five feet high and that there are no gaps in the fencing or under the fence.

**8.** Make sure that the gate latches are self-locking.

**9.** Is the area near the pool clear of chairs and tables?

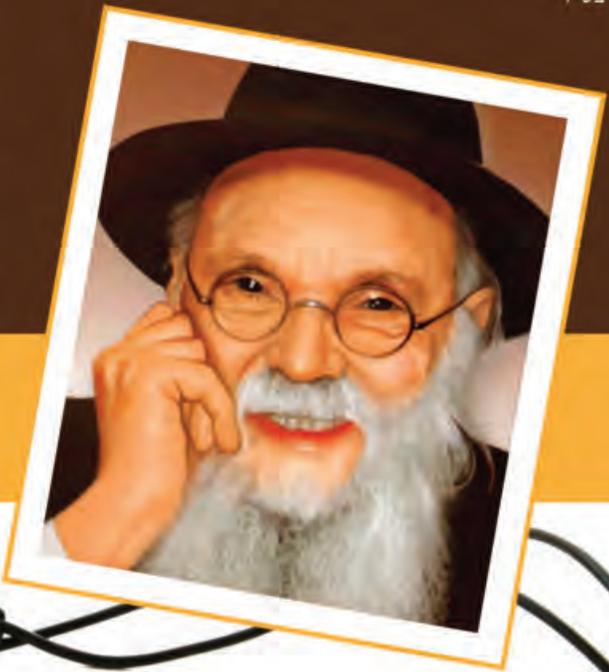
**10.** Are the steps to above-ground pools removed after use?

**If a child is missing, always look in the pool first. Seconds count in preventing death or disability.**



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# Misaskim CARES

## Summer Safety Tips for:

**Kids**

**Adults**

**Seniors**

**All**

**Summertime presents a wonderful opportunity for children to play outside. Along with the fun, though, comes increased risk for accidents. It is imperative that you review basic safety rules with your children at the beginning of the summer so they can enjoy a happy and healthy season.**

## **Pedestrian Safety**

The increased outdoor activity in the summer provides wonderful recreational time for children. However, it also exposes them more to the danger of cars in the street. By exercising proper caution, your kids can avoid getting hurt and still have a great time.

Here are some important safety reminders when playing or walking in the vicinity of traffic. Please review them with your children. Let's work together to make sure this summer remains fun.

- Young children should only cross a street with the assistance of an adult.
- Children should walk when crossing the street, not run.
- Never dart into the street from between parked cars.
- Wherever possible, use the sidewalk rather than walking along the roadway.
- When crossing near a stopped vehicle, try to make eye contact with the driver to be sure they see you.
- If your ball or other equipment rolls into the street, never run after it. Stop first and check for oncoming cars before entering the roadway to retrieve it.
- Parents should also make a point of holding their children by the hand when walking near traffic or parked vehicles.

If you are spending the summer in the Catskills, your children will likely get used to the quieter roads of the mountains. It is important to help them transition back at the end of the summer by reminding them that the streets at home are busier. Review city safety with your children before returning home at the end of the summer season.

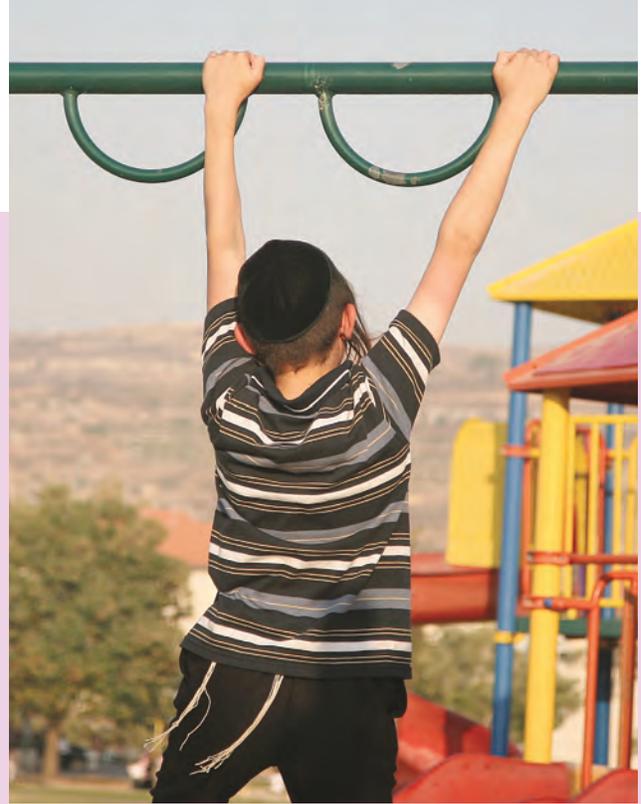
As adults, we are responsible to teach our children to behave in a responsible manner. Most importantly, we must set a good example of safe, courteous behavior for our children to learn from.



# Fun at the Playground

*The following playground tips can ensure that your playground adventures are injury free.*

- Adult presence is needed to watch for potential hazards and intercede or facilitate play when necessary.
- Children should play on age appropriate equipment.
- Appropriate fall surfacing material should be present. Nearly 70 percent of all playground injuries are related to children falling to the ground. Acceptable surfaces include wood fiber or mulch, pea gravel, sand poured-in-place rubber, rubber tiles or mats.
- Equipment should be safe. Make sure the equipment is anchored safely in the ground and is in good working order.
- No strings or ropes should be present. Strings on clothing or ropes used for play can cause accidental strangulation. Ropes used as part of playground equipment should be secured on both ends.
- Check for hot surfaces on playground equipment before allowing children to play on it. Equipment that is not protected from



the sun may become extremely hot and can cause burns on the skin.

- Children should not wear bike helmets while playing in the playground. Helmets can easily get caught and cause strangulation.
- Children should wear closed shoes.
- Encourage children to use UVA and UVB protective clothing and sunglasses, suggest playing in shaded areas, and, of course, always use sunscreen.
- A Heat Index above 90°F may pose a health risk to children. Keep children well hydrated.



***If you crack an egg on a hot metal swing or slide, this is what will happen within 3 seconds. Would you want to put your child on them?***



# The Ice Cream Truck is Here!

## Where are your kids?

The jingle of an ice cream truck is a magnet that draws children in streams from all directions. In the excitement of the moment, however, children tend to forget about safety rules. To compound the problem, ice cream trucks are not safeguarded by the strict rules that school buses must follow. They do not have the full array of lights and mirrors, nor are other motorists required to stop for them.

Sadly, many preventable accidents have taken place around ice cream trucks. In one distressful incident, a girl was killed in Monsey several summers ago. She forgot to look carefully before crossing the road near an ice cream truck. The families of both the victim and the innocent driver and their entire neighborhood were deeply traumatized by the event.

It is up to us to ensure that the childhood moment of bliss remains just that. If an ice cream truck visits your area or bungalow colony, make sure your children remember not to lose themselves in the moment. Remind them not to run to reach the truck. Make sure they know to wait for the truck to stop completely before approaching it. After a purchase they should concentrate on the road, not on the treat in their hands. Children must

always look both ways before crossing the street on the way to or from an ice cream truck.

In 2007, two toddlers were killed by ice cream trucks in the same county. Government officials responded by preparing a list of safety regulations for travelling ice cream vendors to follow. But Manatee County Police Commissioner Ron Getman made it clear that laws were not the ultimate solution to the problem. **“No matter what safety regulations we put in place or type of equipment we put on the vehicles, nothing will replace the supervision of parents,”** he said.



# Helmets Saves Lives!



Do not push your child to ride a 2-wheeled bike without training wheels until he or she is ready. Consider a balance bike with no pedals for young children to learn riding skills.

Purchase a bike that is the right size for your child. Not one that your child has to “grow into.” Oversized bikes are especially dangerous.

Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many injuries happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Set the example: Whenever you ride, put on your helmet.



When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standards.

A helmet should be worn so that it is level on the head and covers the forehead, not tipped forward or backwards. The strap should be securely fastened with about 2 fingers able to fit between the chin and strap. It should be snug on the head, but not very tight.

Skateboard and scooter-riders should wear protective gear in addition to helmets.

While in-line skating or using Heelys, only skate on designated paths or rinks, and not in the street.

Most accidents occur due to falls. Inexperienced riders should only ride as fast as they can comfortably slow down, and they should practice falling on grass or other soft surfaces. Before riding, skateboarders should survey the riding terrain for obstacles, such as potholes, rock or other debris.

Children should never ride skateboards or scooters in or near moving traffic.

Riders should not skate alone. Children under the age of eight should be closely supervised.

*(source: AAP.org)*



## Kids alone in a Car

Many states, have passed laws making it illegal to leave a child alone in a car for any length of time. These laws were instated to prevent vehicular hyperthermia (heatstroke) in children. Unfortunately, the number of children who have lost their lives or suffered brain damage due to heatstroke has risen each year.

Children are especially prone to vehicular hyperthermia because their temperature-regulating systems are not fully developed, their body temperatures rise three to five times faster than is the case with adults. If children are trapped in a car for even 15 minutes, their lives are threatened and their condition deteriorates rapidly.

Another common occurrence is when children climb into unlocked cars unnoticed to play and then become trapped inside. Experts say that hundreds of heatstroke deaths occur each summer due to children making their way into vehicles alone to play. This is especially heartbreaking, since just one press on the button of the remote would have been all that would have been needed to prevent these tragedies.

Parents, grandmothers and caregivers should follow the simple and important safeguards outlined below in order to save lives and avoid unnecessary heartache.



## BEWARE!

Never leave a child unattended in a vehicle - even if the windows are partially open or the air conditioning is on.

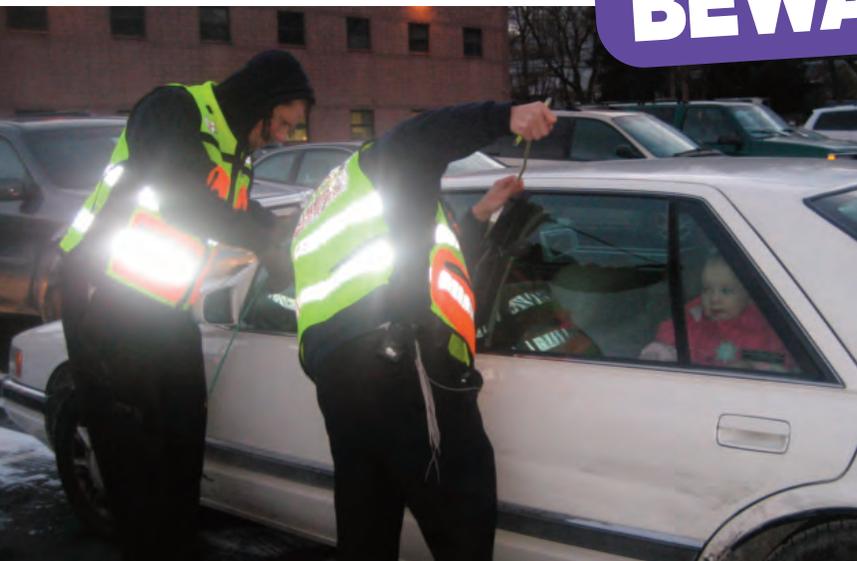
Make a habit of looking in the vehicle - front and back - before locking the door and walking away.

Ask the childcare provider to call if the child does not show up for care as expected.

Do things that serve as a reminder that a child is in the vehicle, such as placing a purse or briefcases in the back seat to ensure that no child is accidentally left in the vehicle, or writing a note, or using a stuffed animal placed within the driver's view to indicate that a child is in the car seat.

Teach children that a vehicle is not a play area and be sure to store keys out of a child's reach.

Always double check that the doors to the vehicle are locked before walking away.



*Chaverim of Rockland force a car door open and rescue a child left alone in a car*

The following explores summer safety issues that mostly pertain to adults. These issues were selected because they rank high on the list of most-frequent-cause of emergencies in our community. They may seem self-evident. However, we urge you to take the time to review them. Heightened consciousness has proven to go a long way in keeping you and your family safe, and in ensuring a pleasant summer for all.

## What Exactly Is a Heat Advisory?

Heat ranks as one of the leading weather-related killer in the United States, resulting in hundreds of fatalities each year. Most summers see heat waves in one or more parts of the United States. East of the Rockies tends to experience high heat along with high humidity. Yet, the worst heat waves have been catastrophically dry.

The National Weather Service will issue heat advisory warnings to alert the public about dangerously hot weather. They will initiate a Heat Advisory if the daytime heat index is expected to exceed 105°F and nighttime temperature remains at 80°F or more for two consecutive days.

## How Is the Heat Index Measured?

The Heat Index is a measure of how hot it really feels after relative humidity is factored in with the actual air temperature. For example, the heat you feel when the actual temperature is 90°F, with a relative humidity of 70% is 106°F.

To find the temperature with the heat index factored in, look at the “Heat Index” chart below. For example, if the air temperature is 96°F and the relative humidity is 65%, the heat index—how hot it feels—is 121°F.

### NOAA's National Weather Service

Heat Index  
Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
- Extreme Caution
- Danger
- Extreme Danger

## How Is a High Heat Index Dangerous?

During extremely hot and humid weather, the body's ability to cool itself is affected. Your body will turn on your sweat glands to dump extra heat in order to remain cool. Sweating works great if the air is dry, but does not cool the body well in high humidity. The sweat cannot evaporate, because the air is already saturated with humidity. In high temperature/high humidity environments, your body can get into a dangerous situation where it cannot evaporate away the heat. The purpose of a Heat Advisory is to make you aware of these dangerous situations.

Heat-related illnesses can range from heat cramps to heat exhaustion to the more serious heat stroke. Heat stroke can result in death and requires immediate medical attention.

*Symptoms of heat-related illnesses: (NOAA)*

### HEAT CRAMPS

#### Symptoms:

- Painful muscle cramps and

- spasms, usually in the legs and abdomen
- Heavy sweating

### HEAT EXHAUSTION

#### Symptoms:

- Heavy sweating
- Weakness
- Cool, pale, clammy skin
- Weak pulse
- Possible muscle cramps
- Dizziness
- Nausea and vomiting
- Fainting
- Normal temperature possible

### HEAT STROKE (or sunstroke)

#### Symptoms:

- Altered mental state
- Possible throbbing headache, confusion, nausea, dizziness, shallow breathing
- High body temperature (106°F or higher)
- Skin may be hot and dry, or patient may be sweating
- Rapid pulse
- Possible unconsciousness



## Food Poisoning

Microorganisms grow faster in the warm summer months, leading to an increase in food-borne illnesses. Given the right circumstances, harmful bacteria can quickly multiply on food to large numbers. When this happens, those who eat the food can get sick.

People also cook outside more in the summer at picnics, barbeques and camping trips. Thus the safety controls that a kitchen provides – thermostat-controlled cooking, refrigeration and washing facilities – are usually not available.

Wash your hands and surfaces as they are a prime cause of food borne illness.

Don't cross-contaminate clean utensils or cooked food during preparation, grilling or serving by allowing them to come in contact with raw food products.

Be sure to cook to safe temperatures in order to kill harmful bacteria that cause food borne illnesses. Meat and poultry cooked on a grill often browns very fast on the outside, so be sure that meats are cooked thoroughly. Check them with a food thermometer.



*If you have any doubts,  
throw it out!*



## Use ATV and Golf Carts Safely

***Unfortunately, Hatzolah has been called too many times to deal with serious accidents resulting from the improper use of ATVs and golf carts. Although these vehicles seem harmless and pretty simple to maneuver, there are plenty of safety regulations involved in using them safely.*** These regulations were established only because there was a need for it. Apparently the need applies to us as well.

You must make sure that your vehicle is in proper working condition and that required safety gear – such as helmets – are worn.

Finally, these vehicles were not designed for children. Most accidents in the colonies involve underage drivers; for example, kids falling off golf carts while standing in the back to take a ride. These vehicles can be fun, but they must be used with caution.

Most ATVs are designed to carry only one person – the driver. Additional passengers can make the ATV unstable and difficult to control.

Children under the age of 16 are not developmentally ready to make judgment calls necessary to safely operate off-road vehicles. This makes it particularly dangerous for them.

## Lawn Mower Safety

- Only use a mower with a control that stops the mower blade from moving if the handle is let go.
- Children younger than 16 years should not be allowed to use ride-on mowers.
- Children younger than 12 years should not be allowed to use walk-behind mowers.
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking them up before mowing begins. Have anyone who uses a mower use hearing and eye protection.
- Do not pull the mower backwards or mow in reverse unless absolutely necessary, and carefully look out for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute or crossing gravel paths, roads or other areas.
- Do not allow children to ride as passengers on ride-on mowers.
- Keep children out of the yard while mowing.
- Drive up and down slopes, not across, to prevent mower rollover.
- Keep guards, shields, switches and safety devices in proper working order at all times.
- Children in the vicinity of running lawnmowers should wear polycarbonate protective eye wear at all times.

(Source AAP.org )





## Fireworks CAN BE Dangerous!

All consumer fireworks are banned in New York State, except for use by those who have a permit. For information on obtaining a permit, contact the New York State Dept. of Labor.

You can help prevent serious injuries by adhering to the following precautions during a fireworks display at your camp.

- Never allow children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays that could pose a danger to consumers.
- Sparklers burn at temperatures of about 2000 degrees - hot enough to melt certain metals.
- Never place any part of your body directly over a firework device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose hand in case of a fire or other mishap.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water before discarding to prevent a trash fire.



## Summer Fire Safety Tips

- Install smoke and carbon monoxide detectors with working batteries in your summer home.
- Make sure to have a fire extinguisher in you summer home, and know how to use it.
- Never ignite a water tank heater on your own, as it may explode. Request a professional to relight it for you.
- Keep your water heater set at a safe setting to prevent scalding.
- Loading more than two plugs in the outlet or more than one high-voltage appliance on a circuit breaker can cause a fire.
- Remove everything within three feet of a space heater and make sure to turn it off when leaving your summer home.
- Never leave candles in your summer home unattended.
- Use a heavy-duty Shabbos clock for your air conditioner in order to prevent a fire from occurring.
- Never use the over to warm your home or bungalow. You may risk carbon monoxide poisoning.
- Designate an adult to keep watch over camp fires at all times.



*The changing summertime venue presents a unique set of challenges affecting the elderly. If you are responsible for an elderly family member or another senior, there are some very important tips for you to be aware of.*

## Enjoying the Summer

Of course we all enjoy the outdoors in the summer, when the sun, warmth and fresh air make the outdoors so attractive. However, the outdoors can only be properly enjoyed when the correct steps are taken to mitigate the risks they present.

During the summer we are all at greater risk of dehydration and the accompanying effects of heat exhaustion or heat stroke. According to the Center for Disease Control (CDC), seniors are even more prone to dangerous overheating than their younger counterparts for a variety of reasons.

To begin with, the bodies of the older set are less capable of regulating their temperature. This may be further exaggerated by a variety of medical conditions that can affect the body's response to heat. Likewise, some prescription medications commonly used by seniors can impair their ability to respond to rising temperatures, such as by suppressing natural sweating. Finally, the elderly are less likely to notice when thirst sets in and may easily become dehydrated.

As a caregiver, it is vital that you keep your eyes and ears open for the classic

symptoms of overheating or dehydration. Don't wait until the elderly in your care complains of thirst; by then dehydration may be very advanced. Take note if the person seems irritated or confused, or if they complain of headache, nausea, racing heart or constipation. Unusually heavy perspiration - or total lack of it - and tight skin are also indicators that steps need to be taken immediately.

The correct response to these problems is basically the same as with the younger set. Avoid having the seniors in your care spend time outdoors during the worst heat of the day. That means limit outdoor activity between 11 AM and 4 PM. Consider moving exercise activities indoors until the summer heat is over. When outside, have them wear loose, light-colored and protective clothing. A wide hat that protects the eyes, ears, nose and back of the neck is a great idea.

Of course, make sure they drink plenty of fluids. Water or sport drinks are the most effective choice, and six to eight glasses a day is recommended. Coffee, tea and alcoholic beverages, even wine, tend to dehydrate the body. So have your senior drink two cups of water for each cup of caffeinated or alcoholic drinks they consume.

## Seniors & Sunburns

Be aware that the aging are more susceptible to sunburn as well. Not only is their skin more sensitive, some drugs can multiply the effect of sunlight on the skin. This means that seniors may sunburn much faster than the rest of the community. Make sure the elderly in your care use sunscreen with an SPF rating of 15 or higher when exposed to the summer sun.

Likewise, it is a good idea to arm your charge with sunglasses since older eyes are more sensitive to sunlight, making them more susceptible to damage from the exposure. Try to find a wraparound pair that offers 99% UV protection.

Aside from heat issues, there are other important factors to consider. Certain behaviors that are common in the summer may increase the risk of falls or other injuries at home. The CDC reports that falls are the leading cause of injuries and hospitalizations for the 65+ age group. And one in three seniors suffers a fall each year.

Make sure the outdoors is safe for roving seniors. Don't leave anything around, such as a rake or other gardening tool, that may make them trip. Wind up garden hoses when they are not in use. If there is a pool nearby, make sure it is properly enclosed with a fence and locked up.

## Seniors at Home

Take care to avoid problems related to overheating while indoors as well. If temperatures outside are soaring, make sure the seniors will be comfortable inside. Use air conditioning appropriately or, in the absence of cooling, use fans to circulate the air. Blocking the sun with drapes will also keep the heat at a minimum.

Because the elderly have a harder time regulating their body temperature, they may complain of cold even when it is actually quite hot inside. Politely resist any request to let the temperature rise above 80°. Ideally, the temperature in the home should not go past 76°.

While loose sandals may be more fun in the heat, they are more likely to cause a senior to trip up and fall. Even crocs may not be a good idea. Your best bet is sturdy shoes that are properly tied. And once you're at it, the onset of summer is a good time to review the general home safety: Are rugs secure? Do extension cords run where a senior walks and may trip? Are all areas properly lit so the elderly can find their way clearly? Do all stairs have solid railing on both sides? Do the shower and bathtub have handrails and non-skid mats?

Finally, the higher temperature both indoor and out presents a greater risk of food spoiling quickly. Over 76 million people get sick each year from contaminated foods, and the elderly are at greatest risk. If it is 90° or more, don't leave your food out of the refrigerator for more than an hour. If food has been sitting out for too long, dispose of it. It's not worth the risk.



## Hiking

Nothing speaks of the summer quite like the glories of hiking. The beauty and wonder one can experience when exploring the hiking trails are abound within our state. Yet, it is important to be mindful of basic common-sense rules to ensure everyone's safety.

### Before Starting Out

- The most important precaution is to inform others of your hiking plan before starting out.
- Know your limitations. Don't assume that, just because you are in good physical condition, you can undertake an arduous hike in the mountains.
- Be aware of the hazards when hiking with children. Children tire easily and they are prone to tripping and falling. One must keep careful watch on the child who is a daredevil-type. For them, steep climbs and sharp cliffs pose real risks.
- It is imperative to wear proper footwear. Improper footwear is the cause of many lower-leg injuries that occur on hikes.
- Take the time to pack a backpack with hiking necessities. The rule of thumb when hiking is to prepare to spend the night in the woods. Therefore, sufficient food, a plentiful supply of water, a flashlight or headlamp with extra batteries, a map and a compass, a whistle and a change of clothing, waterproof matches and a tarp in case of inclement weather, are absolutely essential.
- Take your cellphone. The widespread use of cellphones has changed the face of search and rescue missions on hiking trails dramatically. Often, individuals lost in the woods can call for help. By using the coordinates provided by the cellphone company, authorities can then direct hikers out of the woods by tracking their movements. If a hiker is reported missing and is "unresponsive," meaning that he cannot answer his phone, rescuers can track the location where the phone was last used or activated, and use those coordinates as a starting point for a search-and-rescue mission.



At the same time, hikers need to know that cellphones can also provide a false sense of security. Especially in the Catskills, cellphones often do not work deep in a valley or on the back side of a mountain or hill. In addition, people are often unaware that phones in roaming mode use up battery life more quickly as they search for a signal. It is best to prepare for a hike by making the assumption that a cellphone will not work in the woods.

### Safety While Hiking

- First and foremost is to make sure that one has an adequate water supply.
- Stay on the trail at all times. Do not wander away to explore or find shortcuts.
- Groups should stay together and make sure that no one is lagging behind.
- If one member of a group is injured, one person must always stay with the injured individual while another person goes to seek help.
- Keep all food sealed in a bear-proof container to avoid unwanted animal visits.
- Make sure you carry out of the woods whatever you carry in. It will help our forests look lot nicer!



## Poisonous Plants

First comes the itching, then a red rash and then blisters. These symptoms of poison ivy, poison oak, and poison sumac can start from a few hours to several days after exposure to the plant oil found in the sap of these poisonous plants.

It is not contagious. The rash will only occur where the plant oil has touched the skin, so a person with poison ivy can't spread it on the body by scratching. It may seem like the rash is spreading if it appears over time instead of all at once. But this is either because the plant oil is absorbed at different rates in different parts of the body or because of repeated exposure to contaminated objects or plant oil trapped under fingernails.

Wash your skin under cool water as soon as possible if you come in contact with a poisonous plant. The sooner you cleanse the skin, the greater the chance that you can remove the plant oil or help prevent further spread.

Don't scratch the blisters. Bacteria from under your fingernails can get into the blisters and cause an infection. The rash, blisters and itch normally disappear in several weeks without any treatment. But you can relieve the itch by:

- using wet compresses or soaking in cool water
- Applying OTC topical corticosteroid preparations or taking prescription oral corticosteroids
- applying topical OTC skin protectants, such as calamine, labeled to dry oozing and weeping or to relieve itching and irritation caused by poison ivy, poison oak and poison sumac.

*(Source: U.S. Department of Health and Human Services)*

## Lost!

If you find yourself lost in the woods, stay calm and do not panic. If you are lost during the daylight hours, stop and attempt to figure out where you are by consulting your map and compass. Do not get off a marked trail. If night has fallen, the rule is simple: Don't move. Call 911 if your cellphone is operational. If not, remain where you are because local forest rangers will come looking for you as soon as people notice that you are missing.

It is important for children and teens under the age of 18 who may become separated from their group and who have lost their way to know that even during daylight hours they should not attempt to find their way out. Rather, they should not budge from their location - just simply stop and wait to be found.





## Tick Bites

Ticks are found in most grassy and wooded areas around the world. In the United States, infected ticks can be found in the Northeast, including New York State; in the upper Midwest; and along the Northwest coast. Ticks carry

several diseases. In New York State, the most widespread by ticks is Lyme disease. The disease can cause a number of health problems. Patients treated with antibiotics in the early stage of the infection usually recover rapidly and completely.

Early symptoms of Lyme disease may be mild and easily missed. In 60-80% of cases the first symptom is a rash that:

- Occurs at or near the site of the tick bite.
- Is a "bull's-eye" circular patch or solid red patch that grows larger.
- Appears between three days and one month after the tick bite.
- Has a diameter of two to six inches.
- Lasts for about three to five weeks.

Important protective measures that can reduce the likelihood of getting a tick-borne disease include:

- When in tick-infested habitat-wooded and grassy areas-wear light-colored clothing (to spot ticks) and tuck pants into socks and shirt into pants.
- After every two to three hours outdoors, check for ticks on clothing or skin. Brush off any ticks on clothing before they can attach to your skin. Also, check your children for ticks.
- Do a thorough tick-check of your entire body at the end of the day. Pay particular attention to the back of the knees, behind the ears, the scalp, the armpits and your back.
- Removing a tick within 36 hours after it begins feeding, reduces your risk of infection. To remove a tick: Use tweezers, grasping the tick near the mouthparts, as close to the skin

as possible. Don't squeeze, crush or puncture the body of the tick, which may contain infectious fluids. Pull the tick in a steady, upward motion away from the skin.

- After removing the tick, disinfect the bite site with soap, rubbing alcohol or hydrogen peroxide. Wash your hands carefully. Record the date and location of the tick bite. If a rash appears or you experience flu-like symptoms over the next 30 days, contact your health care provider immediately.
- Consider using insect repellents to reduce tick bites. Follow label instructions carefully. Use repellents only in small amounts, avoiding unnecessary repeat application.
- Children may be at greater risk for reactions to repellents, in part, because their exposure may be greater. Do not apply repellents directly to children. Apply to your own hands and then put it on the child.
- Do not apply repellents near eyes, nose or mouth and use sparingly around ears. Do not apply to the hands of small children.

*(Source: NY State Department of Health)*

## Mosquito Bites

You are most likely to be bitten by a mosquito at dawn or dusk, when these insects are most active. Protect yourself from mosquito bites by wearing long-sleeved, light colored clothing and long pants. As with ticks, repellants



can be used to avoid mosquito bites. Prevent mosquitoes from breeding near your home by eliminating any stagnant water.

In order to relieve itching, apply hydrocortisone cream, calamine lotion, or a paste of one teaspoon of water and one teaspoon of dry meat tenderizer, mixed together. If you experience a strong reaction, take an oral antihistamine.



## Bee Stings

To avoid a painful prick, make sure not to walk outside barefoot. Keep away from areas where

there are beehives or large numbers of bees.

If one is stung, never squeeze the stinger or use tweezers, this may result in more venom being pumped into the body. Instead, scrape off the stinger, either with a fingernail or by wiping it with a large piece of gauze. Wash the area with soap and water, and apply a cool compress. If there is any indication of a severe reaction, such as swelling of the face, mouth or tongue, difficulty swallowing, speaking or breathing, or dizziness, call 911.

## Sun Protection

Overexposure to the sun poses a very great risk to our health. The sun emits three types of ultraviolet (UV) rays, two of which penetrate the Earth's ozone layer and reach us. The UV rays which hit our exposed skin can damage it in the short term by burning and in the long term through premature skin aging and skin cancer. It is especially important to avoid keeping babies under six months of age in direct sunlight.

UV rays are strongest in the summer months, particularly between the hours of 10 a.m. until 4 p.m. Outdoor activities should be limited during that time, or should be enjoyed in the shade. Wear clothing that covers the skin.

It is important to wear sunscreen. It should be rated at SPF 30 or higher and should be labeled "broad spectrum," meaning that it protects the wearer from all harmful UV rays. Ideally, apply sunscreen 30 minutes before sun exposure to give it time to work on the skin.



## Lightning

Lightning causes more injury per year in the United States than both tornadoes and hurricanes. Since lightning does not cause mass destruction the way hurricanes and tornadoes do, and usually causes only one or two deaths or injuries at a time, it is often referred to the "underrated killer." However,

the good news is that with some commonsense prevention and planning, injuries and deaths can be avoided.

The number one safety tip to remember is to head indoors at the first sign of an impending thunderstorm. Be aware that if you can hear thunder, you are within striking distance of lightning. You are in danger of being struck by lightning even if it is not raining. Lightning can strike within 10 miles of the actual location where it is raining. Head indoors immediately! The only safe place to be is in a fully enclosed structure such as a house, or a fully enclosed vehicle.

Although rare, a person can be injured by lightning even while indoors if the building in which he or she is sheltering receives a direct

lightning strike. To stay safe, avoid using indoor pools, showers and sinks, as well as electronic appliances such as corded telephones, computers, and radios. The reason for this is that if a building is struck by lightning, the dangerous electrical current usually travels through the wiring or plumbing and from there, into the ground.

If you are outdoors without access to safe shelter, there are some measures you can take that will slightly lessen your chances of being struck by lightning. Take care to avoid the following:

1. open fields or the top of a hill
2. tall poles or tall, isolated trees
3. bodies of water, such as lakes or ponds
4. wet or metal objects.

Most lightning-related injuries and deaths take place on open water. Pools should be evacuated immediately when the first rumbles of thunder are heard, or dark, threatening clouds are spotted. Most dangerous of all when lightning strikes are small boats with no cabins, such as rowboats, paddleboats etc. Do not plan a boating trip if there is even a slight mention of thunderstorms in the forecast. If you have any reason at all to suspect an impending thunderstorm, head to shore immediately and take shelter.

# Let's Not Forget Our Neighbors

## Wildlife

Vacationing in the mountains brings many of us into closer contact with wildlife. Living close to animals can be thrilling, but it is a privilege that comes with appropriate responsibilities. Wildlife must be respected; carelessness can hurt.

## Bears

- Bears come only if there's garbage easily accessible to them. For example they will be attracted to remnants of food, such as hot dogs and hamburgers.
- The key to preventing bears from entering campsites is to make sure that no food is available to them.
- Garbage should be placed in properly sealed dumpsters that do not overflow.
- Remove birdfeeders. Bird feed is a very strong attraction for bears, even if they can't reach it.

## Deer

- Deer will sometimes bolt across a road completely unexpectedly. Vacationers who have not been raised in the country could be unprepared for the unexpected, and easily hit the deer.

- The most helpful thing for drivers to do when they spot a deer is to blow their horns. Deer are mesmerized by headlights; however the sound of the horn will startle them, causing them to retreat back in the forest.
- Deer are not solitary animals; they travel in groups. If you see a deer, always be on the lookout for other deer running behind it.
- Drivers should avoid swerving if they encounter a deer running across the road. Most serious accidents involving a deer resulted from the car running off the road and hitting an object. Instead, motorists should attempt to slow down as much as possible, while continuing to drive straight ahead.

Just as with any other motor vehicle accident, deer collisions must be reported to the local police department by calling 911.

## Animals With Rabies

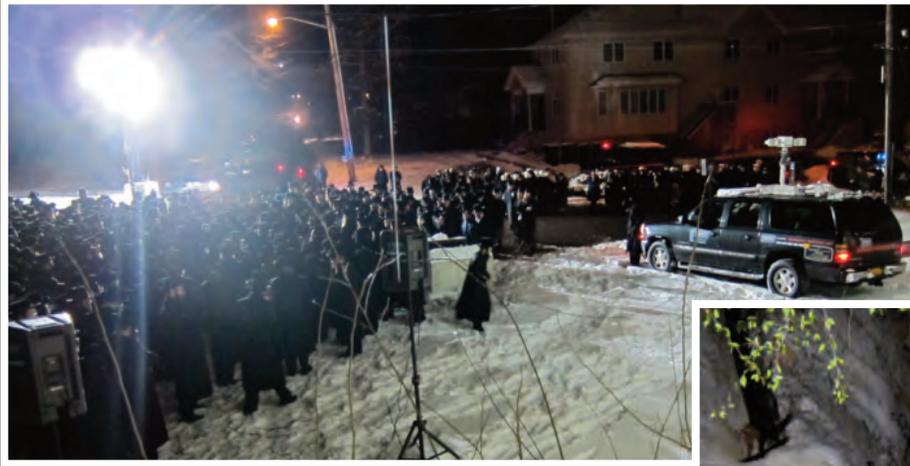
Raccoons, foxes and skunks are known to spread rabies. If a wild animal is not afraid of a human being, one can assume that the animal is probably sick, and it is best to avoid it. State authorities should be contacted to remove the animal.

**Lieutenant Deming Lindsley**  
*NYS Department of Environmental  
Conservation Division of Law  
Enforcement*





*Understanding Tragedy with Compassion.  
Coordinating Crisis with Expertise.*





## Showing Sensitivity at Nichum Aveilim

by Isaac Kohn

Misaskim is an organization with sensitivity required to serve every bereaved family with the utmost dignity and concern. Misaskim sees to it that every item needed by this shiva house is provided quickly and efficiently. Chairs and siddurim, shtenders and Sifrei Torah, water dispensing machines, hot and cold cups and air conditioners are part of a standard delivery. However, there are certain episodes or happenings during shiva that are truly disturbing. Some call it insensitive while others say it is simply a matter created by the momentary uncertainty and confusion. Be that as it may, something has to be done to bring it to the public's attention. We hope that you can assist us with that as well.

*It is now 11:30 PM and the aveilim are exhausted. Emotionally and physically the day has been a tremendous burden. At this point, the last visitor has left and the aveilim get up from the low shiva-chairs provided by Misaskim. They stretch their stiff legs and one of them moves towards the door to lock it for the night. Suddenly the door is pushed open and a Shabbosdik-dressed couple walks in. Unaware, they proceed to state that 'we just came from a Chassuna and seeing that your lights are still on we figured you are still sitting and waiting for more visitors...'*

*The aveilim have been sitting since 6 am and the visitors haven't stopped coming since. All they want at this late hour is to stretch out a bit and catch a few hours' sleep....until the next morning arrives. If it's to be menachem the aveilim, shouldn't concern for their comfort be a major part of the visit? It would have been a much greater mitzvah if the above mentioned couple didn't come at all. The aveilim would gladly accept a phone call rather than a visit so late into the night.*

Our Chazal in their infinite wisdom recognized the tremendous stress the aveilim are under during the shiva. They clearly foresaw the intrinsic pain which unwarranted conversation will create for the bereaved. As such, they instructed those who are visiting the shiva house to remain silent and refrain from speaking until the avel speaks first. Perhaps the aveilim are not in the mood to speak. Perhaps they are not up to answering the same questions they have already responded to over and over again.

The shiva visitors may number in the hundreds; friends, relatives, Rabbonim, askanim, neighbors, co-workers....the list goes on and on. The emotion and sadness professed by many visitors is palpable and they sincerely share in the pain of loss. Their words of consolation, encouragement and wise advice are greatly appreciated by the aveilim. Their genuine offers of help sends a message of honesty and true concern.

And then there are other visitors who at times may be less sensitive. They may ask questions and without realizing make comments that are insensitive and hurtful. What, why not, how long, where, when, who, what was done, why this doctor, why not that hospital, why no second/third/fourth opinion? Why didn't you tell me, why didn't you do this or that....the questions can be never ending.

Other than the curiosity inherent in most of these questions, what other reason is there to ask such questions? Does it matter? Other than to create a topic of conversation, how do all of these prying questions change the bitter fact? Do they have a solution, an answer or a healing potion which will prevent future deaths? Aveilim who struggle with their emotions and the need



***The aveilim would gladly accept a phone call rather than a visit so late into the night.***

to fend off these inquisitors without insulting them, at times, simply cannot avoid embarrassing the person asking.

“How long was he / she sick?” Is a basic, standard, oft-repeated question. How exactly does the time-period effect the questioner’s life? “Long enough to pass away...” should be the standard response.

“Where did he/she have it?” “In Flatbush, of course, where else?”

“Which doctor?” “The one with the medical license.”

“What did she/he have?” “An overdose of the Malach Hamoves.”

“I remember that three years ago on a particular Sunday, he/she.....”

“Sorry. Don’t even go there because that Sunday she/he had a sprained ankle, so your calculations as to when the sickness began is totally off base.”

“Why didn’t he/she get a second/third opinion?”

“Because we waited for you to come and suggest it....”

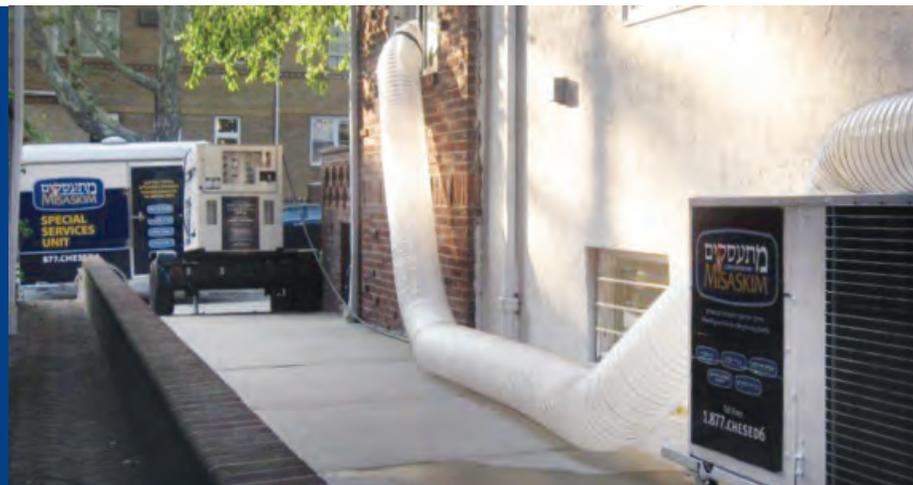
The aveilim need to rest, to eat and to stretch a bit. You see them sitting and eating. Leave them alone. Don’t sit on top of them Wait till they finish. In fact, push them to eat. Tell them you will wait.

They would also greatly appreciate a bit of help with the children, perhaps taking care of routine chores. If it’s snowing or raining, removing the snow-laden or rain-soaked shoes to protect the carpet or parquet floors. This is not a social gathering. Sit a few minutes, say the posuk and leave quietly so as to allow the other visitors have their turn. The aveilim would value your sensitivity much more than they will appreciate your hanging around.

Unfortunately, sitting shiva is part of life. Sooner or later we are all called home. And that is the basic reason why Misaskim was created; to tend to the Shiva House.

Please! Don’t do onto others what you don’t want done to you.....

***Genuine offers of help sends a message of honesty and true concern.***





# INTRODUCING A REVOLUTIONARY **CAMP NOTIFICATION SYSTEM**

## Attention Camp Director:

After years of research and development, we are pleased to introduce a revolutionary new Camp Notification System (CNS) that will go a long way in helping the camps in our community prepare, respond, and avoid unpleasant happenings.

By signing up with Misaskim's Camp Notification System, you will automatically have access to information by many law enforcement agencies on situations that affect your camp directly. Although there are dozens of possible scenarios when the CNS would be activated, here are just a few possibilities (chas veshalom):

- Severe weather warnings and progress
- Major traffic related alerts
- Health Department warnings
- Unsavory characters in vicinity
- Crime related incidents

To sign up for CNS, you must go to [www.misaskim.org](http://www.misaskim.org). Once signed up, you will be given special access to the site.

The CNS for the first time puts a camp into a network where time is of the essence. Its ability to provide accurate and timely information is priceless.

CNS is part of Misaskim's growing role as the "Agency of Preparedness" - helping the community prepare for any eventuality.

We look forward to your participation.

**Please note, for Summer 20i4 this service will be available for Sullivan and Ulster counties.**

## Chevra Kadishas Reap the Benefits of Misaskim Intervention

Invariably there are instances in which someone passes away under tragic or unexplainable circumstances that, by law, must be reported to the medical examiner. When these cases involve members of our community, they are referred to Misaskim for intervention so that the deceased can be brought to kever Yisroel as quickly as possible as mandated by halachah. Among the many services the organization offers, its primary concern over the years has been communicating and working with the Medical Examiner's Office to assist the community when these legal requirements infringed on kavod hames.

Often, the release of the niftar was significantly delayed because to coordinate between the family, law enforcement, the funeral home and the Medical Examiner's Office was very involved. Delays have recently been further exacerbated by technological advances that require specific personnel from various ME departments to coordinate and authorize the release of a niftar.



Misaskim has exerted much effort to change the procedures that have caused great distress to many families. By now, much progress has been made in streamlining the processes. These achievements were acknowledged in February, when Misaskim hosted Dr. Barbara A. Sampson, Acting Chief Medical Examiner for the City of New York, at a breakfast session. More than 70 Chevra Kadisha groups were at the breakfast, along with hospital clergy liaisons and local elected officials.

Dr. Sampson announced at the breakfast new protocols that were officially established after years of discussion; changes that will go a long way in accommodating our community. The new, far-reaching procedures were designed to expedite burial, facilitate transfers for burial in Eretz Yisroel, and eliminate the likelihood of chillul Shabbos, among several others.

### Shabbos and Yom Tov

One example of the understandings reached concerns cases that occur on Shabbos or Yom Tov and must be reported to the Medical Examiner's Office. To facilitate the process, Misaskim retains non-Jewish workers who monitor Misaskim's emergency hotline on Shabbos and Yom Tov. They are familiar with issues regarding kavod hames, and act as intermediaries between Misaskim and the authorities.

The non-Jewish workers have been especially helpful when the pain of losing a child was far more than one local family could bear. On top of that, there were 19 police officers in their home on Shabbos conducting an investigation. It was beyond tolerable. The family was





deeply troubled that the niftar was to be moved during the investigative process. Because of Misaskim's intervention with Dr. Sampson's office, the body was not moved until after Shabbos, thereby avoiding chillul Shabbos.

### After Hours

A grieving family often had to endure an extended wait when the death of their loved one occurred after hours or on weekends and the Medical Examiner's Office had to be notified.

Dr. Sampson indicated that if necessary, her offices would reopen after hours in a case where the body must legally be brought in, thus facilitating kevarah locally-- only if it's being done that night or being transferred to Eretz Yisroel for burial that night. In case a body is brought in and the office is opened after hours for an examination (i.e. for x-rays and photography, and not, chas v'chalilah, for an autopsy), borough chiefs will now have laptops and will be able to issue death certificates remotely. Another issue in the past was the requirement by ME staff to fingerprint a decedent, even after being identified by a family member, thus causing delays that can interfere with burial before shkia or even prevent a body from making the flight. After Misaskim's intervention, the ME can now forego the fingerprinting provided that the proper ID was done.

Misaskim recounts how on November 18th Hatzolah responded to a call at 4:30 in the morning of a child in distress who

ultimately passed away. Misaskim was immediately called in to help the family coordinate with the ME office. However, while Misaskim was still at the scene, another 9-month-old child R"l passed away in Flatbush. The parents, despite their shock, decided to have their son buried in Eretz Yisroel next to his grandparents. Since it was after hours, the ME, despite having already accommodated earlier in the day, quickly opened the office where the body of the toddler was brought by Misaskim, and arrangements were made to find an x-ray technician and a photographer so the body could make the flight for burial in Eretz Yisroel.

### Dispatching ME Personnel

Another typical scenario involves an individual who is niftar secondary to a surgical procedure. In the past, the niftar had to be transported to the medical examiner for the investigation process and was later released. Now, Dr. Sampson established that the grieving family will no longer have to wait for the niftar to be brought to the office of the ME. The Medical Examiner will dispatch an investigator to the medical facility where the death occurred.

Mr. Martin experienced the activism of Misaskim and the benevolence of the office of Dr. Sampson first hand when his mother passed away in a hospital on an Erev Shabbos. This situation required ME intervention because the nifteres passed away in a medical facility



## NYPD Thanks 16 Misaskim Volunteers for Assistance in “New York City’s Most Gruesome Crime Scene”



High ranking officials of the New York Police Department paid tribute to 16 volunteers of the Misaskim organization for assisting the NYPD and the Asian community in what officials termed “one of the most gruesome crime scenes in memory.” A mother and her four children were brutally murdered in the Sunset Park section and left a crime scene that most seasoned police officers said they would not soon forget. The carnage left police officials with the quandary of cleaning up the home where the atrocities were committed before permitting other family members to return to the home. It was then the NYPD called Misaskim, an organization it had previously observed in their tedious efforts to respect the dead (kavod hames) and to bring every last ounce of fluids at the scene of a tragedy to burial.

After checking with its rabbinic board, as they always do in such circumstances, Misaskim volunteers were dispatched to the scene to do what they are unfortunately too well accustomed in doing, to clean up the aftermath of a vicious crime or a tragic accident. It was this incredible task that brought leading police officials to the Brooklyn headquarters of Misaskim. They came to recognize and to pay tribute to what they called “a community organization that went well beyond all norms in extending their assistance.”

Some two dozen police officials participated in a ceremony requested by NYPD officials to honor the 16

volunteers. Amongst the police officials who participated at the moving event were Chief Thomas M. Chan, Chief of Community Affairs NYPD; Chief Owen J. Monaghan, Chief of Patrol Brooklyn South; Chief Thomas Moran, Chief of Department Office together with Chief Harrington; Deputy Chief David Colon, Community Affairs; Captain Mugin of the Crime Scene Unit, detectives of the Homicide Squad, and the heads of several local precincts.

For Misaskim, the crime scene assistance was part of an ongoing exceptional working relationship with police officials, which is part of

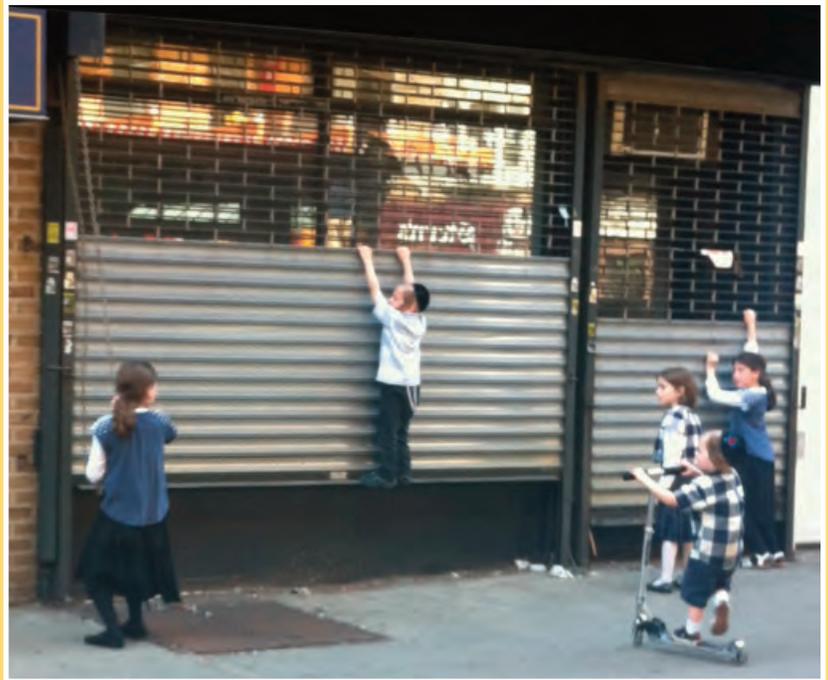
Misaskim’s ongoing preparedness effort so that it could respond to any eventuality. The five murders in the three-room home on 57th Street, where the children and their parents enjoyed a seemingly ordinary life, the police said, stood out for their brutality and magnitude. It was “not something that has been seen before in recent memory,” said Chief Monaghan. Chief Chan called the Misaskim act “a silver lining in an otherwise huge cloud.” All of the officials expressed their gratitude to Misaskim volunteers who went about their task in a professional manner, making a huge Kiddush Hashem and maintaining their excellent relationship with the NYPD.

Misaskim officials expressed their gratitude to the NYPD for their “continued friendship and assistance to the community whenever needed.” Each of the volunteers was presented with a plaque from police officials as representatives of the Jewish and Chinese media captured a truly magnificent moment in the lives of New Yorkers.



# An Urgent Message to All Parents

Our children are spending a lot of time outdoors in the accommodating weather. While parents are mindful that the children don't run in the streets, wear a helmet or avoid strangers - - they should certainly pay attention to the latest form of entertainment; riding the storefront gates! This is by no means a form of entertainment - it is a death trap! Please guide your children in channeling their creative exuberance in a safer manner. Children can easily fall when the gate is in an up position and C"V hit their head, especially when they are toying with electrically operated roll-up gates. Unfortunately, a child recently died and another was involved in a critical emergency after riding roll-up gates.



**It is a death trap!**

## Chevra Kadishas Reap the Benefits

*continued*

secondary to a fall, potentially holding up the kvurah until Sunday afternoon. However, the ME dispatched personnel to the hospital enabling the funeral to be held as soon as Shabbos was over. Mr. Martin had high praise for the Medical Examiner and Misaskim: "She realized the sensitivity of kvod haniftar -- it was only able to happen through Dr. Sampson and Misaskim."

The need to educate officials in government, particularly law enforcement, about our way of life is an ongoing process that enables us to thrive in the society we live in. The painstaking process of working with officials in the Medical Examiner's Office is just one example of why an organization like Misaskim is so necessary. It is certain that the many chevra kadisha groups in

our community will greatly benefit from the protocols now officially established between Misaskim and the medical examiner.

One of the participants at the breakfast who had experienced the intervention of Misaskim first hand was Assemblyman Dov Hikind, who learned while vacationing in Florida nearly a month ago that his older brother had suddenly passed away. "I experienced what Misaskim means to our community first-hand and sometimes we don't appreciate the importance of such an organization, until we are personally involved," said Assemblyman Hikind. "What Misaskim did for us was tremendous - what a chesed!"

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