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פרשת עקב



# NEWS



## SCIENCE TIMES SUPPORTS CAMP MORASHA CURFEW

Sleep deprivation in animal laboratories can be fatal. So reports an article in Tuesday, August 3, 1993 Science Times report. "A college student goes two nights without sleep to cram for exams and on the third day comes down with a cold." "A surgery patient who is awakened four times a night in the hospital begins to recover only after going home and getting a good night's sleep."

These examples as well as experiences similar to those in your own personal life show that sleep loss promotes illness.

Experiments now show that the immune system is repaired or strengthened during sleep and in fact sleep is likewise influenced and regulated by how one feels. The findings indicate that sleep serves some restorative function within the brain.

The studies performed thus far seem to indicate the idea that people in crisis who may not be sleeping well have depressed immune systems. Proper sleep habits and good rest procedures will enhance our immune systems making us healthier and more productive.

## ALUFIM COMBINE RUCHNIYUT & GASHMIYUT IN KOLLEL- DJ TRIP

In another of the Education Department's innovative programs, Alufim travelled to the Kollel campus Sunday evening for a joint learning session with the College Kollel. In the Chevruta setup, Alufim and Kollel studied about Tu B'Av and the related Mishnayot.

Taking advantage of their proximity to DJ's, Alufim followed the Ruchniyut with a trip for ice cream to balance with Gashmiyut.



## NITZIS STRIKE GOLD IN SENECA

BY ADAM MELZER

AS THE SHALHEVET goes to press, word was received that the Nitzanim were victorious in the under 10 softball tournament Thursday at Camp Seneca Lake.

The winning players and coaches received gold medals and Morasha was awarded the first place trophy. David Furst (pitcher) was the MVP.

In the first game Morasha trounced Camp Chitiwanda 23-1! In the nail-biting finals, Morasha edged out Seneca 10-9 which was highlighted by fine grabs by Daniel Gober who ended the game with a diving catch.

The champions were Steven Bressler, Jordan Bryk, Zachary Grauer, Marc Plaut, Michael Stein, David Furst, Elliot Kollander, Yossi Shmulewitz, David Blum, Joshua Friedman, Michael Gibber, Nachi Light, and Daniel Gober. Coaches were Seth Dimbert and Adam Melzer assisted by Ilan Meister.

## ILANOT STAR IN CHEAPER BY THE DOZEN

ILANOT held center stage in a delightful production of CHEAPER BY THE DOZEN.

Produced and evenings  
Wednesday  
Thursday  
in the  
The show  
Benjy



Mercazia, featured  
Epstein,  
Rachel Mansdorf, Alison Steinlauf,  
Jared Harary, Jessica Fragin, and  
Daniel Sprung in leading roles.

## ONEG SHABBAT

Tonight's speaker will be Rabbi Heshie Billet who will enlighten Morashaniks on PAN AM 101.

# Torah Thoughts

A D'VAR TORAH . . .

## ON PARSHAT EKEV

By Tzvi Pittinsky, College Koller

In Parshat Ekev, Moshe recounts the writing of the second luchos. The Midrash explains that with the first luchos Hashem gave Mosheh the Torah SheBaal Peh, which included explanations of the Mitzvot and straight Halacha. With the second Luchos, Hashem gave the Thirteen Rules by means of which the Torah is expounded. These rules gave the rabbis the ability to actually learn out new halachot through a rigorous reading of the Torah. Why was there a difference between the first and second luchos?

The Netziv explains that the first luchos were given before the Chet Haegel. The intention was that Bnei Yisrael would soon enter Israel with their own government and Beit Hamikdash never to be exiled. What was needed was simple explanations of what to do and how to do it. Torah learning was meant to be a means to an end, not an end in itself. For a spiritual attachment to Hashem Jews had many other avenues.

With the Chet Haegel, the situation of Bnei Yisrael was forever changed. Shattering the luchos started a chain reaction of sins which would ultimately lead to galus.

As long as the Jews lived in Israel, they were relatively safe from outside influences. But once the Jews were living in foreign nations with no centralized Jewish government or Beit Hamikdash the threat of assimilation became a distinct possibility. How could they retain their Jewish identity?

With the Thirteen Rules given with the Second Luchos, the Torah could be expounded through learning. The Jews could make the Torah an expanding body constantly being recreated through CHIDUSH. Through Torah learning B'nai Yisroel could retain their connection with Hashem under the most adverse circumstances.

In Morasha we should take this to heart and realize the special gift Hashem gave us with the Second Luchos. As we learn, whether in sheurim or on our own, we should appreciate that Torah is not merely a class or a textbook, but a living Torah which we can help create through our active participation.

OUR FACULTY WRITES. . .

## ON V'OCHALTA V'SAVATA...

BY RABBI SHIMON KERNER  
EDUCATIONAL STAFF

The Gerer Rebbe (Chidushei HaRim) once asked one of the elders of the Kutzker Chasidim to relate a Torah thought from the Kutzker Rebbe. The Chasid told how amazed and frustrated the Rebbe was by the fact that people did not reach high spiritual levels of closeness to Hashem just from reciting BIRKAT HAMAZON. After all the method used by AVRAHAM AVINU to create G-d awareness amongst people was by feeding his guests bountifully. And then after the meal when the guest wanted to express his thanks to the host, Avraham would say: "The blessing doesn't belong to me, but to the Master of the World." Thus they would be brought under Divine wings.

That is indeed inspiring, answered the Gerer Rebbe, but I am even more amazed that people don't achieve Divine inspiration from eating itself. Doesn't the verse say-

וְיָדָעְתָּ שֶׁיְיָ אֱלֹהֶיךָ הוּא ה' וְיָדָעְתָּ שֶׁיְיָ אֱלֹהֶיךָ הוּא ה'

"The ox knows its owner, and the donkey its master's crib. (Yeshaya 1:3) If a donkey which has no intelligence recognizes its source of sustenance, humans should certainly be able to reach that level!

Often we realize our human weaknesses and vulnerability only when we are in need. After we have eaten and are satisfied we forget our dependence upon Hashem.

Let us all strengthen our appreciation of the many blessings which Hashem bestows upon us - our health, wealth, and ability to serve our G-d - by being more careful to say our BRACHOT ACHARONOT, as well as all our BRACHOT all the time, and with more feeling.

Through this we will B'EZRAS HASHEM have constant and consistent blessings from the SOURCE of all BRACHOT, and HASHEM Y'VORACH ET AMO B'SHOLOM.

Good Shabbos.

# עמוד עברי

## המלך הרשע שדור למוטב

פעם אחת שאל שר אחר את המלך: הנה נא לי מרוש היום דע בראשונה ושתה הנה טוב? מה הביא איתך לשנות את הרשע?

ענה המלך ואמר: שאלה טובה שאלת. פעם אחת עברתי בדרך גשר וראיתי קלב רובה אחר שופל. השיג (reached) בקלב את השופל ונשך אותו בקנה. ונשופל וגלל מאד כי כאבו הנה גדול. השופל הנה ושאר פסח (lame) קל הנמים. והקלב שב לו אל הכפר והנה עבר איש רובב על סוס. הקרש (horseman) זרם אהו בקלב וקנל הקלב נשדדה. הקרש רובב לו הקלאה לברבו. והנה החל הסוס לרוץ מהר מאד. עד כי נפל אל בור ונקלו נשדדה.

ראיתי כל הברורים האלה ואמרתי אל לבי: ה' משלם לקל איש כמעשיו. הוא קשלה טובה לצדיקים ורשע לרשעים. לבו אשויב את הרבי הרעה ואנשה טוב לקל האנשים.

לפני שנים רבות הנה מלך בע קאר. וכל האנשים קראו לו מלך רשע והתפללו לה' כי המלך הרשע ימות ואז יקום מלך קדוש וטוב כמנו.

פעם אנה המלך הרשע לקל האנשים היושבים בארצו להתאסף לאספה (meeting). והאנשים פחדו מאד וקאו בלם. הם המלך ואמר להם:

יודע אנכי כי עשיתי לכם רעות רבות ואין אתם אוהבים אותי. אך מבטיח (promise) אנכי לכם כי מהיום הנה והלאה אישיב עמכם. למען תהיו קלכם קשלות וקאשר (happiness).

וכאשר אמר המלך בן עשרה. הוא שלח לקל ציר וקפר צורים (officers) טובים וישרים. והם חקנו (fixed) את הדרךבים. למען יוכלו הסוסים לרוץ קטם. וקני ושרים (bridges). והפס (tax) אשר לקחו בן העם הנה קטון. ואם הנה רוב (quarrel) בין איש יבין רעהו שפסו אינם דגנני. או נהפך לב העם ואחרי את המלך אהבה רבה.

## בעלי צדקה מאריכים ימים

אשרו עליו על בנגמין הצדיק שהנה ממנה על רפה של צדקה. פעם אחת באה אשה לקניו בשני-בצרת. אמרה לו: רבי, פרנסני! אמר לה: העבודה, שאין בקפה של צדקה כלום. אמרה לו, רבי, אם אין אתה מפרנסני הרי אשה ושבעה בניה מתים. עמד ופרנסה משלו. קמים חלה ונכה למות. אמרו מלאכי-השרת לפני הקדוש-ברוך-הוא: רבוננו-של-עולם! אתה אמרת: כל המקיים נפש אחת מושקאל כאלו קים עולם מלא - ובנגמין הצדיק, שהחנה אשה ושבעה בניה למות בשנים מועטות הללו! מיד קרעו לו גורדינו והוסיפו לו עשרים ושנים שנה על שנותיו.

### מאמרים

הבנה שנה והמלכותיה - תהיה שנה \_\_\_\_\_

אתה \_\_\_\_\_ מכל העמים.

ונעשו בלם \_\_\_\_\_ אחת לעשות רבונה בלבב שרם.

כי תעביר ממשיכת \_\_\_\_\_ מן הארץ.

שמחה \_\_\_\_\_ וישוון לעונה.

כי לא תחפץ במות המת כי אם \_\_\_\_\_ מודקני ותת.

שוב יום אחד \_\_\_\_\_ מיתתך.



Handwritten notes in Hebrew, including the word 'אמרי' (Amri) and other illegible scribbles.



# FROM HERE AND THERE

## DAY CAMP MITZVES



### DAY CAMP SURVEYS GIRLS' CAMPUS

By Menachem Besser  
and Joseph Winkler

(The authors are third graders in  
Brooklyn Yeshivot)

Our group was asking people what their favorite holiday smell was. We asked a lot of girls and staff, even the warehouse staff.

We found out first that most people liked Pesach. But at the end Sukkot was the winner with 17 points.

Everybody had a fun time.

### kitchenews

Waiters and Sports Staff tied in a hotly contested softball game last Friday.

### officeinfo

According to the latest count, 87,422 copies have been made on the main copier in the office so far this summer.



## OUR READERS WRITE

### TO GRAB A MITZVAH

BY SHIRA RESNICK, NEHAMA MILLER, UIVI  
MALINA, & BATYA SCHMUTTER, ALUFOT

I saw the Mitzva sitting  
there,  
Right before my eye.  
I knew just then that it  
was mine.  
I knew I had to try.

I knew I had to grasp it,  
To fulfill it to its whole.  
I also knew from that point  
on,  
That now I had a goal.

I was ecstatic, I had a  
chance,  
The love shined through  
and through.

I couldn't wait to serve  
Hashem  
With the Mitzva I would do.

The bond I felt between me  
and G-d  
I knew would never break  
Because every Mitzvah that  
came into sight  
I ran to go and take.

### bashert response

Yechiel Hirth of Machon is  
related to the following  
Bashert couples: parents,  
uncle & aunt, & cousins