

Congratulations to Jacob Small, age 13, who recently completed his Mitzvah project following his September 27, 2013 Bar Mitzvah. Jacob volunteered his time and skated 90 minutes every Sunday morning at the Northtown Center at Amherst, October through March with SABAH (Skating Athletes Bold at Heart).

SABAH 's mission is to challenge individuals with special needs and volunteer partners to experience the success, pride, freedom, and joy of therapeutic ice-skating while achieving personal growth. The weekly ice-skating sessions rely on adaptive skating equipment and volunteer support to foster a learning environment for athletes who improve their balance, coordination, endurance and strength while learning self-discipline both on and off the ice. Jacob was paired with two local children for the entire program which culminated Sunday, March 30th with SABAH's Celebration on Ice at the First Niagara Center where all skaters and volunteers joined together to celebrate their accomplishments by performing at the Arena for friends, family and the community to enjoy.

Mazel Tov to Jacob for his time commitment and involvement to such an inspirational program!