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THIS WEEK
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SPECIAL ISSUE

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Shalom Dalai

The Dalai Lama (right), Tibetan Buddhist spiritual leader, meets in Jerusalem recently with Dr. Sara Solus (left), a researcher at Hadassah-Hebrew University Medical Center's Natural Medicine Department.

Peres: "Long Live Peace for All of Us"

After nearly seven months of tough negotiations, the long-awaited moment when Israel would cede to the Palestinians control over the Gaza Strip and part of the West Bank nearly did not come to pass. But it did, and the signing ceremony took place in Cairo and was witnessed before an audience of 2,500.

Remarks by Foreign Minister Shimon Peres at the signing ceremony of the Gaza-Jericho Accord in Cairo on May 4:

"The reason for the conflict in the Middle East was the unhappy encounter between the Jewish and Arab renaissance — at the same time, in the same place. Thus, for almost half a century, we experienced blood and hatred, terror and war. Today we declare that the conflict

is over. Today we have agreed to promise mothers and children, Arab and Jewish, that no finger will pull a trigger to endanger the lives or to affect the dignity or happiness of their children.

"Less than a year has passed since the night in Oslo, where Israelis and Palestinians gathered secretly to initial a dramatic turning point in the history of their people. What seemed in the eyes of many to be utopian, becomes today a reality. I record the strenuous days and endless nights needed to cross the valleys of misery and suffering. And again, we did it. We referred to a dual commitment — the moral history of our nation and the need of the people in the region. Our position stems from a moral pose: govern yourself; don't rule others.

"So the agreement today is not a submission to the threat of weapons. It is in reality a return to the values of our heritage. We do not want to be the governor, the judges, or the police of the Palestinian people. It is for the Palestinians to elect their leaders, nominate their judges, appoint their policemen. All we wish is to become their friendly neighbors. All we hope is to see

them as our good neighbors. Today we welcome you, the Palestinian people, as neighbors.

We must look ahead. We state earnestly to the Arab people that you and we need a Middle East, a geography of peace, a territory of prosperity, a community based on market economy, responsible diplomacy and a land that will regain its fertility.

"I assure you that we shall not stop here — that we shall reach peace with Syria, Jordan, Lebanon, and make it comprehensive and durable. We shall continue to negotiate with the Palestinians for a permanent solution. Relations are more tell-

ing than borders. We are making today our relations, so that we shall be able to make borders in the future.

"With the exception of war, the greatest menace is poverty. Nobody should pay for folly and belligerence. We can put to the right use our available resources — the water we possess, the land we own, the knowledge we acquire — for the benefit of our people. A Middle East for the people and by the people. The story of modern society is not a national separation, but an economic cooperation. No nation can dominate, and yet every nation must compete — and ably so. We know already that



"Violence shall no more be heard in your land. No desolation, no destruction within your borders."

Israeli Foreign Minister Shimon Peres, from Isaiah 60:17-18

Small is Definitely Better

by Alison Smith
Herald Co-Editor

For the second straight year, the New England Academy of Torah's math team had a record-setting season. The team, led by division winners Zuki Gottlieb and Stanley Peterburgsky, captured the most improved team award for the second time in as many years, advancing from

14th place to 4th. In the state of Rhode Island, the team was also invited to the state playoffs for the first time.

Unlike the other top schools, which have 500 or more students, the New England Academy of Torah has an enrollment of only 50.

Math isn't the only subject taught on a high level in the

school. The curriculum of sciences, English, history, and all of the Judaic classes help make New England Academy of Torah one of the top Jewish schools in the country.

The school may be small in numbers, but obviously it is big where it counts — a talent for handling math, and brains. And having a great coach helps, too.



A WINNING COMBINATION — They made their school proud of them and proved hard to beat when it came to Math. In the back row, coach Susan Mosher, Bruce Kessler, Stanley Peterburgsky, Ernest Mandel, and in the front row, Zuki Gottlieb, Adi Gottlieb and Ben Beiser, of The New England Academy of Torah, the high school adjunct of PHDS.

Herald photo by Alison Smith

computers are mightier than guns. We know that the new opportunities reside in the competence of the scientists, rather than in the camps of the army.

"Ladies and gentlemen, the future is inevitable, just as peace is inevitable — and for all of us. A year ago, a meeting like that of today would have been perceived as unreal. Yet today, it is a reality. Alongside the magic river that held the cradle of Moses, at the foot of the pyramid that withstood the test of time, to see such a distinguished and unique gathering, like you and us here today, carries a new

(Continued on Page 16)

INSIDE THE OCEAN STATE

Sundlun Announces Extended Benefits

Governor Bruce Sundlun and Marvin D. Perry, director of the Rhode Island Department of Employment and Training, recently announced the beginning of a federal-state extended unemployment insurance benefit period in Rhode Island.

Unemployed Rhode Islanders may be eligible for these benefits because of an "alternative trigger" provision sponsored by Sundlun and enacted in 1993. Only seven other states have this stipulation in their state law.

Under this provision, the extended benefits program triggers when:

- the average seasonally adjusted total unemployment rate for the latest three months equals or exceeds 6.5 percent, and
- the adjusted unemployment rate is 110 percent higher than the rate for the corresponding period in either of the prior two years.

The department will be notifying potentially eligible individuals.

The extended benefits program provides up to 13 weeks of additional benefits. In addition, if the adjusted unemployment rate equals or exceeds 8.0

(Continued on Page 7)

Recognition for Tourism 'Best'

Governor Bruce Sundlun has announced that the 1993 tourism season generated record high revenues.

In addition to announcing that the tourism industry generated \$1.4 billion in revenues, the governor also announced the formation of a new tourism program — a Travel and Tourism Academy, which will serve as an innovative education program and will be offered through the state's vocational education system.

Sundlun also recognized and honored eight tourism industry representatives and/or organizations with a 1994 tourism achievement award.

The award recipients are as follows:

- Conway Tours received the Blackstone Valley Tourism Council Award in recognition of the pivotal role it has played in developing the Blackstone River Valley as a group tour destination.
- Anne Bates was presented with the Bristol County Award in recognition of her role as catalyst for tourism development and promotion throughout Bristol County over the past 18 years.
- Flavia Clark received the Block Island Tourism Council Award for her many years of dedicated volunteer service to Block Island and the Nature

Conservancy, and for the countless hours she has spent leading tours of the island for thousands of Block Island visitors.

- Ralph Carpenter received the Newport County CVB Award in recognition of his successful fund-raising efforts on behalf of numerous Newport attractions. Most recently, he spearheaded the fund-raising campaign for the Museum of Newport History.

- The Rhode Island Convention Center received the Greater Providence CVB Award for its powerful impact on Rhode Island's hospitality and tourism industries, and its potential for generating jobs and revenue for the entire state of Rhode Island.

- Theatre-by-the-Sea received the South County Tourism Council Award in recognition of the recent renovations of the historic theatre, its restaurant, and its role in increasing cultural tourism to South County.

- The Warwick Figure Skaters Association received the Warwick Economic Development Award in recognition of their continuing efforts to promote Warwick as a tourism destination and for their pivotal role in bringing the 1994 Precision Skating Championships and the 1995 United States Figure Skating Championships to Rhode Island.

- The 1994 Governor's Tourism Achievement Award was presented to Thomas G. Souza. Apart from his internationally recognized achievements as general manager of Collette Tours, Souza was honored for his far-reaching initiatives and diverse efforts to expand, enhance and prepare for the future of Rhode Island's tourism industry.

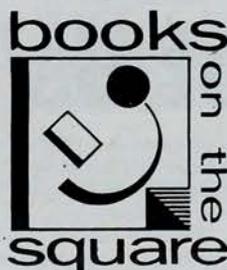


May 14, from 9 a.m. to 4 p.m., the Cranston Historical Society will hold its annual flea market at the Sprague Mansion, 1351 Cranston Street, Cranston. More than 100 vendors will be present and the grounds of the mansion will be open for strolling. Call 944-9226.

May 16 through 18, from 5:30 to 8:30 p.m., at the Elsbree Street campus, free walk-in advisement and financial aid counseling for potential and returning students to Bristol Community College. Other assistance opportunities are available. Call (508) 678-2811, ext. 2590, for help and information.

May 17, from 3 to 4:30 p.m., at the Children's Museum, 58 Walcott Street, Pawtucket, a Make It and Take It workshop for children 3 and older. The kids have their choice of materials to work with, and they take home the finished product. Call 726-2591.

May 25, at 2 p.m., a program called "Mind, Body Spirit: A Total Approach to Prevention," at Bristol Community College Arts Center, Fall River, Mass. The workshops and discussions, with appropriate breaks, will continue into the evening. Register early. Call 351-5130 for details.



Faraway Places:
Italy

Dr. Blossom Kirschenbaum discusses the novel

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Fishing Derby Just for Kids

Plymouth Mortgage Company, Inc., is proud to be included as a corporate sponsor for the upcoming fishing derby entitled, "Get Kids Hooked On Fishing, Not On Drugs!" scheduled through June 12.

The derby is open to all Rhode Island youths, age 17 and under, and offers cash prizes in 14 freshwater categories. Prizes include fishing tackle, special awards to anglers for first, second and third place prizes for catch and release fish.

The fee per angler is \$4, however, a family may register for \$8. Weigh-in stations will be located at local participating bait and tackle shops.

All fish must be caught in Rhode Island waters.

Registration checks should be made payable to the Narragansett Council, BSA, and mailed to Narragansett Council, BSA, 175 Broad St., Providence, R.I. 02903 no later than May 27. The first 500 entrants will receive a registration patch.

FEATURE



A Legacy of Light

by Mike Fink
Herald Contributing Reporter

Ernst Lichtblau—the Blue Light of Truth—came back to Providence, in spirit and the substance of his work as architect and designer. An exhibit at the RISD Museum and a symposium on his career marked a high spot of the inauguration of the new college president in town, Roger Mandle.

Lichtblau came and went from school just before I blew back in 1957, but he served another semester in 1960. I recall his presence only dimly. But he took form again like a kindly ghost among former students, clients, and scholars at the Bayard Ewing Building on South Main Street.

Professor Sam Frank produced a handsome monograph. He included passages written by people I had known years ago, but not their connection with the mysterious Lichtblau. Bob Soforenko, RISD '54, a buddy of my brother Chick, writes, "Professor Lichtblau possessed a powerful personality. You loved him or you hated him. I loved him. I have not, to this day, studied or worked with anyone, or in fact met anyone who has had a more profound impact on my life. He stands at my shoulder when I design. Ernst was handsome, impeccable and had an uncommon sense of humor. He modified the 1946 Studebaker designed by Raymond Loewy. He demanded all the chrome be removed. We students tried to chauffeur him about because he was a terrible driver."

My brother as head of the interior architecture department credited Lichtblau with the liberation of furniture and space design from fake classical tastes, bringing European ideals to our school and city. And Donald Pollard, one of his first students in 1949, notes, "What astonished me most was a quiet prejudice against him—I realized he was the only Jewish teacher in the school."

Ernie Kirwan, another colleague of my brother and RISD alumnus, describes Lichtblau's style and person. "Great body language. Long arms and fingers, beautiful penetrating eyes. When he rose to his full five foot two, one noted the deformation of his upper back, a condition caused by an unspoken traumatic event before he escaped Nazi persecution. Yet he was very handsome in his tailored suits and ever-present vest."

He goes on to describe his spare but elegant studio apartment, its murals and fixtures masterpieces of thought and execution.

Sam Frank didn't leave anybody out of his thorough research project on the legacy of Ernst Lichtblau. I bumped into an old friend, Carol Fish Scott, daughter of two psychiatrists who had commissioned Lichtblau to do the interior of

their home on Lincoln Avenue. They had met him through Carroll Fulkerson, another former colleague and friend of mine. Desks and lamps shaped by the austere vision of Lichtblau from the homes of Fulkerson and Fish made possible the gallery exhibit. Scott inherited from her parents a belief in art and culture. She used to create ecumenical seders. We had a fight one year when I thought she had gone too far and bruised my Zionist principles and loyalties. The Lichtblau legacy brought us together on RISD sidewalks.

Lichtblau brought more than fully felt he found his future here. But he haunts those who met him long ago, and those who discover him through their words and their works.



Ernst Lichtblau, architect, 1883-1963
Rhode Island School of Design

National Park Needs Volunteers

Roger Williams National Memorial, a unit of the National Park System, is now accepting applications for its Volunteers in Parks program. VIPs will assist the park in its mission to interpret the life and legacy of Roger Williams.

Volunteers are needed for many projects, including: organizing and cataloguing the park's research library, staff photographer, illustrating various park publications, augmenting the park's slide collection, providing information about Roger Williams and the local area to visitors from around the world, assisting with administrative duties and

a Bauhaus esthetic creed from the old world to the new, a poetic pride that offended Hitler and his bloated bombast. He brought his secret Survivor Judaism and planted it in Providence. Like a genie, he has come back in 1994.

He came here in 1939, the year of the "Wizard of Oz." This phantom from the lamp of learning rises into the spring mornings and evenings among us and brings distinction to the events of the RISD inauguration. He lost his past in Europe. He never

help with the park's maintenance responsibilities. Training will be provided and expenses paid by the National Park Service. Applications can be obtained by dropping by the Memorial's Visitor Center at 282 North Main St. in Providence, or by calling 521-7266.

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Citizens Bank Holds Total of \$500,000 in Israel Bonds

Citizens Bank of Providence has reaffirmed its investment in State of Israel Bonds by reinvesting a matured Israel Bond and purchasing a new Israel note, announced Richard A. Kaplan, chairman of Rhode Island State of Israel Bonds. Citizens Bank holds a total of \$500,000 in State of Israel bonds.

The purchase, due in large part to the efforts of Lawrence K. Fish, chairman, president and CEO of Citizens Financial Group, Inc., illustrates the bank's commitment to be an active participant in Israel's future by investing into its economic growth.

Sales of State of Israel bonds in Rhode Island have grown steadily due to purchases from banks, private investors, pension funds, unions, community groups and synagogues.

"On behalf of the Rhode Island Committee of State of Israel Bonds I would like to thank Larry and his staff for the efforts they have made on our behalf," Kaplan said. "Their knowledge of the Jewish state, the land, the people and the industry, gave them an understanding about its need for investment."

State of Israel Bonds is an international organization offering securities issued by the government of Israel. Throughout its history, Israel has maintained a perfect record on the payment of principal and interest on the securities it has issued. Israel Bonds proceeds play a major role in absorbing

Throughout its history, Israel has maintained a perfect record on the payment of principal and interest on the securities it has issued.

Jews from the former Soviet Union, Ethiopia and elsewhere.

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EDITORIAL

From Hawk to Dove After Four Decades

What drove Israel's foreign minister — a military hawk for four decades — to become a key architect of peace negotiations with his country's Arab enemies?

"For the first 40 years, I was deeply worried that Israel may be overpowered by arms," says Shimon Peres. "And today I am afraid she may be undercut if she won't have peace. So what previously was arms, today is peace. We live in an entirely changed world."

This acknowledgement, spoken matter-of-factly and without apology, is contained in an unusual videotaped conversation between the Israeli statesman and Rabbi Alexander M. Schindler, president of the Union of American Hebrew Congregations, now available on cassette for home use or educational instruction.

The revealing and intimate encounter ranges from Peres' recollection of his Polish childhood to his emigration to Israel at age 11 and his eventual rise to high public office.

Confessing to be a maverick and troublemaker during his school days, the Israeli leader also acknowledges his early membership in Betar, the

militant right wing youth group, and discusses his long-time friendship with David Ben-Gurion, first prime minister of Israel, who became his mentor and political idol.

"Ben-Gurion was a man built on contradiction," Peres tells Schindler. "You know, usually people think that being a genius is a matter of mind. I believe being a genius is a matter of character. Only a man who has the courage not to accept

"I think if we won't have peace, we're endangering our future."

the known answers, and all the time to have the courage not to be afraid of new answers, is what basically produces geniuses."

Asked by the Reform leader to analyze his metamorphosis to perhaps Israel's leading peace advocate, Peres explains that his change of heart was based on logic. He says he asked himself what was needed to guarantee the existence of Jewish life. "I think if we won't have peace, we're endangering our future," he explains. "I would like to see peace before

the Arabs obtain, for example, nuclear weapons. I think then it may be too late." He continues:

"I don't know a military answer to this danger. Only a political one. So while I don't suggest to dismantle the Israeli army, or to reduce Israeli strength, I think that the added dimension of peace is today as important as tanks and planes were necessary in the early stages of the Jewish land."

Other subjects covered in the 25-minute video include Peres' perspective on Jewish identity and the dramatic Entebbe rescue, carried out during his tenure as prime minister.

The videotape is titled "A Conversation With Shimon Peres: A Zionist Vision." The cassette is available at \$24.95 each (plus \$2.50 for postage and handling for the first copy and 50 cents for each additional copy) from the UAH Press, Order Department, 838 Fifth Ave., New York, N.Y. 10021. Telephone: (212) 249-0100; fax: (212) 249-2407.

The Torah

In connection with the festival of Shavuot which celebrates Mattan Torah — the giving of the Torah at Mt. Sinai, we bring here an answer to a question posed to the Lubavitcher Rebbe on the subject of the authenticity of Mattan Torah.

Question: How is it possible to ascertain the priority of the Jewish religion over another, in order to know which is closer to the truth, or the truth itself?

Answer: I will quote in this connection the words of the wisest of all men, King Solomon, "G-d made man straight, but they sought many accounts." In other words, man often confuses himself with delving, unnecessarily, into inquiries and accounts of things which should be taken for granted and which do not really present any problems. The more intellectual a person is, the more he is inclined to seek "accounts" and, consequently, the more apt he is to get confused.

The logical basis of the truth that the Torah and Mitzvos have been given to us Jews by divine revelation. This is not very difficult to prove, since the proof is the same as all other evidence that we have of historic events in past generations.

By way of illustration: If you are asked, how do you know there existed such a person as Maimonides, author of *Hayad HaChazaka, Sefer HaMitzvos*, etc., you can reply that you are certain about his existence from the books he has written, and although Rambam (Maimonides) lived some 800 years ago, his works now in print have been reprinted from earlier editions, and those from earlier ones, still uninterruptedly, going back to the very manuscript which the Rambam wrote in his own hand. This is sufficient proof even in the face of discrepancies or contradictions from one book of Rambam to another. Such contradictions do not demolish the above proof, but efforts are made to reconcile them, in the

(Continued on Page 16)

Shavuot: The Renewal of the Covenant

by Irving Greenberg

NEW YORK (JTA) — The holiday of Shavuot is the anniversary of the glorious day when the people of Israel stood at Sinai to receive the Torah. Sinai defined the Jewish mission for more than three millennia and made us truly into "a holy nation and a royalty of priests" (Exodus, 19:6) — the people who brought G-d to the world and the world to G-d.

The question is: How can a commitment made by people living more than 90 generations ago be binding on me or anyone else today? Is there no statute of limitations? And how can laws and values passed on countless cultures ago still be

fresh and vital more than 3,200 years later?

The "obvious" answer is that the Torah is the word of G-d. "Grass withers; flowers fade — but the word of G-d stands forever" (Isaiah, 40:8). But this answer does not address people who believe that in order to enter into human history the word of G-d must become more time-bound, more conditioned by the human context. (As the Talmud puts it, *dibra Torah b'lashon b'nai adam* — the Torah speaks in human language).

The "subtler" answer lies in the central concept of Jewish tradition — covenant. Receiving the Torah is not a passive experience.

The purpose of the Torah is nothing less than the redemption of the whole world. Our goal is to eliminate hunger and poverty, to end oppression, injustice and war, to overcome sickness and even death.

We intend to perfect being, itself — to develop life's capacities to their fullest, to actualize the infinite value, equality and uniqueness of all humans, to enable the fulfillment of love between people and between G-d and humans. Then people will be truly complete — shalem — and the universe at peace and whole — shalom.

The goal is so vast and breathtaking that it seems almost beyond attainment. G-d pledges to be with us, help us and never abandon us throughout the eons it may take to accomplish the goal.

In turn, humans promise to make the effort, to persist as long as it takes and not settle or sell out for the status quo.

Such a broad-ranging goal as the perfection of the world cannot be achieved in the lifetime of any one generation. Therefore, the only way the Israelites standing at Sinai could meet their commitment would be to convince their children to continue the partnership with G-d after them — and their children after them — until the goal is realized.

At Sinai, there was a two-way covenant — one between G-d and Israel, one between that generation and every generation that would follow. Turning to the yet unborn, the Israelites, as it were, spoke, "We do not know you, but we trust you. We undertake the most difficult, most demanding, most glorious task that any human ever undertook. We place its future in your hands.

"All that we do will be in vain unless you carry it on. We cannot force you but welcome you and believe that you will willingly take up the task — devoting and even risking your lives to realize our dream."

The amazing fact is that for

(Continued on Page 7)

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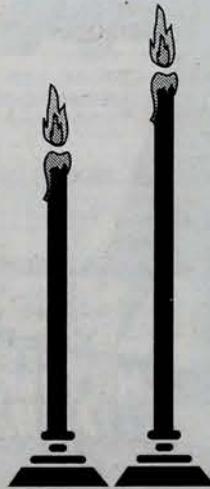
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Candlelighting

May 13

7:38 p.m.



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50 YEARS AGO

ON JUNE 6, 1944, THE ALLIED FORCES IN EUROPE LAUNCHED "OPERATION OVERLORD," BETTER KNOWN AS

D-DAY

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NEWS BRIEFS

INTERNATIONAL

JERUSALEM (JTA) — Despite Syria's announced rejection of an Israeli peace package, U.S. Secretary of State Warren Christopher still found grounds for some optimism and further studies conducted by Israel.

JERUSALEM (JTA) — A dam in the Jordan River was ceremoniously opened recently during a project to reflood a portion of the Hula Valley in the Upper Galilee. Lake Hula was drained 40 years ago to transform the area into agricultural land and to combat malaria by eliminating the habitat of the disease-bearing mosquitoes. To satisfy the eco-system, it is being reverted back.

JOHANNESBURG (JTA) — South Africa's Jewish community has been experiencing a euphoric feeling following the country's first all-race democratic elections, voting Nelson Mandela as president of this country.

PRAGUE (JTA) — After lengthy debate, the Czech Parliament recently enacted legislation, calling for the return of property seized from individuals during World War II.

PARIS (JTA) — Rabbis from all over Europe have asked French President Francois Mitterrand to become personally involved in combating anti-Semitism in Central and Eastern Europe.

NATIONAL

NEW YORK (JTA) — Greek Prime Minister Andreas Papandreu impressed Jewish organizational leaders recently with warm words about his country's relations with Israel and world Jewry. He appeared disappointed that the Greek-Jewish community and Jewish groups in the United States require Greek citizens to state their religion on their national identity cards.

WASHINGTON (JTA) — As Israel and the Palestinians signed the self-rule agreement, the World Bank announced a program to send \$1.2 billion in emergency economic assistance for the new autonomous region. The money, to be distributed over a three-year period, is supplied by international donors.



BREAKING NEW GROUND — Dr. Nasser al-Kidwa, second from left, discusses Jewish and Palestinian fundamentalism at UN headquarters, with (left to right) Henry L. Feingold, Seymour D. Reich, and Karen J. Rubinstein of the American Zionist Movement.

A First for PLO Spokesman

NEW YORK — While representatives to the United Nations from Egypt and Morocco cited Islamic fundamentalism as the chief threat to Middle East peace, the PLO's UN representative told Jewish leaders here this week that "Jewish fundamentalism" bore equal blame for undermining peace and "preventing the establishment of a modern society."

In an address marking the first time a PLO spokesman had appeared before a Zionist umbrella group, Dr. Nasser al-Kidwa, permanent observer of Palestine to the UN told a conference at UN headquarters sponsored by the American Zionist Foundation that "fundamentalism is a great challenge and a danger."

Seeking to strike a note of equivalency between the PLO and Israel, Kidwa said: "You

"You fight Islamic fundamentalism; we fight Jewish fundamentalism."

fight Islamic fundamentalism; we fight Jewish fundamentalism.

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"We want a Palestine state, with a special relationship with Jordan and economic ties to Israel," he told the AZM leaders. He called on Israel and the PLO to use the Gaza-Jericho accord as the basis for accelerating agreement on the remainder of the West Bank.

Other Arab speakers who addressed the conference, titled "From Conflict to Conflict Resolution," struck a more conciliatory tone. Terming Islamic fundamentalism "a new cancer," Ahmed Snoussi, Morocco's ambassador to the UN, said extremist militancy "poses a real danger to the Middle East and the entire Arab world." Citing last year's bombing of the World Trade Center, he called on the United States to "help curb the spread of Islamic fundamentalism."

Abderahman S. Abderahman, first secretary of the Egyptian Mission to the UN called "radicals in Gaza the main threat to the peace process." The Egyptian official urged the United States to play a more active role in achieving a resolution of the Middle East conflict.

"You want all of Jerusalem to be the capital of Israel. We want all of Jerusalem to be the capital of Palestine. We must think deeply and find an innovative solution that will satisfy everyone."

While holding forth the promise of peaceful co-existence, Kidwa unequivocally articulated the PLO position.

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THE JEWISH COMMUNITY



Dedication and Commitment

Hadassah's "Woman of the Year," Dorothy Rosen (center), is being congratulated by Elaine Kroll (left), co-president and Shirley Berson of the Pawtucket Hadassah Group. Other Rhode Island recipients not pictured are South County Group Ruth Jarrett, treasurer, and Karen Penn, vice president of Fundraising and Kent County Group Bulletin editor. These women were selected by their groups for dedication and commitment over the years. The awards were given at the Northeast Co-operative Conference recently held in Westin, Mass.

108th Annual Confirmation Service

Five students will be confirmed during the Shavuot service on May 16 at 10 a.m. at Temple Beth-El.

The congregation congratulates Beth Brier, Eve Goldberg, Deborah Goldgaber, Zecharia Kahn, Joshua Waldman and their parents.

Cranston Seniors Schedule

On May 17, the Cranston Senior Services' book discussion group will meet from 1:30 to 2:30 p.m., to discuss *Lord of the Flies*, by William Golding. All are welcome. Call 461-1000, ext. 6215, for details.

Every Thursday, from 10 to 11:15 a.m. there will be a gentle yoga class. Mind, body and spirit are said to benefit from the centuries-old practice of yoga. Call number above for details on class.

After a light lunch Thursday, go back to the center at 1070 Cranston Street, and play canasta from 1 to 3 p.m. Canasta is fun, and easy to learn. Try it — you'll like it. Call number above for more details.

On May 18 from 6 to 9 p.m. there will be a program on preventing or dealing with a stroke. A Heart Healthy Buffet will be served at 6 p.m. There is no fee, but reservations are required. Call 461-1000, ext. 6126.



Hadassah Regional Conference

Attending the Western New England Regional meeting in Sturbridge, Mass., recently, were, back row, left to right, Sue Mayes, Fran Mendell, Judy Schatz, WNER President Karen Danniin and Diane Jewett. Seated, from left to right, are Ruth Blustein, Rosalind Bolusky, Rhode Island Chapter president, and Elaine Kroll.

Touro Sponsors 'Torah Week'

Touro Synagogue of Newport, R.I., will sponsor a week of religiously oriented activities, entitled "Torah Week," at the synagogue, during the week of May 15 to 22.

Celebration of the biblical festival of Shavuot will initiate the week's events, with traditional synagogue services being held in the main sanctuary on Sunday, Monday, Tuesday evenings and Monday and Tuesday mornings. Rabbi

Shapiro will deliver sermons on those mornings, dealing with elements in the "Book of Ruth," which are associated with the Shavuot holiday.

On May 20, the traditional evening Kabbalat Shabbat services will commence at 6 p.m. This is earlier than usual to allow the regular worshippers to return for the special ladies' auxiliary Oneg Shabbat, which will start at 8 p.m. This program marks the final program in a successful synagogue year of activities and projects sponsored by the Ladies Auxiliary. A special award will be presented to Betty Teitz, for her invaluable assistance in renovating the fabric decor of the synagogue, which the auxiliary sponsored. A collation will be

(Continued on Page 7)

Temple Shalom

The annual graduation and closing exercises of the Samuel Zilman Bazarsky Religious School will take place on May 13 at 7 p.m. in the main sanctuary of Temple Shalom.

Rabbi Marc S. Jagolinzer will officiate at the service with the participation of all students of the school. A special presentation written by the rabbi will be offered by the following graduates: Abigail Anthony, Salamon Gilmore, Emma Lichtenstein, Heather Romanelli, and Abraham Rosenberg. Susan Reidy, school board chairperson, will also participate in the service as well as David Bazarsky who will present four students with the Samuel Zilman and Beatrice B. Bazarsky Award for student excellence. An Oneg Shabbat will follow the worship sponsored by the parents of the graduates in their honor.

On May 17 at 10 a.m. at services for the second day of Shavuot, the following memorial plaques will be dedicated during Yizkor: Morris B. Reiter, Herbert L. Soforenko, Matilda G. Soforenko, Hyman Mills, Sarah Mills, Lloyd Mills, Samuel Mills, Harold Dorkin and Morris Cykert.

Calendar of Jewish Events

Friday, May 13

8 p.m. — The international president of the United Synagogue of Conservative Judaism, Alan Ades, will speak at Temple Beth El, High and Locust Streets, Fall River, as the Ida and Morris A. Freeman Memorial Lecture. Call 678-2500.

8:15 p.m. — Temple Sinai Sisterhood will conduct a Sisterhood Sabbath at 30 Hagen Avenue in Cranston. The guest speaker for the evening will be General Treasurer Nancy Mayer. Call 941-7900.

Sunday, May 15

A day of Your Mitzvah through Temple Beth-El. For more information, call 331-6070.

9 a.m. — The art Gallery 401 opens its doors for exhibiting paintings by Richard Harrington. See May 19 for opening reception and details. Call 861-8800.

11 a.m. — The Kosher Mealsite Program at the JCCRI will show part one of the movie, "Three Men and a Little Lady." Call 861-8800.

1-1:45 p.m. — The JCCRI invites all participants to the recent Swim-a-thon, an annual fund-raiser, to Aquafest, located in the pool. Call Patty Gold, 861-8800.

2-3 p.m. — Field Day at the JCCRI. The activities will include a variety of special events including relay races, new (non-competitive) games and parachute activities for ages 3 to 12. Admission is free to those who turn their pledges in by May 15, otherwise \$3 will be charged. If raining, it will be held in the gym. Call Patty Gold, 861-8800.

6 p.m. — United Brothers Synagogue's annual meeting and potluck supper will take place in the vestry. Call 253-3460.

Monday, May 16

The Jewish Community Center will be closed for Shavuot.

Tuesday, May 17

The Jewish Community Center will be closed for Shavuot.

Send calendar entries to: R.I. Jewish Herald, P.O. Box 6063, Providence, R.I. 02940, or fax to (401) 726-5820. Must be received by the Friday prior to publication.

Thursday, May 19

6 p.m. — Sandy Cahn, chairwoman of the National Business & Professional Women's Cabinet for United Jewish Appeal will speak during their annual meeting at Temple Beth-El in Providence. Call 421-4111.

6-8:30 p.m. — Opening reception for Richard Harrington, who will be featured in Gallery 401, the art gallery of the Jewish Community Center of Rhode Island, 401 Elm Grove Ave., in Providence. The paintings will be exhibited until June 7. Call 861-8800.

7-9 p.m. — Jewish Family Service's discussion group for adoptive families and those considering adoption will meet at the JCCRI. Guest speaker is Barbara Tannenbaum. Free. Call 331-1244.

Friday, May 20

Ahavath Achim Synagogue, New Bedford, will host Rabbi Rafael Grossman, senior rabbi of Baron Hirsch Synagogue in Memphis, Tenn., as the Scholar In Resident for the weekend of May 20 to 21. Call (508) 994-1760.

Parent's orientation night for JCCRI summer camps beginning June 15. Call 861-8800.

SHAVUOT SERVICES

Touro Synagogue, 85 Touro Street, Newport, 847-4794.

Sunday, May 15 — 7:30 p.m.
Monday, May 16 — 9 a.m. and 7:30 p.m.
Tuesday, May 17 — 9 a.m., Yizkor 10 a.m.

Congregation Mishkon Tfiloh, 203 Summit Avenue, Providence, 521-1616

Sunday, May 15 — 7:40 p.m.
Monday, May 16 — 9 a.m. and 7:45 p.m.
Tuesday, May 17 — 9 a.m., Yizkor 10:30 a.m.

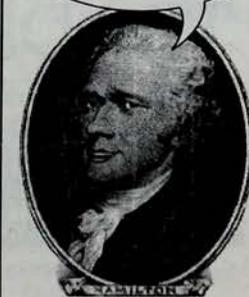
Chabad House, 360 Hope Street, Providence, 273-7238

Sunday, May 15 — 12 a.m.
Monday, May 16 — 10 a.m.
Tuesday, May 17 — 10 a.m., Yizkor 11:30 a.m.

Congregation Agudas Achim, 901 North Main Street, Attleboro, Mass. (508) 222-2243

Sunday, May 15 — 7 p.m.
Monday, May 16 — 11 a.m.
Tuesday, May 17 — 7 a.m.

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THE JEWISH COMMUNITY

A Dozen Adults to Graduate

Temple Torat Yisrael is proud to honor 11 women and one man who will be consecrated as adult b'nai mitzvah during the congregation's celebration of Shavuot on May 16.

Unable for various reasons to have a bar or bat mitzvah celebration as children, these dozen individuals have been studying faithfully for two years with Rabbi David Rosen,

Cantor Shimon Gewirtz and educational director Lonna Picker, and have explored the depth and breadth of Jewish history, language and law.

Class members will lead selected portions of the Shavuot liturgy and will chant the Haftorah. The 9 a.m. service is open to the community. Temple Torat Yisrael is located at 330 Park Ave. in Cranston.

Touro

(Continued from Page 6)

served by Ladies Auxiliary hostesses, in the Touro Community Center social hall, at the conclusion of the synagogue service.

On the morning of May 21, the Shabbat synagogue services will feature a special youth Shabbat, conducted by Rabbi Shapiro and the students of the Touro Synagogue-United Hebrew School.

The concluding event of Torah Week is the religious school's annual promotion program, to be held May 22 at 11 a.m. in the Touro Community Social Hall. Awards and gifts will be presented to deserving students and two students will receive cash awards from the Shirley Waterman Special B'nai B'rith Education Fund, presented by the local B'nai B'rith president, William Soforeno. An original skit by Rabbi Shapiro will be presented by the Hebrew School students. They will also present this play earlier in the morning, for a local B'nai B'rith breakfast program. A collation will be served by parent volunteers.

The public is invited to attend all of these programs. For more information, call 847-4794.

Temple Am David Elects Officers

The congregation of Temple Am David met May 1 to elect officers for the upcoming year. Martin (Marty) E. Cooper will succeed Steven Sholes as president of the temple. Sholes was president of the congregation for the past three years. At the same time, Cooper was vice president of ways and means.

Elected to first vice president is Carmine Olivieri, who has been on the executive board of directors for the past three years serving in various capacities including financial secretary. Also elected to the executive board are Dr. Jason Blank to ways and means, Marsha (Mickey) Silverman to vice president of programming, Leah Zisserson to financial secretary, Bleama Foreman,

Sundlun Announces

(Continued from Page 2)

percent, an extra seven weeks of benefits are available. Rhode Island's adjusted unemployment rate for the period ending March 1994 was 8.6 percent.

The department will be notifying potentially eligible individuals who have exhausted their regular benefits during the past year. An individual's weekly benefit rate under the extended benefits program will be the same as the regular unemployment insurance program (including dependency allowances).



THE GRADUATES — Congratulations to the graduating class of the adult B'nai Mitzvah at Temple Torat Yisrael. Top row (left to right): Lonna Picker, educational director; Meri Kaufman, Ellen Gourse, Janie Dressler, Elaine Shapiro, Gloria Siegel and Cantor Shimon Gewirtz. Bottom Row (left to right): Rabbi David Rosen, Candace Shuman, Sheila Kaplan, Jane Cohen and Marsha Slobin. Not pictured: Karen Blickstein, Lois Ginsberg, and Dale Steele. Photo by Steven Shapiro

Post-Confirmation Graduation

The 61st post-confirmation high school graduation will take place at Temple Beth-El during Shabbat services on May 20 at 7:45 p.m. At that time, four dedicated 12th-grade students will be recognized and honored.

The congregation congratulates Seth Lasser, Aaron Samuels, Fina Shporkin and Adam Sinel and their parents.

Shavuot:

(Continued from Page 4)

3,244 years, the covenant was ratified by every succeeding generation. Every generation took on its inheritance by making it its new task — to carry on the partnership in the unique circumstances of its lifetime.

In some cultures, Jews learned how to withdraw, to preserve their traditions; in others, they learned how to successfully integrate with the general culture in order to carry on Jewish life.

In this century, the people of Israel made one of the sharpest turns of their history as they shifted from the skills of surviving exile and destruction to the talents of managing freedom, state building and affluence.

The task is not yet done; the casualties are high but the covenant is being renewed in our time.

This process of covenant is commemorated and celebrated annually on the holiday of Shavuot. The Ten Commandments are read forth as at Sinai; as it were, the people again affirm, "We will do and we will listen."

"To make clear that we accept the whole Torah, not just the Ten Commandments, later generations established a tradition of tikkun layl Shavuot — to study/review the outline of the whole Torah on the night of Shavuot."

As Rashi puts it: "I command you today" means that they (the laws of the Torah) should not seem to be an old dogmata, a royal edict that comes in written form, to which nobody pays much attention — but rather like a fresh/new instruction toward which everyone runs eagerly."

Shavuot expresses the annual miracle of the covenant renewed and the Torah made new.

Irving Greenberg is president of CLAL, The National Jewish Center for Learning and Leadership, and author of *The Jewish Way* (New York: Summit Books).

ORT Programs Stress Management

On May 17 at 7 p.m., the Elm Grove Chapter at Large, Women's American ORT will host a lecture entitled "Stress Management: How We Cope," at the Women & Infants Center for Health Education, 1050 Main St. in East Greenwich.

Stephanie Chisholm, a health professional with a master's degree in health education will lead the discussion, which promises to be enlightening and timely for women in today's society.

The Elm Grove Chapter is one of hundreds of membership chapters across the United States which provide vocational and technical training to more than 250,000 students in 52 countries throughout the world.

The Elm Grove Chapter is comprised of over 130 members from Rhode Island and Southeastern Massachusetts. Its members work within the community in a variety of fund-raising and public service projects. These projects include the KIDZ Expo, a festival of

products, services and resources for children and their families, an annual camp fair in the early spring, and a volunteer reading program at the Hasbro Children's Hospital in Providence.

All Women's American ORT events are open to the public. Anyone interested in the May 17 lecture on stress management in East Greenwich or any of the other chapter activities, or in becoming a member of Women's American ORT, Elm Grove Chapter at Large, can call 723-0622 or (508) 399-7098.

Congregation Mishkon Tfiloh Announces Shavuot Services

On May 15, candle-lighting will be at 7:40 p.m., Mincha at 7:45, followed by Maariv.

On May 16, Shacharis will be at 9 a.m., Mincha at 7:45 p.m., followed by Maariv. Candle-lighting time is not before 8:45 p.m.

On May 17, Shacharis will be at 9 a.m., Yizkor approximately at 10:30 a.m., Mincha at 7:45 p.m., and Maariv at 8:35, followed by Havdallah. Yom Tov ends at 8:45 p.m.

For more information, call Rabbi Berlinsky at 351-9565.

Shavuot Programs for Adults and Tots

The holiday of Shavuot will be celebrated at Congregation Agudas Achim in Attleboro with services and adult education.

An adult education program with Rabbi Gail Diamond at the home of congregants will discuss the topic, "Faith after the Holocaust," May 15 at 7 p.m.

On May 16 at 11 a.m., there

will be a tot service at the synagogue for children age 2 and up. Children will celebrate the Torah and the first fruits with a special procession followed by a children's Torah reading.

Early Yizkor service will take place May 17 at 7 a.m. at the synagogue.

All are welcome. For more information, call (508) 222-2243.

Rosh Hodesh Group Leads Service

A special Friday night service will be held at Congregation Agudas Achim in Attleboro on May 13 at 7:30 p.m.

Members of the women's Rosh Hodesh group will lead a service which is based on and includes writings and prayers by Jewish women and feminist perspectives on the liturgy.

All are welcome to attend. For more information, call (508) 222-2243.

**A VERY
HAPPY SHAVUOT**
from the
**Jewish War Veterans of
Rhode Island**

HEALTHWISE

It's Simple, It's Free, And It Works

by Alison Smith
Herald Co-Editor

No matter how many times someone tells you to relax, if they don't tell you how, they're not helping. We all know we're supposed to relax more ... that stress kills (a thought that immediately makes us feel more stressed) ... that people who have learned to handle stress handle everything else better too, as a result. What else is new?

What's new, and old, and works is meditation. Don't tune out yet. We're going to get very specific here, and perhaps actually help you handle stress.

Stress, some people say, is when your gut is saying, "No!" while your mouth is saying "O.K." and smiling ingratiatingly. That sure is a stressful situation. Also, now and then, an unavoidable one.

Stress is sometimes the result of conditions that neither you nor anyone else can control. Major illness, war or the threat of war, unexpected financial calamity, the knowledge that someone we love is in trouble can stress us to the point of collapse.

Since stress is unavoidable, and harmful, maybe 20 minutes a day spent removing its effects from your system is a small price to pay.

I don't think the resistance to meditation as a stress-reducer is because it will take 20 minutes a day. I think it comes from the fact that in their hearts, many people don't believe meditation could possibly work. It seems so simple, and it's free, and it can be done by anybody capable of reading this article — but isn't that exactly what an answer to stress ought to be?

Shouldn't it be available to everyone? When we are thirsty, there's water. When we are exhausted, there's sleep. When we are hungry, the earth is literally stocked with food for the

taking or cultivation. The healthy, helpful response to every human need is somewhere around us, if we care to search for it or take advantage of it. Very few of us truly believe we can go on living and working without sleep, but most of us think that if we are determined enough, and clever enough (as if we were keeping this little secret from our own bodies) we can get along without relief from stress.

Not in this life.

So — sit down in a quiet place where you will be undisturbed for 10 or 15 minutes. Shut the door, take the phone off the hook and put a pillow over it, get comfortable.

Take three slow, deep breaths. This is not a contest. Just breathe deeply in a natural way.

Let your eyes close, and as you take your next breath in, say something that will bear repetition and excite no thought. Many people use a mantra, the meaning of which they don't even know (Transcendental Meditation practice), others use a word like ONE, and some use the first phrase of a very short prayer they are familiar with. Some people say that what you say matters. I say it only matters to them. Pick something that you can say to yourself repeatedly simply to slow down and distract your squirrely mind. The human mind chatters to itself busily all the time, like a child building a castle in a sandbox. But adult minds chatter about troubling situations or negative emotions, constantly reliving or anticipating stress, so we want to cut that buzz to a minimum.

On the exhalation, repeat your word, or finish your phrase, or whatever. Just let your breath go out slowly, comfortably.

Inhaling, repeat your word or phrase ... and so on.

(Continued on Page 15)

Focus on Perimenopausal Women

On May 17, Brown University and the Rhode Island Department of Health will sponsor a conference for physicians and other professionals providing primary health care to women in Rhode Island. The conference, entitled "Women's Health in the 90s and Beyond: A Focus on Menopause," will be held at the Regan Conference Center at the Rhode Island Medical Center in Cranston from 8 a.m. to 1 p.m.

Dr. David Carter, president-elect of the Rhode Island Medi-

cal Society, will keynote the conference with a talk on "Manifestations of Menopause in the Primary Care Setting." Other speakers will provide information on preventive and screening modalities, hormone replacement therapy, and menopausal sequelae.

The conference is accredited for 4.5 CEUs, and registration fees are \$35 for physicians, \$25 for others.

For further information, contact Deborah Laufer at 277-2901 or 277-2506 (TDD).

R.I. Forum on Aging Supports Long-Term Care

Acting on the motion of Dr. Mary Mulvey, Council of Senior Citizens, delegates of the R.I. Forum on Aging, central planning committee, meeting at East Providence City Hall on April 14, urged the legislature to strongly support measures that provide long-term and community-based care for Rhode Island's elderly and disabled.

Mulvey said, "It's vitally important that our state continue

to support all possible efforts to keep elderly in their homes rather than see them shut away in nursing homes. Pointing out that not only does the state save the expense of nursing home care for the needy, but "The elderly person of course does better at home amid familiar surroundings."

The Forum on Aging is a coalition of key advocacy groups that act in unison on matters of critical concern to older Rhode Islanders.

Long-Term Care: The Peace of Mind Option

by Paul Isenberg

When the subject is long-term health care, you're sure to get an earful from many senior citizens. Many are frightened, and justifiably so, about spending their last years isolated in a nursing home, away from their spouse and family. Unfortunately, studies have shown that once we reach 65, the chances of needing long-term care are about two in five.

The concern is both emotional and financial as the cost of nursing home care in the United States can run anywhere from \$20,000 to \$50,000 per year or more.

Many people face the risk of becoming impoverished, relying on the state Medicaid program for care. The options for care are left up to the state, leaving seniors out of the deci-

sion-making loop about their own health care needs.

One way to avoid this is to buy a good long-term care insurance plan that offers care not only in a nursing residence, but at home as well.

Many providers of long-term health care insurance have chosen to provide home health care riders on their policies. Home health allows a patient to stay in the familiar and comfortable surroundings of their own home, with the ability of offering a convalescing senior citizen many options that nursing home care does not. One of the most important is choice.

Studies have shown that home health care benefits are most popular among younger purchasers of long-term care policies. According to the Health Insurance Association

Torah, Mental Health and You

by R.Y. Donowitz

Special to the Herald

A fairly common problem that I am asked to address is the area of low self-esteem. It can be the major area of concern and frequently it is a problem associated with many types of difficulties. Symptoms of low self-esteem come in many forms such as, people pleasing, passivity, chemical dependency, depression, association with inferiors, chronic anxiety, unfulfilled potential and generalized happiness. The two principal components of self-esteem are feelings of worthiness and feelings of competence.

To help us understand this all pervasive issue of self-esteem, let us deal with a specific case. We will call the client Daniel. He is married to Rachel and has two children, Sam and Sarah. Recently he lost his job through company "downsizing." His major presenting complaints were depression, low energy, a sense of failure as a father and as a provider. Let's look at this week's parsha, Bamidbar, for an insight on how to help Daniel.

Moshe was commanded to take a census of the Jewish people by counting the "number of names." The Ramban, a classical commentator of the 13th century explained that the command was to count each and every person with honor and dignity. Don't just ask the head of the family how many children he has. Rather, everyone was to be counted personally by Moshe himself. If we think of the practical value of a census, we realize the method was inefficient. If we think what this meant practically speaking for Moshe, we realize it was a very laborious and tiresome task (considering there were over three million Jews in the wilderness). G-d was teaching Moshe in a very real and practical way the value of each

and every person. Note that every person was to be afforded this honor no matter what their accomplishments in life were; each and every one is to be considered to have outstanding value.

Using this insight, Daniel was enlightened concerning the difference between worthiness and competence. He was instructed how to express his recognition of the value of his wife and children. We discussed, in concrete terms, how he could treat himself as a valuable person. The idea of treating everyone he came in contact with with dignity and respect flowed as an extension of our discussion. We made the point concerning the importance of spending a few moments with people, if only long enough to share a smile and say "good morning." The next step was to deal with his feelings of competence; that, however, is a whole other parsha.

R. Y. Donowitz is a certified mental health counselor and educator with a private practice as an affiliate of Human Relations Consultants. He can now also be reached at his home office number, 861-1835.

Golf Classic and Sports Auction

Take a swing at arthritis at the annual Arthritis Foundation Golf Classic on May 23 at Alpine Country Club in Cranston. Foursomes are welcome, as well as individual registrations. Lunch, an afternoon of golf, dinner and an auction are included in the afternoon for \$500 per foursome.

Also, later in the evening the chapter will hold a dinner/auction. An international theme holds an evening of fun and entertainment.

of America, more than 50 percent of people under age 65 who purchase long-term care insurance opt for home health coverage.

Increasingly, research has shown that younger people are planning ahead for when the shortage of beds in a quality nursing home reaches its peak. Unfortunately the desire to go to a particular nursing home does not mean that this option will be available; many nursing homes have a waiting list.

The home health care benefit can make the difficult decision about placing a parent in need of care in a nursing home a little bit easier.

While long-term care is not something most seniors like to think about, it is something many will have to deal with. Given that the private sector is responding to this ever-growing need, their options are increasing.

Paul Isenberg is a sales representative of John Hancock Financial Services, 469 Centerville Rd., Warwick. For more information, call him either at his office, 732-4800 or home, 828-5843.

'Foundation for Caregiving'

The Southeastern Massachusetts Chapter of the American Red Cross, a United Way Agency, is presently registering students for its Foundations for Caregiving course (formerly known as the Nurse Assistant Training course) to be held from May 16 through June 9 in Fall River. This course runs from 9 a.m. to 3:30 p.m.

Students will learn how to provide basic care for residents in nursing homes, respond quickly to emergency situations, show sensitivity to the physical and emotional needs of residents, realize the importance of being a Nurse Assistant and develop a positive self-image.

Pre-registration is required. For additional information, contact the Brockton office at (508) 586-4790, the Fall River office at (508) 676-8276, or the Plymouth office at (508) 746-0929.

Spring Fling

The Leukemia Society and Society Ties will host the first annual Spring Fling formal on May 14 at the Convention Center in Providence. The festivities will begin at 8 p.m. in the Rotundo Room with a cash bar and hors d'oeuvres and entertainment by Downtime. Black tie is optional.

Ticket price is \$50 per person. All proceeds will benefit the Rhode Island Chapter of the Leukemia Society. For tickets and information, please call 943-8888.

The Leukemia Society is a national voluntary health agency dedicated to eradicating leukemia and its related cancers by the year 2000.

The entertainment begins with a silent auction at 5:30 p.m., followed by dinner at 6:30 p.m. A live auction will take place between 7:30 to 9:30 p.m.

THE RHODE ISLAND JEWISH HERALD

1994

HEALTH & FITNESS

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FINISH



PHOTO OF ROGER WILLIAMS PARK ZOO'S
"CHEETAH CHASE" BY ALISON SMITH
GRAPHICS & LAYOUT BY JOHANNA SPARLING



Marathon Mom

This mom brought her own cheering section — her husband five children were there as #127 crossed the finish line at the Roger Williams Park Zoo's Cheetah Chase on May 1.

Herald photo by Alison Smith

Why Should I Exercise?

by Len Kravitz, M.A. and Robert Robergs, Ph.D.

Wouldn't it be great if a magic potion existed that could help you live longer, handle stress better, lessen your chance for disease, manage your weight more effectively and keep you positive and productive?

Surprise! Although it's not magic, physical activity on a regular basis can lead to a variety of great benefits.

Physical Facets

Regular exercise can make a difference to you in the following areas:

Longevity. New research clearly demonstrates that light to moderate physical activity, performed regularly, has a most profound effect on your health. A landmark study of nearly 17,000 Harvard alumni, who were followed over 16 years, showed that those individuals who expended at least 2,000 calories on a weekly basis extended their life one to two years.

Another recent study, from the Cooper Institute for Aerobics Research in Dallas, Texas, traced over 13,000 people for more than eight years. Results showed that sedentary men died at a rate 3.5 times higher than their moderately active counterparts, and sedentary women at a rate 4.5 times higher. The good news is that you don't have to exercise vigorously to reap the rewards of exercise!

Coronary heart disease has declined considerably over the last 20 years, yet it is still the leading cause of death in the United States. A review of more than 40 studies indicated that sedentary individuals have almost twice the risk of developing CHD as physically active individuals. It also appears that individuals with hypertension (or borderline hypertension) — a significant risk factor for CHD — can moderately reduce their arterial blood pressure through physical activity.

Being physically active can help increase good cholesterol, called HDL cholesterol, while at the same time lowering the blood's concentration of harmful cholesterol, known as LDLs.

Physical activity is not the sole answer to the very complex issue of obesity. However, exercise has a positive impact on maintaining lean body mass, while encouraging the loss of fat weight. Someone who regularly challenges his or her cardiorespiratory system (through cardiovascular exercise) becomes considerably more capable of mobilizing and metabolizing fat. He or she can also break down and utilize carbohydrates more efficiently than a sedentary person.

The good news is that low-impact workouts, walking and jogging — which increase mechanical stress on the skeletal system — may reduce or reverse bone mineral loss in aging women. It also appears that regular physical activity can help reduce musculoskeletal disorders such as osteoarthritis and low-back syndrome.

A new position statement by the International Society of Sport Psychology summarizes a number of psychological benefits of

physical activity. Some of these include improvement in self-confidence, relief of tension, positive changes in mood, relief of feelings of depression and anxiety, increased mental well-being, favorable influence on premenstrual tension, increased alertness and energy, development of positive coping strategies in daily activities and increased enjoyment of social contacts. People of all ages can realize these benefits.

Reap the Benefits

If you're currently committed to an exercise program, congratulations! Keep it up. If you're just starting, make sure you choose a variety of activities that you enjoy, since this will bolster your compliance to physical activity. Enhanced health through physical activity can be yours, even without a magic potion!

Len Kravitz, M.A., is a doctoral student in health promotion and exercise science at the University of New Mexico.

Robert Robergs, Ph.D., received his master's degree in exercise science and cardiac rehabilitation and his doctorate in bioenergetics.

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"Give Me Back My Calories"

by Herb Brown

Oh, ice cream is out now, and yogurt is in now,
And that some of it's fat free.
Now we can eat cheese cake, sometimes even beefsteak
And with fewer calories.
Where did this phenomenon called yogurt come from?
I can't wait to see the benefits I get from,
But in case yogurt's the cure-all for ev'rything neural,
Give me back my calories.

When frozen it's dandy, it's better than candy,
And besides, it's still fat-free,
Ice cold it's delightful, unfrozen it's frightful,
Even though it's still fat-free.
I really don't care how yogurt first got started,
If I had my way the stuff would be boycotted.
I don't care if it is fat-free, I'd love to be set free,
Give me back my calories.

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Fitness Q & A

by Daniel Kosich, Ph.D.

Staying current with fitness information can be quite a challenge. With the amount of material in books, magazines and other media, it can be difficult to keep up. Not only that, there is often conflicting information.

The following questions and answers don't cover every aspect of your fitness lifestyle, but they offer a simple way to focus on several key elements.

Q. Is cardiovascular (aerobic) fitness more important than strength or flexibility fitness?

A. This is a tough question. I would say "no," because both strength and flexibility are important aspects of overall fitness. Although maintaining aerobic fitness has been shown to reduce the risk for problems such as coronary artery disease, regular strength training can help reduce the risk for problems like osteoporosis. Maintaining flexibility helps reduce the risk of injury when you are doing other exercises and recreational activities.

Q. To maximize the "fat-burning" effects of exercise, should I slow down and exercise longer?

A. This issue of "fat burning" is confusing. The best answer to this question is "no." The chemistry of fat metabolism in particular, and energy production in general, is quite complex, but the most important point to keep in mind is that the body's main fuel reserve of energy is fat. The body stores little extra carbohy-

drate; and protein, although available, is not a preferred energy source. So if you want to lose body fat, the real challenge is to burn more calories than you eat. For example, since there are about 3,500 calories in one pound of fat, to lose one pound of fat in a week, you need to burn 3,500 more calories that week than you consume.

The key to maximum fat burning is actually maximum calorie burning. If your level of fitness is low, slowing down allows you to exercise longer without having to quit. So you'll probably burn more calories than you would if you worked so hard that you fatigued in a short period of time. However, the higher your level of fitness, the harder and longer you can exercise without fatiguing. So as you become more fit, you can exercise longer and harder and lose body fat at a more rapid rate than when you're not fit.

Q. To get stronger, do I need to work each muscle group (with weight, machines, elastic bands, etc.) at least three times per week?

A. No. Several studies have shown that doing strength exercises just twice a week will lead to significant strength gains. The key appears to be taking the muscle "to failure" by performing about eight to 12 repetitions. Taking "to failure" means that the muscles being worked tire to the point that you can't complete any more reps using cor-



Stampede at the Zoo!

Is there some ferocious animal on the loose? No, these are the young competitors in the Cheetah Chase. The kids were the fiercest and most intense of the competitors. In about 10 years, Rhode Island should have a top-notch crop of marathon runners.

Herald photo by Alison Smith

rect form. In fact, some studies suggest that doing just one set of eight to 12 repetitions twice a week leads to substantial strength improvement. You should work with a qualified strength professional to be sure your strength training program works all the major muscle groups in a balanced fashion.

Q. Which of the following is best for bringing more balance to my mind and body fitness

lifestyle: yoga, deep breathing exercises, visualization, biofeedback, muscle relaxation, tai chi, stretching or meditation?

A. Any of the above can have a dramatic impact. And there are certainly other valid techniques. Research suggests that optimal fitness encompasses far more than physical capabilities. Rather, it's the practical integration of mental and physical function. Whatever practice or tech-

nique you choose, the benefits of a mind/body program can include reduced stress, an enhanced capability to deal with stressful situations, lower blood pressure and many other rewards that may have a significant impact on overall health.

Daniel Kosich, Ph.D., is an exercise physiologist and an international lecturer on exercise science.

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Measuring Exertion on the Borg Scale

The Borg Scale of Perceived Exertion has been used for 40 years by physicians and exercise physiologists to help them communicate with patients. The scale provides an on-the-spot description of your sense of effort.

and 15 "hard." During the first weeks of an exercise program, a lower intensity level is suggested. If you're exercising for health, it's unnecessary to go beyond 17.

The RPE scale correlates closely with several exercise vari-

intensity ranging from 50 to 75 percent of maximal Metabolic Equivalents. Numerous clinical studies have demonstrated that the category RPE scale is a reproducible measure of exertion within a wide variety of individuals regardless of age, gender, or cultural origin. The validity of RPE for estimating relative exercise intensity is also unaffected by beta blockade.

Source: American College of Sports Medicine. Guidelines for Exercise Testing and Prescription, Fourth Edition.

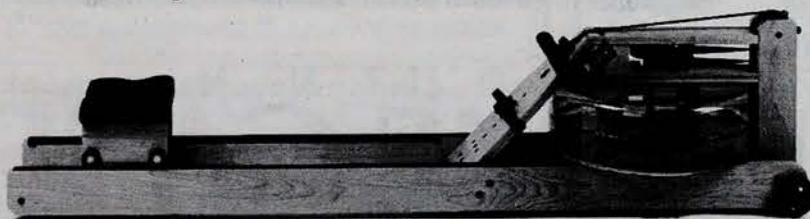
Borg's Rating of Perceived Exertion Scale

6	11 Fairly light	16
7 Very, very light	12	17 Very hard
8	13 Somewhat hard	18
9 Very light	14	19 Very, very hard
10	15 Hard	20

If you're exercising at a level that you think is fairly strenuous, you might assign a Rating of Perceived Exertion of 13. If you're huffing and puffing, you would probably choose 17. Individuals should aim for an exercise intensity between 13 "somewhat hard"

ables. In normal individuals, heart rate will approximate RPE x 10 + 20 to 30 beats per minute for RPEs of 11 to 16 and heart rates of 130 to 160, values in the typical intensity range of training. RPEs from 11 to 16 will approximate a relative exercise in-

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ASPARAGUS: Firm stalk; bright green form end to end; tip tightly closed.

AVOCADO: For immediate use, select one that yields to pressure when squeezed gently. Avoid shriveled skin with soft, dark or sunken spots.

BANANA: Avoid gray-yellow or dull yellow; make sure skins have not been torn.

BEANS: Plump with tender skin and bright green color; avoid browning or oversized beans.

BROCCOLI: Compact dark green clusters of tightly closed florets; avoid yellowing florets and woody stems.

CABBAGE: Solid, hard and fairly heavy; leaves firmly at-

tached to stem without discoloration.

CANTALOUPE: Well-netted or webbed with a smoothly rounded, depressed scar at stem end; avoid melons with growth cracks, mottling or decay.

CARROT: Firm, smooth, well-shaped; the deeper the orange color, the greater the beta carotene content; avoid carrots that are wilting, soft or shriveled.

CAULIFLOWER: Firm, compact, creamy white head with crisp green outer leaves; small leaves extending through the head do not affect quality.

CELERY: Firm, tender, no woody ribs, no scarring.

CHERRY: Firm, juicy, well-matured and full of color; should not be dry, split, bruised. Immature fruit will be hard and a lighter color; overripe fruit will be soft, dull and shriveled.

CILANTRO: Bright green color, fresh leaves.

CORN: Fresh, well-colored husks, clean silk; stem ends free from discoloration. Avoid underdeveloped kernels lacking in good color, old ears with large kernels, and ears with dark yellow kernels.

CUCUMBER: Firm, dark green, well-shaped, slender; avoid those with shriveled ends or softness.

GARLIC: Firm buds without any trace of rotting.

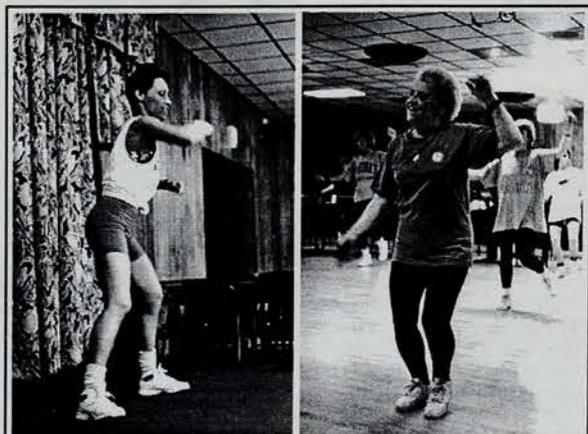
GRAPE: Well-colored, plump and firmly attached to the stem. White or green grapes will have a yellow cast/touch of amber. Red varieties are best when red coloring dominates most or all of the fruit; darker varieties should be free of a green tinge.

HONEYDEW: Skin should be smooth yellow color with minimal scarring. Avoid melon with hard, dead-white rind with green tint. To check for ripeness, gently press the blossom end depression and feel if it gives.

LETTUCE: Fresh green outer leaves. Avoid limp, discolored or damaged leaves.

MUSHROOM: Smooth, plump, cap closed, round stem. Avoid those with spots or discoloration.

ONION, RED OR YELLOW: Firm, dry, with brittle outer skin.



It's a Family Affair

A proud mother (right) takes instruction from her daughter Rose (left) at Good Moves in Fall River. See story at right.

Herald photo by Stacey A. Pacheco

ONION, GREEN (SCALLION): Bright top, clean white bottom.

PEACHES: Bright fresh appearance with yellow or creamy background; firm and free from bruises. Green background indicates immature fruit. Avoid fruit that is shriveled or flabby.

PEPPER, BELL OR CHILE: Well-shaped, firm, uniform glossy color. Avoid those soft and pale or with sunken spots.

PINEAPPLE: Plump and large. Crown leaves should be deep green; eyes may be flat and almost hollow. Avoid fruit with dry brown leaves or a dull yellow appearance.

POTATO: Firm, reasonably smooth skin. Avoid those with

sprouting eyes or green areas.

SQUASH: Shiny surface, firm and free of bruises. The smaller the squash, the more tender it will be. Dark green varieties should not have yellowish areas. Avoid summer squash with pits or dull skin. Winter squash should have a hard, tough rind.

TOMATO: Smooth, firm to the touch but not hard. Bright red color, uniform in color, unblemished skin. Avoid those that look shriveled or feel mushy.

ZUCCHINI: Firm, small to medium, smooth, tender skin.

Compiled from information provided by Walter at Edwards Super Foods Store and an article from Shape magazine.

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Nutrition and Fitness are Vital to a Healthful Lifestyle

Americans can benefit from the relationship between good nutrition and getting or staying fit, regardless of age or individual ability. What's more, says The American Dietetic Association, radical lifestyle changes are not required to improve one's level of fitness; there are many small steps that can contribute to better health.

"There are a great many benefits to be gained from being fit. Fitness means that you are following a healthful lifestyle,

which can reduce your risk of developing heart disease, obesity, and other chronic diseases," said Nancy Schwartz, Ph.D., R.D. (registered dietitian) director of ADA's National Center for Nutrition and Dietetics. "Smart eating and regular physical activity help you stay fit throughout your lifetime."

Nutrition and physical activity go hand-in-hand as components of a healthy lifestyle and total wellness.

Another important aspect of fitness is keeping a healthy body weight. According to Schwartz, "People at a healthy weight can improve their health and reduce their risk for chronic health problems." She added that stepping

on the scale is not a good way to determine healthy weight. "Healthy weight is determined by how much of your weight is fat, where you fat is located and whether you have a weight-related medical problem."

Weight carried above the waist poses more risks for weight-related health problems.

Regardless of age, physical activity is the key to help control body fat, aid sleep, regulate appetite and promote general well-being. It's not necessary to huff and puff or do vigorous exercise to reap the benefits of physical activity. Just make it your goal to get at least 30 minutes of activity every day.

(Continued on Next Page)

An apple a day

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'Good Moves' Rejuvenates Body and Soul

by Stacey A. Pacheco
Herald Co-Editor

Breathe, two, three, four and smile — don't forget to smile.

I have been partaking in an aerobic dance class to burn those extra calories that I seem to attract like butter does to toast.

After a mentally exerting and (sometimes) physically exhausting day at work, I need to release some stress. That's why three nights a week I look forward to stretching, jumping, burning, dancing and finally, relaxing.

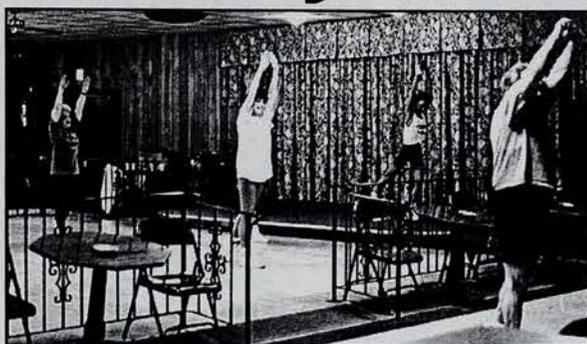
The continuous changes in body moves and attitude choreograph into dance routines, foot-tapping and finger-snapping to a variety of tunes, making me forget exactly why I started attending in the first place.

"Good Moves is a multi-level, low impact — high intensity, adult fitness program emphasizing muscular strength, muscular endurance, cardiovascular training, flexibility and body composition," says Rose-Marie Araujo, co-founder of the exercise program.

In existence for over six years in Rhode Island and Massachusetts, Good Moves only employs instructors who are certified by the national Dance-Exercise Instruction Training Association and they must also be C.P.R. certified.

Remaining heart-wise, during class everyone is taught and expected to take their pulse to determine what percent the body is being worked in relation to what's good for you.

Can you converse during the energetic program or are you out of breath? Heart rate pounding too fast to count? Perhaps, you are over doing it — check the "Borg Scale" (see page 2).



STRETCH, RATTLE AND ROLL INTO SHAPE — Through stretching (top), warming up (center) and full dance aerobics (bottom), your body is capable of burning off that excess baggage. The warm-up routine is known as the "back row chorus line." This fun-loving group can talk and dance for an entire one-hour class — now that's a workout. *Herald photos by Stacey A. Pacheco*

The health and fitness program "maintains a high standard of professionalism and believes in the importance of continuing education in the areas of health, exercise safety, and fitness-related issues," says Araujo.

The class also stresses that aerobic dance should not be anyone's sole form of physical activity. Your body needs a change, so try other sports activities or exertion possibilities.

No matter what your age, gender or body ailment, exercise at your own pace. Most importantly, talk to your doctor before beginning any new exercise program.

If you are ready to sign up, you might wonder what you

should bring to an exercise class.

For starters, wear comfortable stretch or loose clothes — sweat pants will do, but not in the heat of summer. Bring a floor mat or an old towel to keep distance between you and the ground, when working those legs and thighs. Water, water, water — bring plenty of water in a plastic container — you'll need it.

"Know your instructor," suggests Araujo, no matter what health and fitness program or sports activity you undertake. It's important to confirm that your teacher knows what he or she is doing and can properly help you along the road to body maintenance.



FOLLOW THE LEADER — The instructor shows how to use the "elastic-resist" band. *Herald photo by Stacey A. Pacheco*

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Nutrition and Fitness

(Continued from Previous Page)

Gradually build up activity by adding a few minutes of extra activity daily, such as walking.

Choose activities that you enjoy doing alone or with your family and friends.

Be consistent. Make an effort

to include activity in your daily routine.

Use a variety of activities to exercise many muscles and build physical strength and flexibility.

Choose "energy spenders" instead of "energy savers." For example, take stairs rather than the elevator.

By following these tips and

eating well, one can be on his or her way to a more healthful lifestyle.

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Exercise for Moms

Ruth (Rudi) Dillon (left) and her sister, Jeanie Kowalski, team up for individualized exercise as they teach pregnant women and new mothers how to condition their bodies for the appropriate stage of fitness and health. The classes, in conjunction with the JCCRI and Women & Infants, follow the most recent guidelines of the American College of Obstetricians and Gynecologists. For more information, call 861-8800. *Herald photo by Stacey A. Pacheco*

Waistline Wars: Yogurt's New Role in the Battle of the Bulge

In this age of health consciousness, Americans are learning how to deal with the dilemma of how to prepare dishes that are low in fat, and still receive high marks for taste.

Many believe that reducing fat means reducing flavor. But that's not necessarily the case, especially when an increasingly popular dairy food — yogurt — is used as the substitute for higher-fat recipe ingredients.

Cooking with yogurt makes cutting calories and fat from favorite family recipes without sacrificing taste surprisingly easy. And its nutritional value is an equally pleasant surprise.

One cup (eight ounces) of plain, low-fat yogurt has more calcium (415.0 milligrams vs. 297.0 milligrams), more protein (11.9 grams vs. 4.7 grams) than an equivalent amount of low-fat milk, according to a recent report released by the Yoplait Family Nutrition Panel.

One cup of yogurt provides

about one-third of daily calcium requirements and 20 to 25 percent of daily protein needs. It also has more potassium than a banana and generous amounts of riboflavin, phosphorous and vitamin B12.

Cooking with yogurt makes cutting calories and fat from favorite family recipes without sacrificing taste surprisingly easy.

Also, unlike fluid milk and some other non-cultured dairy products, yogurt brands which contain live and active cultures, are easily digested by most individuals with lactose intolerance.

The benefits of yogurt can be enjoyed year-round. Try these suggestions for adding nutrition and cutting calories from familiar family recipes.

- Replace oil with yogurt when making muffins and cakes. Strawberry or raspberry flavored yogurt adds a tasty twist to vanilla cakes.

- Use plain, low-fat yogurt as a replacement for sour cream in dips. Low-fat yogurt has approximately 350 fewer calories and 45 grams less fat per eight ounces.

- Try yogurt instead of chocolate sauce as a fondue-like dip for pound cake.

- Try fruit-flavored low-fat yogurt as a dip for fruit instead of whipped topping or whipped cream which has about 200 more calories and 25 more grams of fat per eight ounces.

- Swirl fruit-flavored yogurt on angel food cake for a new taste twist.

- Use yogurt instead of ice cream in milk shakes. Vanilla ice cream has 44 more calories per eight ounces and about 12 more grams of fat than low-fat, fruited yogurt.

Freedom and Movement: Relieving Tension with the Alexander Technique

by Mara Sokolsky

From sitting at a computer to lifting a baby and stroller, most discomfort occurs from the gradual build-up of stress on the musculoskeletal system. The Alexander Technique, a method

of kinesthetic re-education, teaches people to shed long-established habits of tension and how to use their bodies with less effort and more grace.

How is this done? Through weekly, 45-minute Alexander

lessons. An Alexander teacher starts by using her hands to gently free the neck so that the head is well-balanced on the spine — an alignment that founder F.M. Alexander called "the primary control." Students usually report a new sensation of lightness or effortless poise. Then the teacher guides the student through some simple movements (sitting, standing, walking, etc.) to ascertain if the student can maintain the head-neck-spine balance while in movement.

Eventually, one can try maintaining the Alexander technique while doing more complicated activities such as talking on the phone, playing an instrument, chopping vegetables and jogging. With a teacher's hands for guidance, one can see exactly which tension habits are getting in the way of coordinated movement and learn to change them.

Mara Sokolsky is a graduate of the School of Alexander Studies in London, England. Prior to opening her office in Providence, she taught the Alexander Technique in Brookline, Mass. For more information, call 751-9271.

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For more information about Alexander lessons, call Mara Sokolsky, N.A.S.T.A.T., teacher of the Alexander Technique, 1980 graduate of the London, England School of Alexander Studies

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Improving Your E.Q. — Your Effectiveness Quotient!

by Meredith E. Drench, Ph.D.

Sara, age 35, a product manager, tasted the chicken parmigiana she had been served moments before, and realized it was cold. When the waitress asked, "Is everything okay?" she quietly answered, "Yes." Melinda, an account executive, age 38, chimed in, "No, it's not. Her dinner is ice cold, certainly not up to the standards of this restaurant. Bring her a hot meal immediately; we don't have all night!"

Although hot food may be the desired and delivered outcome, neither Sara nor Melinda effectively expressed her rights and feelings. In not standing up for herself, Sara conveyed the passive message, "I'm not important. My needs don't count; I don't count." In contrast, Melinda's aggressive response got her point across, but she bullied the waitress with her belligerence. Sara's choice of cowering rather than confronting may exact a price in bottled up frustration, resentment, and anger. Melinda's behavior may be perceived as hostile, accusative, and abusive; she gets what she wants but also pays a price.

Acting assertively, Sara could calmly describe the situation and specify her desired change. An effective response would have been for Sara to tell the waitress that the food was cold and ask that a hot dinner be served as soon as possible. By expressing her rights and showing respect for the waitress, her self-esteem could have been enhanced instead of taking a beating.

We need to respect the rights of others as well as recognizing and respecting our own. When we give away our rights to have and express opinions and feelings, to ask that our needs be addressed, and to be respected, we subordinate ourselves to others and add more diminished self-worth and personal power to the baggage we carry.

Many of us have been taught "don't rock the boat," "don't make trouble," "children should be seen and not heard." These rules of the road can become ingrained and lead to holding feelings in check, ineffective communication, and stress-related health problems. Doubting ourselves, feeling unequal, and seek-

ing approval and validation from others are inconsistent with making sound, healthy choices for ourselves and exercising personal power, even in stressful situations. How can we change our behavior after all these years?

Check it out. Become aware of situations wherein you respond passively or aggressively. What prompted my old behavior? Why did I respond like that?

Becoming empowered and communicating effectively are learned behaviors. We can learn to set boundaries and express our feelings without offending others.

Turn off your old self-talk of negative thoughts. Create a new mental tape recording of positive thoughts. No longer do you need to put yourself down with negative "I can't do it" messages! Just as in the adage, "How do you get to Carnegie Hall?" Practice, practice, practice!

Develop a functional plan. Describe the situation to yourself. What are your feelings about the situation? What specifically do you want changed? "If I say or do this, then what? Or what are the possible outcomes (that I have to live with)?"

Consider what your body is saying. Are you looking into the person's eyes or averting yours? Is your posture straight or are you slouched, slumped, or looking submissive? Are you speaking so that you may be heard and understood or are you mumbling, speaking too quietly, beating around the bush, whining? Now is the time to speak firmly and not apologetically. When your mouth is talking, what is your face saying? Used wisely, your nonverbal language can reinforce your verbal messages.

Listening is a skill, too! You want others to listen to you. Are you listening to them? Are you

accurately "getting their message" — their thoughts, feelings, and wants?

To be sure, ask for clarification. "I'm uncertain of your perspective. Can you further describe it?" "I don't understand what you want; please give me examples." Communicate to the speaker that you "heard" what was being said. Compromise does work!

Don't be railroaded. "When I say no, I mean no. End of discussion." Keep to the point. Trying to talk to a "timebomb" is counterproductive. You can give a firm message that communication may be resumed when the co-communicator is more composed. Stall for time. Delaying your response until you are composed can be helpful. "I'll get back to you on that."

Own up to your mistakes and acknowledge justifiable criticism. "You're right, I did forget to return the call from the IRS." Get to the bottom of a problem. "What is it about my report that upsets you?"

Becoming empowered and communicating effectively are learned behaviors. We can learn to set boundaries and express our feelings, needs, and wants without offending others. We can identify our tendencies to act passively, aggressively, or assertively and rehearse saying "no" without feeling guilty. Let's affirm our right to convert defeating thoughts and actions into healthy, positive behavior.

Meredith E. Drench, Ph.D., is director of Adaptive Health Associates, Inc. in East Greenwich. As a speaker, educator, and consultant in behavioral rehabilitation, she works with issues of change and has written in the areas of behavior and health. For more information, call (401) 885-5656.

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Family Fitness at the JCCRI

The Family Fitness Center at the JCCRI, which includes Pyramid weight machines, stationary bicycles, stair climbers, treadmills, a full gymnasium and pool, will soon offer members a state-of-the-art comprehensive personalized fitness plan with the help of a body composition analyzer, and plans to purchase a number of free weights this fall. Jay Snyder (left), director of fitness, recreation and sports services, demonstrates the chest press machine, one of 11 selectorized weight machines at the center.

Photos courtesy of Roberta Segal and Assoc.



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Contact Jay Snyder at (401) 861-8800 to arrange a visit.

Trial visit at the Family Fitness Center at the JCCRI is good through Wednesday, June 15 and is limited to its hours of availability.

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Proteins, Cholesterols and Fats — What's it all About?

by Stacey A. Pacheco
Herald Co-Editor

So much has been said, restated, written, rewritten, diagrammed and rediagrammed — most in medical terms about proteins, cholesterols and fats. Sometimes one needs a medical dictionary and a lot of time to interpret and compute the information.

Protein quality is determined by several different measures, most importantly by the pattern of amino acids in food. There are eight essential amino acids — the "building blocks" of protein.

Essential amino acids cannot be made by the body and must be provided by the foods we eat. Foods that contain all eight are called "complete proteins."

Eggs are complete protein and considered somewhat unique in that they contain a balanced distribution of nearly every nutrient known to be essential to humans, except vitamin C. The pattern of essential amino acids in the eggs have been used for years as the standard against which other protein foods are judged.

A nationwide sampling of eggs showed that eggs contain 22 percent less cholesterol than previously believed.

Cholesterol is a vital part of every body cell. In the blood, it travels in a "package" coated with protein. "Bad" cholesterol (LDL) has a thinner protein coating than "good" cholesterol (HDL).

LDL deposits itself on the walls of arteries causing a waxy build-up called plaque, while HDL carries cholesterol out of the bloodstream.

Plaque narrows or blocks the openings of your arteries, which impairs blood flow and can lead to heart attack, stroke, and death.

All of the cholesterol and fat of an egg are found in the yolk. Eggs are also considered low in saturated fat and in moderation have a legitimate place in most anyone's heart-healthy diet.

According to the Egg Nutrient Center in Washington, D.C., you can reduce the cholesterol in many egg dishes by using two whites in place of the yolk.

For someone following a cholesterol-lowering diet, The

American Heart Association allows the consumption of four whole eggs or egg yolks per week.

Saturated fat is a dietary fat that raises the level of cholesterol in the blood. This type of fat can also cause arterial plaque. When trying to reduce your cholesterol levels, it's important to reduce your intake of saturated fat as well.

Foods that contain unsaturated fat are likely to stem from grocery items such as apples. Can you believe that an apple actually contains any kind of fat at all? One gram, to be precise.

Avoid fatty cuts and organ meat, whole milk products, excessive egg consumption, coconut and palm oils, refined and processed grain products.

For a diet just right for you, consult your physician.

Cholesterol and Fat Contents

	Cholesterol	Fat
Egg	215	5
Chicken (1/4 lb.)	60	4.5
Flounder (1/4 lb.)	57	1.5
Pinto Beans (1 cup)	0	2.3
Low-fat Milk (1 cup)	18	5
Low-fat yogurt (8 oz.)	14	3.5
Part-skim mozzarella (1 oz.)	15	4.9
Banana (1 average)	0	0.3
Broccoli (1 cup)	0	0.5
Apple (1 average)	0	1
Whole Wheat Bread (1 slice)	0	0.7
Whole Wheat Grain	0	1
Bran muffin (1 average)	0	3.9

Cholesterol is measured in milligrams and fat is measured in grams.



Preschoolers Lap for Tzedakah

There's still time for aquatics of all ages to sign up for the Swim-a-thon at the JCCRI. The event concludes with the Aquafest on May 15. For more information, call 861-8800.

Herald photo by Stacey A. Pacheco

Sea of Skin Care

by Stacey A. Pacheco
Herald Co-Editor

For hundreds of years people have visited the lowest point on earth, the Dead Sea, for its effects upon the skin. The "body" of water contains a very high mineral concentration which delivers a "buoyed up" sensation when emerged in. Its salt content and concentration of potassium, magnesium, calcium, and bromine are over 10 times more concentrated than sea water.

AHAVA, Hebrew for "love," is a quality line of Israeli skin care products made solely from the natural resources of the Dead Sea. The line includes hand and foot creams, body lo-

tions, face moisturizers, soaps, mud masques, bath salts, cleansers and shampoos.

In ancient times, the denizens of the Dead Sea basin supplied the likes of King Solomon and the Empress Cleopatra with Dead Sea compounds. So closely did they guard their formulations, that it wasn't until 1984 that their descendants, the members of Kibbutz Ein Gedi, succeeded in resurrecting their apothecary craft.

"The product is fully hypoallergenic and no animal testing is involved," states Jeffrey Brier, president of the Rhode Island Jewish Community Center.

In fact, a "local dermatologist tested and research indicated AHAVA is OK for human use," confirms Brier.

All funds received from purchases will benefit and support the center and Israel.

For more information about AHAVA, call 861-8800.

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HEALTHWISE

The Chocolate Myth

by Stacey A. Pacheco
Herald Co-Editor

One enduring legend about chocolate is that it aggravates acne. "It's time to put this myth to rest," notes Mark Haley, president of Brown & Haley, a chocolate manufacturer.

Americans consume about 2.6 billion pounds of chocolate annually and as part of an educational campaign to clarify health and nutritional misconceptions, medical studies challenge the connection between acne and chocolate.

Research conducted at the University of Pennsylvania School of Medicine, department of dermatology, came up with their own conclusions.

A control group was given a bar closely resembling chocolate, but contained no chocolate. A similar group was given the real thing, which contained almost 10 times the amount of chocolate liquor as a normal chocolate bar. At the end of the test, the acne condition of the people eating chocolate was almost the same as those who had

the placebo.

In another study, 80 midshipmen at the U.S. Naval Academy, all of whom had acne conditions ranging from mild to moderate, were divided into two groups. One group ate no chocolate for four weeks; the second group ate at least three bars daily. After four weeks, the group reversed eating patterns. Results showed no significant changes in the acne conditions of either group.

Scientific research during the past 30 years concludes a recent statement issued by the U.S. Food and Drug Administration that there is no link between chocolate and acne.

Another prominent myth about chocolate is that it is high in caffeine.

A five-ounce cup of instant coffee has between 40 and 108 milligrams of caffeine, while a one-ounce milk chocolate bar contains six milligrams. The approximate equivalency to the amount of caffeine found in a cup of decaffeinated coffee is from two to seven milligrams.

Run For The Doughnuts

by Alison Smith
Herald Co-Editor

From now till snow, there will be a "run" somewhere in Rhode Island - maybe two or three - every weekend.

If you've never participated in a run, or even been to one, you may be staying away because it sounds like something only very dedicated athletes should show up for.

Not true. When people use the word "run" they are using it in the loosest possible sense. A good example would be the Cheetah Chase, which was held in Roger Williams Park on May 1.

Check-in time was from 8 to 10 a.m. By 9:45, the parking lot was almost full, and the check-in table was doing a brisk business, both with those who had signed up by mail a month ago, and those who were late entries, and decided to try it because it was such a nice day.

The doughnut and Gatorade tables were doing a brisk business also. I think it is important to inform you that almost always some kind soul on the run planning board sees to it that there is something to drink, and something to munch on, to keep your energy level high. Free.

Some people were warming up by running around the park. Others were stretching. Most were just socializing and noshing.

At 9:55 an announcement came over the loudspeaker that the first race was about to start, and the racewalkers surged up the hill to the starting line. The starter went over the racewalking rules, and counted down, and they were off. Two sturdy young men in uniform, on motorcycles, preceded them, to make sure the road (which was blocked off) was clear.

A five-kilometer run is really only three and one-tenth miles long, so not much time had

passed before the first racewalker came back into view, whizzing by the three mile marker. Usually there are a dedicated few way out in front, who can do this kind of thing in their sleep, practically, and then, quite a bit back, there are the rest of the racers, who tend to arrive at the finish line in a tired but cheerful string or cluster. In case you are worried about not being able to keep up, most of the racewalkers, runners and walkers, in their own races, seemed not to be trying to set world records. Everyone who crossed the finish line at the Cheetah Chase was applauded just for finishing.

The runners came next, and the race followed much the same lines. A few real dedicated types way out in front, and the rest arriving later.

Everyone cheered, everyone felt proud. No one passed out or seemed in need of first aid.

The family walk was only a mile long, and some of the racers traveled by stroller. The pace was leisurely. The intention was to enjoy the day, and maybe to cross the finish line also.

The kids' races were just about the most intense of the morning. All entrants were racing in their own age groups, in a large cleared space in the parking lot. Everyone was so eager to start that there were several false starts, and they all had to go back to the starting

Birth of First Babies Using Pre-Embryo Freezing

Women & Infants Hospital of Rhode Island's program for in vitro fertilization, which boasts a high success rate, announces a new success in the area of assisted reproductive technology. Infertility specialists at Women & Infants are now helping couples to conceive by implanting fertilized eggs — or pre-embryos — that had been frozen during a previous IVF cycle.

Among the hospital's first success stories with this new technology are twins, Mitchell (7 lbs. 3 oz.) and Jane (5 lbs. 8 oz.), who were born to Kim and Bill S. of Riverside, R.I. on Jan. 14. The couple, who have been married for 10 years, had been trying to have a child since 1987.

After hearing about the program, Kim underwent her first IVF cycle in July 1990 and opted to have some fertilized eggs from that cycle frozen. Since she did not become pregnant, she underwent a second IVF cycle in December of that year which resulted in the birth of their son, Graham. Longing

for siblings for their son, the couple tried using the fertilized eggs that had been frozen in 1990. A pair of twins later, the previously infertile parents now have a happy, healthy family.

Kim and Bill are among the one in 12 couples nationwide who suffer from infertility. In 1989, the Family Building Act was passed in Rhode Island, making assisted reproductive technology a benefit — most insurance plans will cover up to 80 percent of the cost — allowing many of these couples a chance to have a child.

The Division of Reproductive Endocrinology at Women & Infants, directed by Ray V. Haning, Jr., M.D. — who helped along Rhode Island's first IVF pregnancy in 1988 — is the first and only center in the state to offer all medical, testing and counseling services required for IVF in one location.

The division is located near the hospital campus at One Blackstone Place in Providence. For more information, call 453-7500.

Free Forum on Multiple Sclerosis

NEWTON, Mass. — A free public forum on multiple sclerosis will be held at the Newton Free Library on May 23 from 7 to 9 p.m.

Sponsored by the Weizmann Institute of Science, in cooperation with the Newton Health Department, Newton-Wellesley Hospital, Needham Board of Health, Glover Memorial Hospital and the Multiple Sclerosis Society, the forum will feature a distinguished panel of physicians and researchers who will discuss management of and new treatments for multiple sclerosis.

To attend, call (617) 965-2159.

Dr. Eisenberg to Discuss Alternative Medicine

"Alternative Medicine in the United States: Implications for Education and Research" is the title of the Myra C. Flinker oration to be delivered at The Miriam Hospital on May 26 at 11 a.m. in Sopkin Auditorium. The speaker will be David M. Eisenberg, M.D., instructor in medicine, Harvard Medical School.

Eisenberg is the director of

Alcohol in Mouthwash Can Be Deadly for Kids

You know the stuff you swish around in your mouth every morning to freshen your breath? If it's an alcohol-based mouthwash, it could be hazardous to your children's health.

In fact, the U.S. Consumer Product Safety Commission is so concerned about the risk of poisoning in children, it is considering regulations that would require child-resistant packaging for mouthwash containing more than 5 percent alcohol.

The CPSC's proposal to regulate packaging comes just as the first alcohol-free mouth rinses are reaching the market.

About 2,000 children are poisoned each year by alcohol-containing mouthwashes, the American Association of Poison Control Centers say. In the last five years, three children have died.

Experts theorize that children are attracted by the bright tasty-looking colors of their parents' mouthwash, which is usually left out, within easy reach, in the bathroom.

But for a 22-pound child (the size of the average 2-year-old), five ounces of mouthwash containing 27 percent alcohol may be lethal, according to the American Academy of Pediatrics.

Mouthwashes can contain from five to 27 percent alcohol — the equivalent of 54 proof.

In children, alcohol-based mouthwashes can induce hypoglycemia (low blood sugar), says Warren Scherer D.D.S., an associate professor at the New York University College of Dentistry.

While it doesn't cause the blood sugar levels of hypoglycemic adults to drop to dangerous levels, "the alcohol in mouthwash is not going to help them," Scherer says.

Studies at the University of Maryland and University of Pennsylvania dental schools have shown that mouthwashes containing no alcohol can be as effective as those that do.

the Harvard Medical School exchange program with the Peking Union Medical College & the Chinese Academy of Medical Sciences and serves as chairman, subcommittee on Research and Education, Office of Alternative Medicine, National Institute of Health, Bethesda, Md.

line and do it again. No problem.

Those who entered the Cheetah Chase early got a T-shirt with the race logo on it. Also a free admission to the park, a bumper sticker, a poster, and several coupons for free doughnuts etc.

Almost anyone in good health can walk three and one-tenth miles at a leisurely pace without feeling it the next day. With a couple of months of regular walking behind you, you might be a real competitor. And there is a certain feeling of camaraderie at these runs, similar to other athletic competitions, among those who have planned and worked to be there, and are ready to run.

The Cheetah Chase benefited Roger Williams Park Zoo. Most runs are organized for a benefit. And you, of course, benefit. All that walking, doughnuts, and a T-shirt too.

Trauma Seminar

Rhode Island Hospital's nursing professional development department will present the fourth annual Peter D. Smith trauma seminar, "Trauma Across the Ages," on May 19.

The day-long program will be held in the George Auditorium at Rhode Island Hospital.

For more information, call 444-5721.

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ARTS AND ENTERTAINMENT

Knishes by the Park

by Stacey A. Pacheco
Herald Co-Editor
Ever feel like walking before or after a meal?

You're in luck. There's a great cafe located next to "the playground/park" on Hope Street, J. Elliotts — offering breakfast, lunch or a light dinner with something a little different.

The added bonus is that Jeff Kohn, co-owner/chef, operates his restaurant with a Jewish flair.

There are several choices on the menu "From the Bagel Man," with spreads that host an array of variety — such as cream cheese, scallion, maple walnut raisin, lox, and vegetable; or perhaps the mood is set for a bagel with smoked white fish.

Maybe you've been eyeing those New York-style potato knishes at the next table — it's yours for the ordering.

Everything is cooked to order, from the challah French toast to creating your own omelet.

Even though eggs belong on our plates, you'll find many on the walls, as Kohn and his partner, Michael Broomfield, welcome exhibits of art and are currently displaying a series of

paintings by a local artist, Kristin Street, with an egg theme.

Menu-wise, the restaurant offers an "eggsalant choice."

Had your heart set on a New York-style deli sandwich — try the corned beef or pastrami direct from New York. The meats are labeled kosher products, preparation is not.

All sandwiches are served with your choice of roasted red potatoes, potato salad or cole slaw.

Feel like something just a little lighter? Featured on the menu is "Hannah," a freshly roasted turkey sandwich (all white meat) served with cranberry sauce, stuffing, lettuce and tomato. Your choice of either rye, pumpernickel, or French bread still includes your selection of salad.

Kids are special, too. There is a section on the menu reserved just for the youngsters.

Room for dessert? Made on the premises by Kohn is his New York-style cheesecake, as well as all of the assorted cookies and pastries.

Don't be surprised if you have a choice of five daily coffee



DO YOU KNOW THE BAGEL MAN? — All bagels, desserts, pastries and cookies are made on the premises by Jeff Kohn, co-owner/chef of J. Elliotts in Providence. Herald photo by Stacey A. Pacheco

flavors — its part of the plan. Each cafe of coffee is ground from local whole beans and brewed fresh.

Early bird service begins at an eye-opening 6 a.m. on weekdays, including Saturday and 7 a.m. on Sunday's for breakfast and lunch. Thursday, Friday

and Saturday the cafe is opened until 8 p.m., following a light dinner service.

Kohn and Broomfield also specialize in catering for every occasion. The restaurant is located at 959 Hope Street in Providence. For more information, call 861-0200.

Get Ready for Bluegrass and Cajun

Eager to expand the Louisiana music presentation beyond the Cajun and Zydeco compo-

nents of their Labor Day weekend event, the 15th annual Cajun and Bluegrass music-dance-food festival will produce the fifth annual Big Easy Bash at Stepping Stone Ranch in Escoheag, R.I., on June 25 from noon till midnight

and June 26 from 11 a.m. to 7 p.m.

The two-day festival will feature D. L. Menard & The Louisiana Aces, Junior Brown, Nathan & the Zydeco Chas, John Mooney and Blue-siana, Steve Riley and the Mamou Playboys, and Big Sandy and the Fly-Rite Boys.

The festival features continuous dancing. Junior Brown plays the gut-steel guitar he invented with echoes of Ernest Tubbs. Big Sandy revisits the southern dance halls circuit with rockabilly while John Mooney deepens white blues with Crescent City depth. In addition to American barbecue, caterers will serve Tex-Mex, Cajun, and Creole cuisine. Camping, horseback riding, and hiking are available.

For admission information and discount tickets, call Helen Wilnot at 397-3521.

'The Orchid Man' Cometh!

The Eden Garden Club's annual luncheon will be held at the Holiday Inn at the Crossings on May 19 at noon.

Bertha Goldberg is chairman for the day. The program will present Mike Sheridan, "The Orchid Man" of Wakefield Orchards.

Call Norma Friedman, 732-1221 or Bertha Goldberg, 942-4488 for information and/or reservations. Guests are welcome.

R & R Gallery

On May 26, from noon to 4 p.m., a grand opening will take place at the R & R Gallery, 47 Conanicus Ave., Jamestown, R.I., featuring selected photographs by noted local artists: William Gardner, Wendy Laferriere, Kathy Maltzing, Rita O'Donnell, Bob Peabody, Phil Sularz, Alma Davenport, Cheryl Demenezes, and Anne Titus Hoyle.

This show will run through June 23 and will include color and black and white images of coastal scenes, landscapes, portraits and still life.

The public is invited to attend.

The R & R is owned and operated by Jamestown resident Rena Tyson.

Hours are noon to 4 p.m., Thursdays; noon to 6 p.m., Fridays; 10 a.m. to 6 p.m. Saturdays; 11 a.m. to 5 p.m. Sundays, or by appointment. Call 423-0730 for more information.

Sports in Music

Sports in Music will be the theme of the Rhode Island Philharmonic educational concerts on May 17, 18, 23 and 24, at Veterans Memorial Auditorium in Providence. The four concerts conducted by Steven Karidoyanes, will celebrate the many sports which have inspired music of some of our greatest composers.

In keeping with the theme Sports in Music, the concert will feature Channel 12 sportscaster, Tony Potts, narrating Frank Proto's engaging and entertaining "Casey at the Bat." Other music featured will be Waldteufel's "The Skaters Waltz," Lefoy Anderson's "Bugler's Holiday," the Notre Dame fight song, selections from "Victory at Sea," by Richard Rodgers, and John Williams' "Olympic Fanfare and Theme."

Call the Philharmonic office at 831-3123 for ticket information.

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DINING GUIDE

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May 14-15, 20 to 21, 28, at 8 p.m. for Friday dinner shows, 7 p.m. for the Saturday dinner show, 2 p.m. for Sunday matinee, "A New Style for Murder" — an audience participation mystery, produced by the Community Repertory Theatre Company, Masonic Temple, 142 Clinton Street, Woonsocket. Call 762-0209 for reservations.

May 12 until supply is exhausted — **Rose Sings Billie On Tape**, a cassette offered by Trinity Rep. from its production of "Lady Day at Emerson's Bar and Grill." Call 351-4242.

May 26 through June 5, extra performances of "Lady Day at Emerson's Bar and Grill," at Trinity Repertory Theatre, 201 Washington Street, Providence. Call 351-4242.

May 15, at 6 p.m. and 8 p.m., Britten's Spring Symphony performed by the 200-voice **Chorus of Westerly** and the **Boston Festival Orchestra**, at Performance Hall, 119 High Street, Westerly. Call 596-8663.

May 14, 15, 21, 22, 28, 29, June 4, 5 — 8 p.m. Saturdays, 4 p.m. Sundays, "Going To Meet The Light," by Daniel Wideman, Brown '91, performed by the Rites and Reason Theatre, Auditorium Hall, Churchill House, 155 Angell Street, Providence. Open to public. Donation at door appreciated.

May 15, at 4 p.m., at Veterans Memorial Auditorium, Providence, a concert by the **Rhode Island Philharmonic Youth Orchestra**. Call 831-3123.

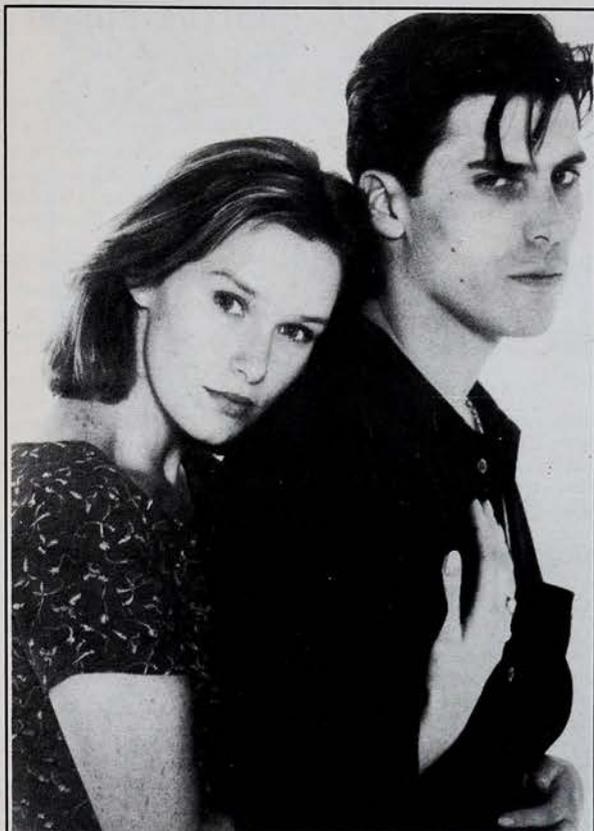
May 19, at 6 p.m., the Channel 36 **Extraordinary Auction Party**, with a circus theme. Call 277-3636, ext. 220 or 327.

May 19, at 7:30 p.m., **Ann Harleman** will read from her book *Happiness* at the Cranston Public Library, 140 Sockanosset Cross Road, Cranston. Free to the public. For details call 943-9080.

May 20 through June 5, at the Rhode Island School of Design Museum of Art, 224 Benefit Street, Providence, the **annual graduate students show**. Call 454-6348 for details.

Let the community know about your organization's functions. Announce them in the *Herald*.

ARTS AND ENTERTAINMENT



"FEDERAL HILL" — The movie, filmed locally, features Libby Langdon (Wendy) and Anthony De Sando (Nicky).

Photo by Noel Sutherland

Hollywood, Rhode Island

by Mike Fink

Herald Contributing Reporter

The long white limo pulled up to the entrance of the Warwick Showcase. Out stepped the glittering group, guys in suits and glamour neckties, gals in shimmery short skirts and cascades of hair. The sneak preview premiere of "Federal Hill" turned greater Providence into Hollywood for a few hours of Maytime twilight. "We shot this film just over last summer, but I wrote it as a play a dozen years before that. Come to Barry's afterward and tell me what you think of it," said Michael Corrente, who wrote, produced and directed the movie. "I called Michael and he gave me the starring role. It doesn't usually happen that way," said Anthony De Sando, elegant but with a day's beard to look tough and in character. It turned out I was the only journalist who showed up for the press conference hastily set up before the gang of guests and cousins of the principals packed the lobby. Tim Barmann, a *Journal* photographer, was hired to do portraits at the gala. We sat on a bench and talked shop while the throng nibbled brie.

After a champagne toast, with fruits, cheeses and crackers in a cascading display, the crowd poured into the auditorium. Mike Corrente walked in limelight to make a few modest remarks about how nervous he was. The lights dimmed and "Federal Hill" hushed the hall.

The script keeps something of the tight tragicomic structure of a play. The young men held together by ethnic bonds draw on roots that go deep. They speak Italian, they cook, they washed aged parents, they share a past held in respect by an entire community. Yet this very depth digs a grave of despair. Irony, not sentiment, marks the strength of "Federal Hill." A scene that will provoke comment brings the gang to pick up a gay hustler. They yank off his earring, but why? To make it clear to themselves that their love for each other is not homosexual — which in fact it is. I mean, the action you watch leaves some room for you to think beneath the surface.

So I liked the movie. I liked the texture of detail, the columns of City Hall beside Haven Brothers, the booths of Angelo's with the murmur of the action all round, the fountains and cafes of Atwell's Avenue bringing me back to the neo-realist film sketches of Rome long ago.

"Isn't it weird, to meet the stars in person, without even knowing they're actors, and then to see them in black and white on the ghostly screen — and then again in color and flesh back in the lobby?" noted a friend in the line filing past the velvet ropes. I saw a group of East Side Jewish acquaintances, some RISD colleagues, and caught a glimpse of Mike Janusonis.

"I really didn't like those characters though. I mean, they're brutal — thieves and murderers after all." And "Isn't this just what people say about Italians, and about Rhode Is-

landers? Do we need more crime stories?" I'm just quoting from the throng.

Among the credits I saw the names, some misspelled, of many of my students from last year. The late David Rosenberg worked on "Federal Hill," like his classmate Peter Sgouros, my assistant and projectionist this year. They got his name

wrong! The word last summer was, the work was tough and going nowhere. But it's not true.

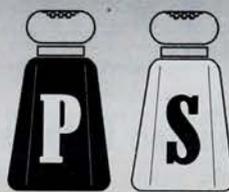
I go on record as saying this is terrific stuff and I was proud to witness the triumph in our town.

I thought Janusonis' review in the *Journal* was corny. He said the finale made him cry. He missed the point, the almost light touch with which a bitter story warns us we're burying our best hopes in brick and

(Continued on Page 15)

PLEASE MENTION THE HERALD WHEN MAKING YOUR DINNER RESERVATIONS.

DINING GUIDE



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Let's Hear It For Trinity!

Invitations are being sent and plans are underway for Trinity Repertory Company's birthday party, according to Johnnie Chace and Britt Nelson, chairs of the 30-year-old theatre's Fanfare Gala Committee. The date is May 20, the place is The Strand, the concert club at 79 Washington St., just two blocks from Trinity Rep. The guest list includes Trinity Rep alumnae and friends of the past 30 years,

including company members and celebrities from around Rhode Island and across the country.

The event will be a chance for Trinity Rep fans to say goodbye to departing artistic director Richard Jenkins. Partygoers may also meet Trinity Rep's new artistic director, Oskar Eustis, who will succeed Jenkins in June.

(Continued on Page 16)

Senior Smile Week

Rhode Island will join the observance of National Senior Smile Week from May 16 to 20 with a series of oral cancer screenings and dental education seminars at senior centers across the state. The theme for this year's event is "Put Your Best Smile Forward."

"After age 35, it is estimated that 75 percent of all adults get some form of periodontal disease, which is the leading cause of tooth loss in adults," observed Maureen Maigret, Department of Elderly Affairs director.

"We also know that 95 percent of all oral cancers occur in persons age 40 and older. When detected early, the survival rates from this type of cancer increase dramatically," she declared.

The screenings will be con-

Seeking Nominations for Hope Award

The Rhode Island Commission on Women is asking Rhode Islanders to nominate women to be recipients of the third HOPE Awards.

Criteria for these awards are women who have done something significant to make a substantial difference to the lives and welfare of other Rhode Islanders; if possible, a woman from each Rhode Island county (two from Providence because

it is so large); and must be a resident of or work in Rhode Island.

Nominators are asked to write a letter postmarked by May 27 to the commission explaining why their nominee should receive this particular award. It is important to include the name, address and telephone number of the woman they are suggesting for consideration.

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MILESTONES



Our Mystery Lady

Davidman to Speak to Historical Assn.

The Rhode Island Jewish Historical Association will hold its 40th annual meeting on May 15 at 2 p.m. in the social hall of the Jewish Community Center of Rhode Island, 401 Elmgrove Ave., Providence.

The 24th annual David Charak Adelman lecture will be delivered by Lynn Davidman, Ph.D., who will speak on the subject: "Bringing the Women In: A Wider View of Jewish Life — Past and Present."

Davidman received her B.A. degree from Barnard College where she graduated summa cum laude and Phi Beta Kappa. Her M.A. degree from the University of Chicago Divinity School was awarded in religion and psychological studies. She is a recipient of a Ph.D. degree in sociology from Brandeis University.

Presently Davidman is a Dorot assistant professor of Judaic studies and sociology at Brown University where she has received a faculty research development grant. She is also a visiting scholar on women and religion at the Center for the Study of American Religion at Princeton University. Prior

to her appointment at Brown University, Davidman held the position of associate professor of sociology and women's studies at the University of Pittsburgh. She has received many grants and awards.

In 1992 for her book, *Tradition in a Rootless World*, Davidman was given the national Jewish Book Award in the category of contemporary Jewish life. Because of her interest in religion, sociology and women's studies, she spent two years gaining insight into the motives of a group of young, secular Jewish women who had converted to Orthodox Judaism. She lived with a Hasidic community in St. Paul, Minn., then joined the Lincoln Square Synagogue, an Orthodox synagogue in Manhattan, New York City.

There will be an exhibit at this meeting of photographs and memorabilia emphasizing the major role women have played in the founding and growth of Jewish institutions in Rhode Island.

The public is invited and a social hour will follow the meeting.

Martha Finger Honored

Martha Finger, president of the Eden Garden Club of Temple Beth-El, received two awards at the annual meeting of the R.I. Federation of Garden Clubs, Inc. on April 28 in Newport.

The Certificate of Merit of the Class 2 Yearbook Award was given for an outstanding program, "Rededicating a Biblical Garden."

The Edith Fricker Program of the Year Award was given for a focused program culminating in the rededicating of a biblical garden.

The Book of Evidence and program was prepared by Norma Friedman, Barbara Goldberg, and Frances Sadler.

Daniel Gertsacov Honored

Daniel Joshua Gertsacov, son of Ms. Karel G. Gertsacov and the late Alan A. Gertsacov, of Narragansett and Cranston, has been named to the Dean's List of Distinguished Students at the University of Richmond.

This award recognizes outstanding scholars for the fall semester of 1993.

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Can You Help Us?

This picture of a beautiful and charming young lady (dress and hat reminiscent of the early 1920s) was found between a photograph and frame which had been donated to the R. I. Jewish Historical archives.

The donors were unaware of its existence and cannot identify the lady. If you know who she is, or was, please let the *Jewish Herald* or Eleanor Horowitz of the Rhode Island Jewish Historical Association know, too. Call 724-0200 or 331-1360.



THE FEATURED SPEAKER at the 1994 Annual Meeting of the Rhode Island Jewish Historical Association on May 15 will be Lynn Davidman, Ph.D.

Liberty Rose Cohen

Anne Marie and Mitchell J. Cohen of Van Nuys, Calif., announce the birth of their second child and first daughter, Liberty Rose on April 27.

Paternal grandparents are Pauline and Barry Cohen of Cranston, R.I., and maternal grandparent is Constance Sightowler of Kent, England. Great-grandmother is Y. Martha Dress of Johnston, R.I.

Benson To Address Nurses Council

Frances Benson, R.N., will address the Rhode Island Hadassah Nurses Council on May 19 at 7:30 p.m. at the home of Susan Ginsberg, Barrington, R.I.

Benson received her bachelor's in nursing at Simmons College and her master's at Boston University in rehabilitation nursing. She has served as assistant and clinical instructor, school of nursing, at Roger Williams General Hospital, and as coordinator and in service education at The Miriam Hospital.

Benson currently serves as assistant professor at Rhode Island College department of nursing, and will speak to the



Frances Benson, R. N.

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The R.I. Nurses Council, under the auspices of the Rhode Island Chapter of Hadassah, was established to meet the educational, social and professional concerns of nurses in Israel and the United States. Friends are invited. Call Susan at 245-0042 or the Hadassah office, 463-3636, for details.



School Beat



"IT ONLY HURTS WHEN I LAUGH," she says, smiling bravely, as members of the Everett Dance Troupe place nail-studded boards beneath and above her, at Alperin Schechter Day School, May 9.

Herald photo by Alison Smith

Just Follow the Oooohs

by Alison Smith
Herald Co-Editor

This must be the place, I thought. I could hear violins, drums and flutes through the auditorium doors, and oohs and aaahs and a prolonged gasp, followed by applause. The Everett Dance Theatre was entertaining and enlightening the students of Alperin Schechter Day School, Monday afternoon.

Three young men and a young woman, dressed alike in white shirts, black pants and dark ties, created a "cause and effect machine" with ladders, large balls and big domino blocks. Three of them impaled an apparently willing member of the troupe with a nail-studded board — and then demonstrated on two delighted students that if you have enough nails in that board, each nail will deliver only a little thrust — not enough to be life-threatening — not even enough to be painful, if you're wearing a jacket. The message is to spread the load around if the load bearer is fragile.

Every move was smoothly and efficiently choreographed. Not a motion or moment was wasted. The action was so fast that getting an unposed, un-blurred picture of this group was difficult...sort of like photographing quicksilver.

It was Show and Tell to Music, and the kids at Schechter loved it.



"WOW" — The audience is fascinated by the daring young men and one woman of the Everett Dance Troupe at Alperin Schechter Day School May 9.

Herald photo by Alison Smith

Michael Wilfand to Compete

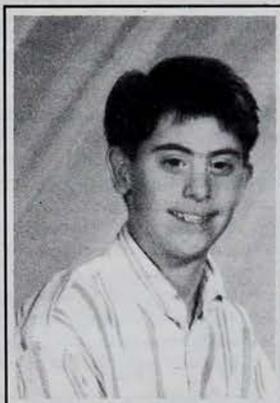
Michael Wilfand has been selected to attend and participate in the 1995 Special Olympics World Summer Games to be held in Connecticut on July 1 to 9, 1995. There will be 6,500 athletes from more than 130 countries.

Wilfand won the gold medal last year in Rhode Island for all-around athlete in all aspects of gymnastics. He participates in floor, vault, and high bar. He trains through the Trudeau Center in Warwick. He will represent Rhode Island in boys gymnastics in 1995.

The world games will have over 500,000 spectators and 1,500 media representatives from around the world. It will be the largest sports event in the world held in 1995. Mil-

lions of viewers will see the games on television.

Wilfand's parents are Roberta and Wayne Wilfand. He has two sisters, Shana and Lori. He attends Winman Jr. High and is in the eighth grade.



Michael Wilfand

Adoption From Both Sides

Jewish Family Service will hold a discussion group for adoptive families and those considering adoption on May 19, from 7 to 9 p.m. at the Jewish Community Center of Rhode Island, 401 Elm Grove Ave. in Providence. The event, which is free of charge, will feature guest speaker Barbara Tannenbaum who will offer her perspective as both a Jewish adoptive parent and an adoptee. Adoptees Elana and Loren Kirshenbaum will also

share their experiences. Topics discussed will include Jewish identity, identity of the adoptive family and answering a child's questions about his or her birth parents' history.

The discussion will be followed by a business meeting for the Stars of David, an international support and information network for Jewish adoptive families.

For more information, call Renee Goldstein, adoption coordinator at 331-1244.

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Now, when families buy Hood milk in gallon containers and Hood orange, grapefruit and apple juice in half-gallon containers, they can collect the lids which are worth A+Points. Schools collect these points and redeem them for computers, educational software, televi-

sions and A/V equipment or any of the more than 3,000 educational technology products offered in the A+AMERICA technology catalog.

Other sponsors of A+AMERICA include: Lotus Development Corporation (the founding sponsor); Polaroid;

Museum Announces Contest Winners

The Rhode Island Holocaust Memorial Museum, located at the Jewish Community Center of Rhode Island, 401 Elm Grove Ave., Providence, announced the winners of its 1994 arts and writing competition, "Resisting Silence: Today's Lessons of the Holocaust," during Holocaust Remembrance Week.

Arts category, grades six through eight — First place, Stacey Lehmer; second place, Isabel Wiersma; honorable mention, Michael Jutras.

Arts category, grades nine through 12 — First place, Jaclyn Vaccaro; second place, Lyndsey Read; honorable mention, Kalleen Chilcote.

Writing category — First place, Sneha Jacob; second place, Inna Shporokin; honorable mention, Josh Duiker.

The competition was open for paintings, sculptures, fictional and nonfictional works, poetry, and drama.

For additional information about the museum, contact curator Beth Cohen at 861-8800.



'Is There A Connection...?'

by Alison Smith
Herald Co-Editor

Yes. It's called The Music Connection, and it's a Silver Burdett Ginn workshop at Henry Barnard School, Rhode Island College, on July 11 and 12, aimed primarily at music teachers, classroom teachers, and education major college students.

The workshop can be taken for one credit hour, or on a non-credit basis.

Tuition is \$30.00, and there is a \$20.00 materials fee for handouts and other educational materials.

Registration by June 27 is recommended. Call Mary Foye or Shirley Lacroix at 456-8127 for more details.

Millions of Years Return to 1994

Providence, R.I., is host this summer to one of the country's largest outdoor exhibits of full-size animated dinosaurs, The Return of the Dinosaurs.

The dinosaurs are one of many attractions at Roger Williams Park Zoo, a player in the international conservation of endangered wildlife.

The lineup can be seen at 9 a.m. to 5 p.m. weekdays and 9 a.m. to 6 p.m. weekends and holidays between May 14 through September 5. For more information, call 785-3510.

Heritage Education

May 22 to 29 is National Park Week. Roger Williams National Memorial, the only national park in Rhode Island, offers a variety of hands-on, interactive education programs for all ages. Topics include not only Roger Williams, but also Native Americans, the national park system and national park careers. They are presented free of charge either at the memorial or in the classroom.

One example is the acclaimed Living Map, where students receive, on a 12' x 15' map of southeastern New England, some of the significant events in Roger Williams' life.

This concept has been extended in a brand new presentation called This Land is Our Land, featuring a room-sized map of the United States showing all of our 367 national parks. Students "travel" from park to park learning about some of the resources that the parks protect.

For more information, call 521-7266.

Brigham's Ice Cream; Sunoco; Circuit City; Houghton Mifflin; Stonyfield Farm Yogurt; Farberware; Saratoga Springs Sparkling Water; BASF; and RDL Acoustics. McDonald's Coca-Cola and Fay's Drugs are participating in New York only. Dunkin' Donuts is participating in Rhode Island and Southeastern Massachusetts.

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OBITUARIES

DORA BORENSTEIN

ANN ARBOR, Mich. — Dora Borenstein, 80, of 555 E. William St., died May 8, at Tampa General Hospital, Tampa, Fla. She was the wife of the late Leo Borenstein.

Born in Vilna, Russia, she was the daughter of the late Morris and Betty Gold. She had lived in Ann Arbor for 14 years, previously residing in Pawtucket, R.I.

She was a bookkeeper in the family business, Miller's Delicatessen, in Providence, R.I., and also was a private piano teacher for many years. She was the founder of Ecology Action of Rhode Island. She also ran many programs at the Providence Jewish Community Center and was instrumental in developing the center. She was a former member of Congregation Ohawe Sholom in Pawtucket.

She is survived by a son, William A. Borenstein of New York City; three daughters, Reva Metzger of Glen Ellen, Calif., Elinor Rosenberg of Ann Arbor, Mich., and Ruth Maass of Tampa, Fla.; six grandchildren and one great-grandchild. She was the sister of the late Louis Gold.

Funeral services were held May 11 at the Max Sugarman Memorial Chapel, 458 Hope St., Providence. Burial was in Lincoln Park Cemetery, Warwick, R.I.

FRANCES FREEDMAN

PENN VALLEY, Pa. — Frances Freedman, 74, the former Frances Metter, died May 8. She lived in Penn Valley, Pa. She was the wife of Dr. Edward Freedman.

Besides her husband, she is survived by two sons, Dr. S.

Mitchell Freedman of Raleigh, N.C., and Carl I. Freedman, Esq., of Pawtucket, R.I.; two sisters, Ida Goldberg and Rose Steiner, and five grandchildren.

Funeral services were held May 10 at Temple Israel, Upper Darby, Pa. Burial was at Mt. Jacob, Glenolden, Delaware County, Pa.

SARA LUSTIG

JACKSONVILLE, Fla. — Sara Lustig, 93, died April 22 at the River Garden Hebrew Home. She was the wife of the late Max Lustig.

She is survived by a son, Jay Lustig, a daughter Marcia Rector, four grandchildren and six great-grandchildren.

Burial was in Fort Lauderdale, Fla.

DAVID REMIS

PEABODY, Mass. — David Remis, 78, of Paradise Road, owner of the D. Remis Furniture Co., Peabody, Beverly, and Lawrence, for 50 years before retiring in 1988, died May 7 at a nursing home. He was the husband of the late Anne (Newburg) Remis.

Born in Peabody, he was a son of the late Jacob and Fannie (Rosman) Remis.

He was a charter member of the Peabody Kiwanis Club, a board member of Maple Hill Cemetery Association, Peabody, and a member of the Knight of Pythias, Peabody, Jordan Lodge, Peabody, a Shriner at the Aleppo Temple of Shriners, a member of the Peabody Chamber of Commerce, and a board member of the Jewish Rehabilitation Center, Swampscott, Mass. He was a past chairman of the North Shore Israel Bond Drive, a past chairman of the Peabody

United Jewish Appeal, a member and treasurer of Congregation Sons of Israel, Peabody, a member of Temple Ner Tamid Peabody, president and treasurer of the Peabody Hebrew Community Center, and a member of Kernwood Country Club, Salem, Mass.

He is survived by three sons, Justin A. Remis of Peabody, Shepar M. Remis, and Dr. Leo L. Remis, both of Swampscott; a daughter, Sheila Remis Alexander of Providence, and 11 grandchildren.

The funeral service was held May 10 at the Stanetsky-Hymanson Memorial Chapels, 10 Vinnin St., Salem. Burial was in Maple Hill Cemetery, Peabody.

HARRY J. ROSEN

DELRAY BEACH, Fla. — Harry J. Rosen, 78, of A-11 Isle of Capri, died May 7 at Delray Community Hospital. He was the husband of Estelle (Goldin) Rosen.

Born in Boston, a son of the late Morris and Anna (Roberts) Rosen, he lived in Delray Beach for 10 years. He previously lived in Providence.

He was a graduate of Boston Latin School, the Hebrew Teachers College in 1936, Harvard University in 1937, the Harvard Graduate School of Education in 1939, and did additional graduate work, and all but a dissertation at Harvard, Dropsie College, Philadelphia, and Assumption College, Worcester.

After serving in the Army during World War II as a German interpreter in the United States, he returned to Boston and began his career at the Jewish Vocational Service.

In 1946, he moved to Worcester where he remained for 20 years as director of religious education at Temple

Emanuel, and also served at Rockville Center, N.Y., Tucson, Ariz., and Schenectady, N.Y. Later he worked for the federal government and the state of Rhode Island before retiring in 1982. He was president of the Southeastern New England Chapter of the Council of Reform Jewish Educators. He was instrumental in the founding of the National Association of Temple Educators. He was a Mason and a member of Delray Lodge 171 AF & AF, the Master Masons of Kings Point, Fla., Temple Sinai, Delray Beach, and Temple Beth-El, Providence.

Besides his wife, he leaves two sons, Joel D. Rosen of Langhorne, Pa., and Dr. Daniel Rosen, M.D., of Easton, Conn.; a daughter, Celia Marlowe of Naperville, Ill., and five grandchildren.

The funeral service was held May 9 at the Max Sugarman Memorial Chapel, 458 Hope St., Providence. Burial was in Sons of Israel & David Cemetery, Providence.

ESTHER SHEINFELD

BARRINGTON — Esther Sheinfeld, 77, of Stoughton, Mass., mother of Rep. Sandy Barone (D-Barrington and East Providence), died May 2 at Beth Israel Hospital in Boston. She was the wife of Harry Sheinfeld. Born in Russia, a daughter of the late Max and Bertha Segal, she had lived in Stoughton for many years.

She was an office manager for Parents and Children's Services in Boston for 15 years. She had attended Simmons College and Boston University. She was an active member of the Brandeis Women's Committee and served as vice president of the local chapter for two years. She also served as the committee's regional vice president for two years. She was named woman of the year in 1990 by the Brandeis Women's Committee.

Besides her husband she leaves two daughters, Rep. Sandy (Factoroff) Barone of Barrington and Carol (Factoroff) Bick of Vermont; two stepdaughters, Linda Hootnick in Colorado and Mary Sheinfeld

of Brighton, Mass.; and five grandchildren. She was sister of the late Zuzie Somer and Thelma Siegel.

Her funeral was held May 5 at the Schlossberg & Solomon Memorial Chapel, 824 Washington St., Canton, Mass. Burial was in Shepetovka Cemetery, Baker Street, West Roxbury, Mass.

MAX SILVERMAN

PROVIDENCE — Max Silverman, 93, of the Charlesgate North, 670 North Main St., founder and proprietor of Swan Liquors on Hope Street for over 45 years, died May 4 at Miriam Hospital. He was the husband of the late Esther (Shlionsky) Silverman. Born in Russia, a son of the late Abraham and Rebecca Silverman, he had lived in Providence for the past 84 years.

He sold Swan Liquors in 1983. He was a member of Temple Emanu-El and its Men's Club. He was a member of the Golden Age Club at the Jewish Community Center in Providence and the Roosevelt Lodge F&AM.

He leaves a son, Gerald Silverman of New London and two grandchildren.

A funeral service was held May 6 at Mount Sinai Memorial Chapel, 825 Hope St., Providence. Burial was in Lincoln Park Cemetery in Warwick.

B'nai B'rith Applauds Peace Accord

WASHINGTON, D.C. — Kent E. Schiner, international president of B'nai B'rith — the world's oldest and largest Jewish organization — said in a statement May 4, "We are pleased that the third phase of negotiations has come to fruition. There's still a long road ahead.

"We are hopeful that this agreement will result in greater security for the people of Israel.

"The lack of preparedness by the PLO to govern and the acts of terrorism — on both sides — have been alarming. Yet we remain optimistic.

"We realize that this agreement will not solve all of the problems, but the parties are on the right track toward resolving their differences."

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Unveiling

An unveiling will be held in memory of the late Mrs. Pauline Schuster on May 19 at 11 a.m. at Lincoln Park Cemetery, Warwick, R.I. Friends and relatives are invited to attend.

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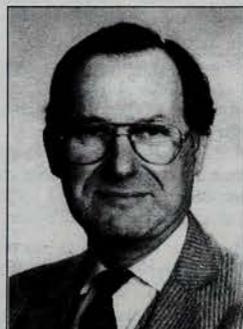
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DR. ROBERT M. YOUNG

Friends of Dr. Robert Young, whose obituary appeared in the May 5 issue of the Jewish Herald, would like to add that Dr. Young was a member of the Masons, Redwood Lodge No. 35.

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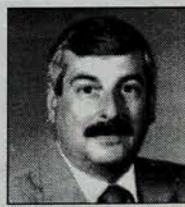
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TRINITY FAN CLUB — From left to right, back row: Linda Diebold, Barbara Orson, Paul Brooks and Karen Adams; front row: Johnnie Chace, Buff Chace, Britt Nelson and Jonathan Nelson as they gather to plan "Fanfare for Trinity Rep," a 30th anniversary celebration.

The Torah

(Continued from Page 4)

certainty that both have been written by the same author.

The same kind of proof substantiates any kind of historic past, which we ourselves have not witnessed, and all normal people accept them without question, except those who for some reason are interested in falsification.

Now suppose that 600,000 parents would today say to

their children, "This morning you and we were all gathered at a certain place, and we all heard a heavenly voice proclaim the Decalogue." The children would not accept this for they would say: "If we were there with you, why did we not hear or see anything?" Human reactions have not essentially changed in the course of centuries and such would have been the reaction also in the previous century and so on, until we reach the generation

whose parents witnessed the event of the giving of the Torah on Mount Sinai. Realizing that at no time was there less than one million Jews in the world, who had no personal axe to grind, etc., yet in each generation of the uninterrupted and unbroken history of our people, this event was accepted as authentic history and the text of the Decalogue remained exactly the same.

Submitted by Rabbi Yehoshua Laufer.

Let's Hear It For Trinity!

(Continued from Page 11)

The evening will begin with a celebrity mixer for Fan Club members (\$200 ticket buyers) in the Upstairs Lobby at Trinity Rep at 6 p.m. Concurrently, Big Fans (\$125 ticket buyers) will enjoy a cocktail party at The Strand, also beginning at 6 p.m.

At 7 p.m., a catered buffet by The Catering Collaborative will commence on the dance floor at The Strand. Following the buffet, guests may dance and mingle to the music of the Paul Borelli Orchestra.

Beginning at 10 p.m., Electric Fans (\$30 ticket buyers) will join in the fun for dessert and a rock-and-roll party with Young Neal & the Vipers. Throughout the evening there will be special presentations and surprises by Trinity Rep Company members and other participants.

The planning committee includes co-chairs Johnnie and Buff Chace, and Britt and Jonathan Nelson. Other members are Karen Adams, Betty Adler, Barbara Baldwin, Paul Brooks, Linda Diebold, Connie Evrard, Matt Hayes, Myrna Lamb, Michael and Aileen Lederman, Thomas Moakley, Jean Moran, Patricia Moran, Barbara Orson, Charles Sullivan and Susie Symonds.

For information and reservations, call 521-1100, ext. 237.

Peres Statement

(Continued from Page 1)

promise. The president of Egypt, the foreign ministers of the co-sponsors — the United States and the Russian Republic — as well as the foreign minister of Norway, respected delegates of Arab countries and Europe, sponsors and donors from all continents — we thank you for a fresh beginning, for a new image and a new era for the people of our region.

"Much work still lies before us. Many are the enemies, and many are the obstacles on the road of peace. Yet, if we do all we must, we can make this concrete beginning into a brilliant future. Then, looking upon the horizon, we shall know that the reddish lining is not of blood, but of a rising dawn.

"In the words of the prophet Isaiah:

"In place of brass, I will bring gold. In place of iron, I will bring silver. Violence shall no more be heard in your land. No desolation, no destruction within your borders." (Isaiah 60:17-18).

"Long live peace for all of us."

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