

HAPPENINGS

Entertainment for Children

The Providence Children's Museum, 100 South St., Providence, announces the following activities. Call 273-KIDS.

January

- 12 Pooh Party.** 9:40 a.m. to 1:50 p.m. The museum's Preschool Friday series continues as children, age 3 to 5, bring a favorite teddy bear and hear stories of Pooh to celebrate his birthday. Dress a paper bear and snack on yummy smackerals. Each session is 20 minutes long. Pre-registration is recommended for this popular series. Call 273-KIDS, ext. 234 for enrollment information. There may be space available for walk-in registration. There is a \$1 fee above the price of admission for walk-in registration. Check at the admissions desk.
- 13 World Mural.** 1 to 3 p.m. Help create a colorful symbol of brotherhood. Kids 5 and up listen to the joyous sounds of world music and make garlands of paper people to decorate the world mural.



Celebrate the legacy of Martin Luther King, Jr., this week at the museum.

- 14 Peacemakers.** 1, 1:45, 2:30 p.m. Children learn smart strategies for resolving conflicts using a colorful "Peace Table." Kids age 3 and up celebrate the life of Martin Luther King, Jr., and hear the story of two fictional peacemakers. Practice problem solving and give peace a chance.
- 15 Rap & Resolve.** 1 and 2 p.m. Celebrate Martin Luther King, Jr. Day with a special workshop presented by Ed Silvestre and teen-age dancers and acrobats of the "Y on Wheels" program. Kids 5 and up learn about conflict resolution through dynamic dance and theater games and a thrilling display of street smart moves. (Note: The museum is open today from 9:30 a.m. to 5 p.m.)
- 16 Parent Talk.** 1 to 2:30 p.m. Preschoolers, ages 2 to 4, play in Littlewoods while adults chat with a parenting expert.
- 17 Discovery!** 3 and 3:45 p.m. Why don't tightrope walkers fall down? Children 5 and up discover the basics of balance. Make a toy that balances on a fingertip.
- 18 Time Tunnel Pen Pals.** 3 to 4:30 p.m. Kids 7 and up practice writing with a fancy Victorian pen and make an elegant book to take home.

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Calendar: January 11 Through January 18

- 11 Eighth Annual Providence Boat Show** returns to the R.I. Convention Center Jan. 11 to 14. **The Jewish Theatre Ensemble** presents "Lost in Yonkers" at the Jewish Community Center on Jan. 11, 13, 14, 18, 20 and 21 with Thursday curtain times at 7:30 p.m., Saturdays at 8 p.m. and Sunday matinees at 2 p.m. Special opening night 2-for-1 discount on Jan. 11. For tickets, call 861-8800, ext. 108.
- 13 Adventures of an Impresario: Behind the scenes at the Newport Music Festival** — a talk by Dr. Mark P. Malkovich, III, general director of the festival at 2 p.m. at the Newport Art Museum, 76 Bellevue Ave., Newport. Call 848-8200.
New Jewish Cuisine 105 "Kosher Chinese" at 4:30 p.m. on Channel 36 WSBE. Recipes include Peking chicken, fried rice, kosher "shrimp" fried with lo mein.
City Nights Dinner Theatre performs "Wait Until Dark" with opening night Jan. 13 at 27 Exchange St., Pawtucket. For ticket and dinner information, call 723-6060.
K&S Ballroom Dance at the Knights of Columbus Hall, 1047 Park Ave., Cranston. Complimentary WC Swing dance lesson, 7 to 8 p.m. Dancing 8 to midnight with complimentary food and beverage. Smoke free. \$10 per person. Couples/singles welcome. Call 821-4108.
- 14 Classical guitarist Michael Zielski** performs in Café Espresso at Borders, Garden City, Cranston at 1 p.m. Call 944-9160.
A lecture series in conjunction with the exhibit "Harness Loom Weaving in Rhode Island: Yesterday, Today and Tomorrow," will be held at 3 p.m. at the Cranston Public Library. "Handweavers in Rhode Island: 1780-1840" is the name of the lecture by Dr. Gail Fowler Mohanty. Call 943-9080.
Family Workshop: Designs R Us: Look at Op artist Victor Vasarely's painting / game, Planetary Folklore Participation, then design your own gameboard based on a single, repeating design, 3 to 4:30 p.m. Free with museum admission at the RISD Museum.
- 15 Providence Hebrew Day School** opens its doors for an open house from 10 a.m. to 2 p.m. for the community to see its facility, faculty and school while in session. Faculty will be available for consultations.
Mystery Buffs of Rhode Island meets at 7:30 p.m. at the Jewish Community Center, 401 Elmgrove Ave., Providence, to discuss *The Old English Peep Show* by Peter Dickenson.
- 16 Meet Jay Critchley,** AS220's newest artist-in-residence as he presents himself, his work and his current project, "Providence Dirt," with a public reception at AS220, 115 Empire St., downtown Providence, at 7 p.m. Call 831-9327.
Perspectives, Rhode Island's Jewish young adult project, meets for a couple hours of ice skating under the stars at 7:30 p.m. at the Fleet Skating Center, 2 Kennedy Plaza, downtown Providence. \$4 admission plus skate rental. Call the Perspectives hotline at 863-9357.
- 17 Sniff, sip or swirl** at "Winetasting Wednesdays," each Wednesday from 5 to 7 p.m. at Napa Valley Grille, 111 Providence Place, Providence. \$2 per two-ounce taste. Call 270-6272.
Rhode Island Auto Show Jan. 17 to 21 in exhibit halls A to D and ballrooms A to E at the R.I. Convention Center. Estimated attendance: 25,000 people. Open to the public.
Rhode Island Short Story Group meets at Borders in Garden City, Cranston at 7 p.m. Call 944-9160.
Recreational exercise program designed for people with arthritis will begin Jan. 17 at the Warwick Public Library, Sandy Lane. Sessions will run twice per week for six weeks on Mondays and Wednesdays from 10:30 to 11:30 a.m. Pre-registration is necessary, enrollment is limited. Call 738-1013.
- 18 Jonathan Stark** performs at Café Espresso at 7 p.m. at Borders, Garden City, Cranston. Call 944-9160.
A free introductory Reiki session will be held at the Women & Infants' Center for Health Education, 2168 GAR Highway, Swansea, Mass. Come learn and experience the history and healing properties of Reiki. Preregister by calling (508) 730-1010.
Gallery Night Providence, 5 to 9 p.m. Hop around Providence's renowned art galleries and museums with the ArtTrolley. Free admission to the RISD Museum (always on Gallery Night), 224 Benefit St., Providence.

Memorial Explorer Post Program to Meet

The Memorial Hospital Medical and Health Careers Explorer Post group will meet on Jan. 15 at 7 p.m., in the Physicians' Auditorium at the hospital.

The post is designed to introduce students ages 14 through 20 to health care professions. New members are welcome to attend the session.

This month's program will include presentations from Memorial's Pediatrician-in-Chief W. Lane Robson, M.D., and a staff obstetrician. Each will discuss the requirements and rewards for their chosen specialty and may give tours of their departments.

The Explorers Program is sponsored through the Learning for Life organization. The only cost is a one-time fee of \$7 for insurance. Meetings are held monthly.

For more information on the program, call 729-2320.

If you have an event you would like featured on our Happenings Page, please send it to the Rhode Island Jewish Herald, P.O. Box 6063, Providence, R.I. 02940 or fax to 726-5820.

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OPINION

Ending The Assault on History — A Perfect World —

by Rabbi Avi Shafran

Among the casualties of the ongoing Arab uprising against Israel has been something very dear to all cultivated people, and to cultivated Jews in particular: History.

Whether out of cowardice or something darker, a number of journalists have lately come to refer to Jerusalem's Temple Mount by its Islamic name, despite the fact that the site was where Solomon's temple stood more than 1,000 years before Islam's founder's grandparents were even glints in their own parents' eyes.

It is not only the antiquity of the Mount's connection to the Jewish people that is trenchant here, but its intensity as well. Even after the Temple and its successor had been destroyed by foreign armies, Jews the world over continued — and continue — to venerate the significance of the site, praying in its direction and (at least the Orthodox among us) for the Temple's restoration by the hand of G-d.

The Islamic bond to the Mount is of much more recent appearance and fairly new-found intensity. Over the many years Jerusalem was in Arab hands, no major Arab leader ever saw fit to even visit her, much less proclaim her a central spot in the collective Arab heart.

Yet much of the press feels compelled to treat the Mount's Jewish roots and Islamic ones as equally deep and equally real. A recent example was *The New*

York Times' correspondent Joel Greenberg's characterization of the site as that "of the First and Second Temples of the ancient Jews, sacred to Muslims as the Noble Sanctuary, where Muhammad ascended to Heaven."

A subtle but astounding indignity lies in that clumsy attempt at political correctness. That Jewish Holy Temples stood on the spot in question is historical fact, part of the unbroken millennia-old historical tradition of the Jewish people and corroborated by historians ancient and modern alike. To equate that historical truth with a fanciful myth is simply beyond bizarre.

The founder of Islam may or may not have traveled to heaven, or elsewhere, from Jerusalem; but there is certainly no historical evidence that he ever left the Arabian Peninsula, nothing but sectarian legend behind the claim that he did. Why then is Greenberg speaking of the existence of the Temples and the "night flight" in, so to speak, the same breath?

That Arab and Islamic leaders and writers, sadly, have demonstrated utter contempt for inconvenient facts of history is well documented. They regularly deny the fact of the Holocaust, and assert that Jews murder non-Jews to gather their blood for Passover matzos (a recent such accusation appeared only recently in *Al-Ahram*, Egypt's leading newspaper and a government organ).

It should not surprise anyone that they are now trying to deny the Jewish connection to the Temple Mount. In fact, that assault on history is taking place not only in word but in deed: The Waqf, the Islamic authority that oversees the mosques currently on the Mount, has been reported by archaeologists to be systematically excavating and destroying relics on the Temple Mount, presumably in an attempt to obscure signs of its Jewish character.

But for reporters to join that effort, however good their intentions or subtle their words, is beyond justification and beyond comprehension. Journalism, after all, is supposed to be about presenting objective truths, not abetting malevolent lies.

Jewish tradition teaches that the highest response to personal adversity is the determination to better oneself, and that the highest response to national adversity is a similar determination on a national scale.

As we Jews regard the intensifying assault by our enemies on our history, and its widening acceptance by the larger world, we might do well to ponder whether it may be a message to us that we have not been paying sufficient attention to that history ourselves.

Because our illustrious past, after all, contains not only a historical account of the second and first Temple eras but of the very ground-zero of the Jewish people, G-d's revelation to us at Sinai. Might not our determined reconnection to that event, our re-embrace of its mandate for our priorities and our lives, be the way to end the ongoing assault on our history?

Am Echad Resources. Rabbi Avi Shafran serves as director of public affairs for Agudath Israel of America and as American director of Am Echad.

by Velvel "Wally" Spiegel

How would you imagine a perfect world? Perhaps we could enjoy a pristine environment, everyone sharing similar values, equal opportunities for all, no one rich and no one poor. Of course, prisons and courts of law would have to be abandoned because there would be no crime and no one would dispute anyone else's behavior. And perhaps even the two-party political system would have to go, so a Platonic philosopher king and his benevolent advisors could govern us. It may seem a bit boring in comparison to the way we live today; but that's what Judaism has in mind — a perfect world with G-d at the helm. Such a world has its potential right here and now in Jewish communities throughout the world, where continual prayer and study energizes the vision of this promised land. The congregation knows perfection won't happen miraculously. But through the slow and steady inquiry into the meanings of the holy text, we can anticipate its possibility.

If Judaism could somehow be viewed under a powerful microscope, then perhaps we could focus in and show all passersby, Jewish and non-Jewish, seekers and disciples, how the Jewish way is as viable a spiritual path as any other. Jewish literature appears, at least on the surface, to disregard personal passions and emotions, but to the contrary it deals in human suffering from a rather different outlook. This Jewish point of reference approaches humanity from the heavenly dimension, the spiritual realm, rather than the earthly torment we encounter in daily life. Like contemporary psychologist Abraham Maslow's self-realized man, Judaism views humanity from its perfection

rather than its misery. Judaism knows life is tough; that's why it attempts to create a holy society from the laws and statutes specified in the Torah.

At the heart of this potential world lies the Jewish community, both individually and collectively. A community represents a silent, unassuming support group in which members can find strength and security in all areas of life. The human species, not unlike other pack animals, thrives best in communal settings. That's simply nature. But Judaism supplies the mechanism to transcend nature, enabling us to reach new, uncharted spiritual heights. This may not seem apparent to the spiritual seeker because Judaism operates in more subtle ways, finding spirituality in our everyday lives — work, friends and families. A quorum of people (Judaism sets that number at 10) generates more spiritual energy than one. The larger the group, the greater the power. You can actually feel it; if you're in the company of a large assembly you can actually feel its energetic presence.

I can't forget my experience at the Wailing Wall on one of my early trips to Israel. One day, on one of my frequent excursions to the Kotel (the Wall), the thought struck me that if G-d's Temple radiated abundant holy energy, then the remaining remnant must retain some of its original energy. As I approached the ancient blocks of stone and made my way through the crowded terrace, sure enough, I could feel a stimulating vibration resonate throughout my body. Standing against the venerable stones, with written pleas to G-d stuffed into the cracks between each massive stone, I placed one hand on the Wall and the full power of the vibration was

(Continued on Page 19)

Have An Opinion?

If you have an opinion about something in the Jewish community, why not express it in the Herald?

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Rhode Island Jewish Herald
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RHODE ISLAND JEWISH HERALD

(USPS 464-760)
Published Every Week By The Jewish Press Publishing Company

HERALD EDITOR
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Box 6063, Providence, R.I. 02940
TELEPHONE: (401) 724-0200

PLANT:
Herald Way, off Webster Street
Pawtucket, R.I. 02861

OFFICE:
1000A Waterman Avenue
East Providence, R.I. 02914

Periodical Mail postage paid at Providence, Rhode Island. POSTMASTER: Send address changes to the Rhode Island Jewish Herald, P.O. Box 6063, Providence, R.I. 02940-6063.

Subscription rates: Thirty-five cents per copy. By mail \$15.00 per annum. Outside Rhode Island and southeastern Massachusetts, \$20.00 per annum. Senior citizen discount available. Bulk rates on request. The Herald assumes subscriptions are continuous unless notified to the contrary in writing.

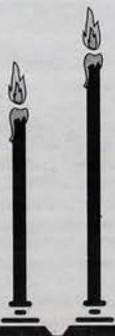
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Candlelighting
January 12, 2001
4:18 p.m.



Notice: The opinions presented on this page do not necessarily represent the opinions of this establishment.

— Do You Have The Full Set? —

Do you know the one about the rabbi who goes to visit one of his congregants in jail, a man who has been convicted of murder? The rabbi says, "I've known you all your life! I don't understand... you were always a religious man. How could you break a commandment?"

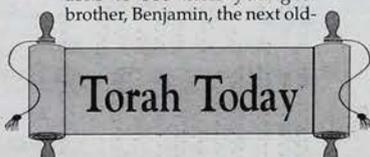
"But look at it this way, rabbi," the prisoner replies. "I kept the rest. Nine out of 10 ain't bad!"

An exaggeration for effect, to be sure. But do we all look at our lives that way? That a little stealing is only breaking part of a commandment? That one instance of adultery is not as bad as three, or 17? That breaking just one commandment still gives us a score of 90 percent?

Let's look at Joseph in last week's portion, *Vayigash*. He has become a powerful overseer in Egypt. His brothers, suffering the very famine that Joseph predicted years before, have come to Egypt, where Joseph's foresight has resulted in the amassing of warehouses of grain against the time of famine. They

don't recognize him, but he knows who they are.

Yet, after much contact and conversation with them, he has still not revealed himself. He asks to see their youngest brother, Benjamin, the next old-



est after Joseph. It is noted that, because of this proximity in age, Joseph feels a special bond with him. Although he doesn't know this, it was Benjamin who had expressed the greatest doubt and grief over his brothers' betrayal of Joseph.

It is only upon having all of the brothers together that Joseph finally cannot restrain himself, and tells them who he is. Why did he wait? When they first came to him he could have delivered the good news. But Joseph did not think that "10 out of 11 ain't bad." He wanted all of his brothers together when they learned of his, and their, good fortune.

You cannot break just one commandment. It's impossible. By the very act of breaking one, you automatically violate others, primarily the injunction to obey the L-rd. This is a set. It's all or nothing. That does not mean you cannot be forgiven. Forgiveness is what G-d does all the time with us. What it does mean is that you cannot consider a sin "minor."

Keep them together: in your heart and in your actions. There's a reason for all of them.

Submitted by Rabbi Yossi Laufer of CHAI Center of Chabad of West Bay, Warwick.

The Rebbe's Perspective... Quotes and Insights of the Lubavitcher Rebbe

"Nothing you have acquired is real unless you worked for it. If you were born a nice guy, the niceness isn't yours. If you started out not so nice, and now you do a little better, that's Divine."

JEWISH COMMUNITY

What Jews Can and Can't Eat — Part 2

by Jon Rubin
Assistant Editor

What is the kosher way to slaughter animals for food?

Kosher (ritually fit for Jews to eat) also refers to the manner of the slaughtering. The *shochet* is the ritual slaughterer who engages in *shechitah*, the Jewish process of killing an animal for food. Making sure that animals are treated in a humane fashion, both in life and in death, is an integral component of Judaism. The fourth commandment reads that on the Sabbath "...you shall not do any work, you, your son and daughter, your male and female servants and your cattle" (Exodus 20:9). Laws like this concerning animals may have evolved with a dual purpose — first, to ensure that a spiritual link is always kept between man and animal, and second, in the hope that sanctity and respect towards animals will evolve into respect between human beings as well.

Proverbs 12:10 says that, "A righteous person knows the soul (or needs) of his animal."

The Talmud gives specific and lengthy consideration to slaughtering regulations, including detailed descriptions of the slaughtering knife. The special knife used by the *shochet* must be twice as long as the width of the animal's throat, as well as extremely sharp (not even the slightest nick) and extremely smooth. The killing must be quick and precise to minimize suffering, or else the meat is unkosher and inedible.

After the slaughter of beef, lamb and veal, the lungs are checked for abnormalities (adhesions, cuts and bruises) which would also render the meat unkosher. Disputed meat is ruled kosher or non-kosher by a rabbinic authority. "Glatt" or "glat"

kosher refers to the required smoothness of the lungs, although in modern times it has gained another meaning: extremely strict dietary observance. People who are *glatt* kosher feel that any meat that is even questioned is not acceptable, no matter what the final ruling is.

Jews are also not allowed to eat the meat around the hip socket. This stems from a dream where Jacob wrestled with an angel and dislocated his hip. Jews are also not allowed to eat the nerves of the animal, and since the sciatic nerve runs through the back of the animal and is prohibitively expensive and time-consuming to remove, the entire back portion of the animal is discarded or sold to non-Jewish meat companies. This means that all rump meat, including filet mignon, sirloin steaks, leg of lamb and London broil are generally all non-kosher cuts of meat.



How is kosher food prepared?

Jews remove *all* blood from an animal before consuming it. This stems from: "No soul of you shall eat blood... Ye shall eat the blood of no manner of flesh" (Lev 17:12, 14). This law may have evolved from a biblical prohibition to distance Jews from pagan rituals involving the drinking of blood. Also, because blood is considered to be the embodiment of life, it would be unseemly to consume this life after the animal has died. This process of removing the blood, or *Melilah*, involves soaking the meat for half an hour and then covering it with coarse salt for one hour before preparing to draw out any excess blood (fine salt cannot be used, as it will be absorbed into the meat). The salt is then

washed off and the meat is washed three times in cold water to remove any remaining blood. Most kosher meat bought in stores is usually pre-salted today. (Side note — Finding a blood spot in an egg renders it unkosher as well.)

Why no cheeseburgers?

As stated previously, *pareve* food (meaning neither meat nor milk, like fruit or eggs), may be eaten freely at any meal. Meat and milk products, however, have restrictions as to how they are prepared and eaten together. This rule comes from the quotation: "Thou shalt not seeth (cook) a kid in its mother's milk" (Deut 14:21). This rather cryptic phrase has been given many explanations throughout history. Philo of Alexandria explained that this phrase could mean that it is "improper that the matter which sustained the living animal should be used to flavor its meat after its death." It is commonly believed that this is again a reference to Judaism's aversion to animal cruelty, or to create a breach between Judaism and pagan practices.

This famous passage from Deuteronomy was eventually taken to mean that all milk and meat products should be forever separated from each other, both during meals and in storage. This is the way milk and meat are treated today. The ti-

niest bit of meat or milk in a food results as if being treated as if it were entirely made of either meat or milk. This means that to Jews, dropping a single Cheez-It® into your pot of chicken soup makes the whole thing both milk and meat at the same time — unkosher.

In order to keep meat and milk separate, a kosher home has two complete sets of utensils and dishes, one set for meat and one for milk. These are stored, served on and washed separately, along with tablecloths and other fabrics used in serving and cooking. If a dishwasher is used, it is often only used for either meat or milk dishes, not both. If a dish or utensil touches something that is unkosher, it becomes unkosher and must be purified or discarded.

There is a waiting period as well between the two types of food. Between a milk meal and a meat meal, some Jews wait a short period of time, while others do not. Between a meat meal and a milk meal, however, a certain time period must always be waited. Some wait three hours, some more (up to six) or less (perhaps only a simple moment of reflection). This is in order for the body to remove traces of the substance from the mouth. I am not sure why this rule holds only for meat/milk dishes and not the other way around.

To recap:

1. Jewish dietary laws (kashrut) have restrictions on what types of animals can be eaten and the special ways the meat must be prepared.

2. It separates meat and milk at meals, including silverware.

3. It helps sustain Jewish unity by having Jews eat together.

4. It creates a special relationship between people and animals.

5. Kashrut helps Jews keep holiness ever-present in their lives, since the dietary laws come from G-d.

There is a lot of dense information here, and this is just a summary. Most Jews who keep kosher, however, don't find it very difficult. In these "get healthy" times where self-conscious eating, label-checking and meticulous diets are more common, kashrut does not seem particularly strange at all. Now that you know a little bit more about what kosher means, don't be afraid to speak up when someone asks a question. Spread this knowledge around, and if you have further questions (which you probably will), ask a rabbi or Jewish butcher.

I also recommend the Orthodox Union's Web site at <www.ou.org/kosher> or the excellent kashrut site at <www.kashrut.org>.

Temple Sinai Seniors to Hold Meeting With Surprise

An open meeting of the Temple Sinai Seniors will be held on Jan. 19 at noon at Temple Sinai, 30 Hagen Ave., Cranston.

We have a wonderful surprise! It is important for you to attend this meeting.

Bring a brown bag lunch. Dessert and drinks will be provided.

Any questions, call Baila at 461-6124.

Klezmer Revivalist to Teach Course at Hebrew College

One of the leading figures in the Klezmer revival, Hankus Netsky, will teach Eastern European Jewish Music Traditions as part of Hebrew College's Jewish Music Institute's spring semester offerings.

Founder and director of the world-renowned Klezmer Conservatory Band and professor at the New England Conservatory, Netsky is a scholar in the field of Jewish ethnomusicology. The course will introduce the various types of Jewish music that flourished in Eastern Europe and the Americas, including Yiddish folk, Yiddish theater, cantorial, Hasidic, Klezmer and art-music traditions. Students may focus on research or performance projects. The class will meet on Thursdays from 9 to 11 a.m., beginning Jan. 25.

For registration information, contact Norma Frankel, registrar, at (617) 278-4944.

Located at 43 Hawes St., Brookline, Mass., Hebrew College offers graduate and undergraduate degrees and certificates in all aspects of formal and non-formal Jewish education, as well as Jewish studies and Jewish music. In September 2001, Hebrew College will open its new campus in Newton Centre.

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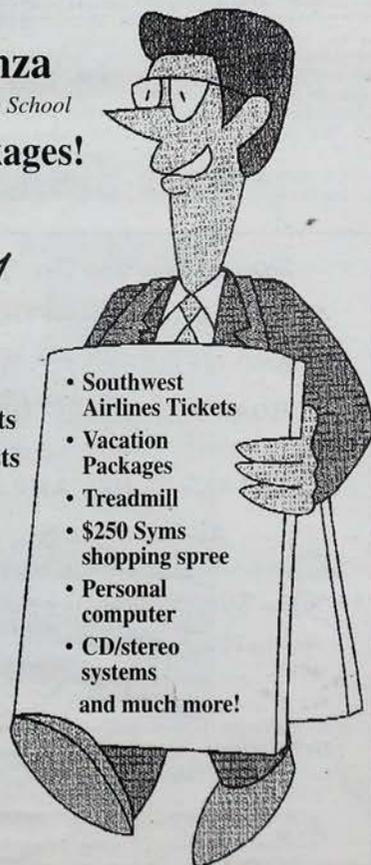
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JEWISH COMMUNITY

Battle of the Bunsen Burners — ASDS Science Fair 2001

by Jon Rubin
Assistant Editor

Words like "hypothesis," "control group," "soil samples" and "alkalinity" were being tossed about like frisbees. A two-foot plastic nose peered over one piece of cardboard, while titles in large letters engaged the eyes with statements like "Bats Are Not Blind" and "What color is your celery?" In short, in the New Synagogue at the Alperin Schechter Day School last Sunday, it was science fair time again.

And for anyone who knows anything, the science fair at ASDS is synonymous with a single person — Brenda Redding. "I've been here since ten in the morning," she told the *Herald* in a free moment between seemingly dozens of tasks. The only science teacher in the upper school, her authority at the science fair is indisputable. "I've been teaching here 12 years," she said. "That's 12 years of science fairs." At all times during the afternoon, a thousand student voices piped

grade ASDS classes. And there were an unprecedented 27 judges volunteering this afternoon, ranging from recent teenage Schechter graduates, to alumni back when the school was known as the Solomon Schechter Day School, to doctors to senior citizens. "I really enjoy my former students coming back [to judge]. It means they really do love science," Redding said with a smile.

Students began setting up their projects at around 11:30 that morning, sometimes earlier. At around quarter past 12, the judges received a debriefing from Redding about the contest. They then took their scoring sheets, sometimes grabbing a cup of OJ and a bagel as well, and then began their judging. Each judge was given between four and seven students to judge, and it wasn't an easy contest. Ivy Ivontash, who has judged at the least three science fairs in the past, said that he was very impressed at the technical knowledge of many of the projects. "Sometimes, even I



DAVID GOLD and Erik Kerzer's project won first place in the sixth grade science fair.

Herald photo by Jon Rubin



JIMMY ROTENBERG (left) and Bruce Kaufman hang out in front of their "Sounds Like Solids" presentation.

around her, calling her name — "Mrs. Redding! Mrs. Redding!" To say she was busy would be an understatement. But, as she said, "It's worth all the hard work."

There were 49 projects this year for the 6th, 7th and 8th

can't understand them!" he joked.

Some typically atypical topics this year were: the effects of birth order on emotional development, testing the correlation between gender and lung capacity, the effectiveness of dif-

ferent types of boating sails, and the perennial favorite — Miracle Grow® versus everything else. And the kids were dressed as varied as the projects — some were dressed in suits and ties, some presumably tied by their parents, while others hung out in T-shirts and jeans.

Mike Shuster tested the effects of heat on rubber — specifically, in the "bouncability" of racquetballs. He boiled racquetballs in water, while moderately warming others and while keeping a control group at room temperature. Creating a huge height chart in his backyard, he dropped the balls and measured their bounces. As predicted, the heated balls bounced highest. He even produced a hair dryer, heated up a ball and performed the test right there. "All my family plays racquetball," he said. "They really don't care about anything else." He later took honorable mention.

"Aaaaahh! Crash!" was David Gold and Erik Kerzer's project on the impact-resistant power of a variety of substances. The practical application of the experiments was to determine which substance could be best used as the inner lining of a bicycle helmet. Filling in each other's sentences in a charismatic, infomercial-type format, complete with a yardstick to point out particular highlights of their posterboard, the boys explained how Styrofoam, which is used in many helmets, is a terrible insulator. Their research recommended a combination of cork and synthetic materials. "Elastic materials are like trampolines [for the body]," Gold remarked. The boys went on to win 1st place in the 6th grade category.

Modern science fairs have received updated rules as a result of the Internet revolution. Since entire science fair projects are available online, along with enough resources to add an unfair amount of pizzazz to any project, students were required to include at least two non-Internet sources in their research. In between judgments, some kids read, others listened to walk-

mans, conferred with those set up next to them or just gossiped about the outcome.

Redding facilitated the event, answering questions from judges, students and parents. She was always being asked to find a fresh set of batteries, to find a lost piece of a project or to reveal if the winners had been chosen yet.

Ari Savitzky, who judged the event and decided to put the prefix "Honorable" before his name on his name tag, was in good spirits all day. "There are some really great projects here," he said. "Some standard ones, and some really wild ones." An-

Mellion, who said, "I'm not sure. I think I did OK."

"I am just...biting my nails" a mother who stood next to her son said excitedly. The exhaustion of performing non-stop for judges for so many hours was taking its toll as well, evident in a very tired Jimmy Rotenberg, who rested his elbows on his knees and waited.

At long last, Redding took the microphone near the stage and announced the winners, which were:

Sixth grade: Honorable mention Michael Shuster, 3rd place J.P. Teitelbaum and Sam Sherer, 2nd place Ian Fink and Max



BRENDA REDDING congratulates seventh grade winner Susan Landau.

other judge looked over the bustling room sternly. "Tough competition," she said.

After the judges made their rounds, they sojourned to the foyer to tally their marks and presented Redding with the results. And while she and the judges tabulated, the students waited nervously. Some played 500 with one of the racquetballs, or pick-up basketball with a plastic water bottle. Others huddled in huge groups and talked about their chances of winning.

Emotions were mixed. Rustam Dinov was apprehensive. "I think I did...fair," he said. Many had the glass-is-half-empty jitters, like Hannah

Mor, 1st place Erik Kerzer and David Gold.

Seventh grade: H.M. Susan Landau, 3rd Nathaniel Levine, 2nd Abraham W. Aron, 1st Noah J. Hershey

Eighth grade: H.M. Chloe Licht, Ruth Furman, 3rd Hannah Mellion, 2nd Ben Beraha, 1st Maia Masuda.

The seventh and eighth grade winners will proceed to the state science fair.

"It's a wonderful process for the kids to go through," Redding said afterward. "The experience that the kids who go to the state competition bring back is wonderful too." Way to go Brenda — another successful science fair in the bag!

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JEWISH COMMUNITY

Leading Scholars to Visit BJE

Two leading scholars will be speaking to local Jewish teachers in the coming months. Dr. Saul Wachs will speak at the Joseph and Leba Zelniker Conference, and Noam Zion will speak at the Principals Retreat and at the teachers' workshop.

"Spirituality in the Classroom" is the topic of this year's Joseph and Leba Zelniker Conference. The Bureau of Jewish Education of Rhode Island sponsors this annual event for the teachers of affiliated schools; it will be held Jan. 28 from 8:30 a.m. to 12:30 p.m., at the Jewish Community Center of Rhode Island.

Wachs will discuss how teachers can create a spiritual environment in the classroom. A professor at Gratz College in Philadelphia, he is a leading Jewish educator, rabbi and cantor who has a well-deserved reputation. His expertise is in teaching prayer and spirituality. Following his keynote address, teachers will attend breakout sessions on introducing spirituality in various classroom subjects.

Wachs was selected as the Zelniker Scholar after he was the scholar at the Principals Retreat last year. His ideas were so well-received that the participants suggested that he be invited to address all of the teachers of the community.

Zion will be the speaker at the Principals Retreat this year, to be held on Feb. 5. This annual event allows the education directors of our schools to meet together for an extended period to explore an area in depth. Zion will also speak to teachers at workshop that evening, from 7 to 9 p.m. His topic is "Teaching Holidays and Texts, a Family Approach."

Zion is a scholar at The Shalom Hartman Institute in Jerusalem. He is shedding new light on Hanukkah and Pesach with his books. Their impact is profoundly changing how people understand and celebrate the holidays. Not only will he conduct the Principals Retreat and a workshop for teachers, but he will also present the annual Rabbi William G. Braude Memorial Lecture on Sunday evening, Feb. 4 at Temple Beth-El in Providence. This event will begin at 7:30 p.m. and is open to the entire community.

Both of these scholars are concerned with *tachlis* — the practical aspects of what we can do as teachers with our students in the classroom. We are fortunate that they are available to join us this year.

For more information about these programs, contact Lawrence Katz at the Bureau of Jewish Education at 331-0956.

How to Make Mama's Chicken Soup — 1900 to 1920 Vintage

by Minnie Somer

Mrs. Somer shared this entertaining recipe with the writing class at the JFS Kosher Mealsite in Cranston, just before she passed away last year. Honoring her memory, her family has given permission for its publication. With cold weather and cold and flu season upon us, it seemed like the appropriate time to share it with the community.

First you must pick a nice live chicken out of the "coop." You examine it. It must be a nice, fat, healthy looking bird. Brown is a good color.

Then, carry the chicken to the "Shochid" who would say a prayer as he severed a vein in the neck of the chicken.

After the chicken stopped wiggling, it was handed over to the "Chicken Plucker." It was worth 10 cents not to have to bother removing the feathers.

Then, you bring the chicken home. Since the bird was not completely plucked, you start to tweeze the leftover pinfeathers. After that is done, you light a fire and singe off the hair that remains.

When the chicken is smooth and clean, you split it down the middle. You remove all the insides. Nice and clean. You put the little yellow eggs aside and

also the throat, liver, and the puppik (gizzard). You also cut off the chicken's feet, pour boiling water over the feet and peel the skin.

You then remove every bit of fat that remains to be used to make gribenen (Jewish popcorn) and chicken fat. You use every bit of skin.

When that is done, you cut the chicken in about eight pieces. Now you start the koshering process. You take a pan of cold water and place the chicken in for 1/2 hour and remove.

You then take a koshering board and place it in your sink. Place all of the chicken pieces on the board.

Then, take heavy salt and salt each piece. After an hour, wash off all of the pieces under the faucet and say "Kosher, Kosher, Kosher."

You then take the boiling water and pour it over the chicken. Handle each piece with a sharp knife and scrape off all remaining scum to be sure it is good and clean.

You then place the chicken inside a large kettle and cover

with water. Also, place a large onion, a couple of carrots, a nice big parsnip, and a celery stalk (with the leaves). Don't forget to put in the eggs, gizzard, feet, and the helzel (the neck). It is also nice to put in a few marrowbones.

You then remove the chicken and vegetables. Strain the soup and let it cool. Serve it over homemade noodles adding the little "ayzelech" (eggs) and the puppik and "fiselach" (feet).

Then, when the children are served the soup, you ask them what they desire:

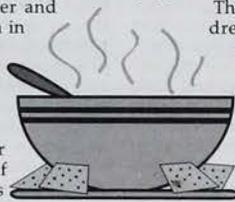
"Who wants the puppik?" — "Me, Ma!"

"Who wants the ayela?" — "Me, Ma!"

"Who wants the fligella?" — "Me, Ma!"

Now I have given you my mother's recipe for chicken soup. If you feel this is too much work, you can buy a can of kosher Rokeach soup. Open with an electric can opener, warm and serve over Goodman's noodles.

Ess, gezunta heit, kinderlach! (Eat in good health, children!)



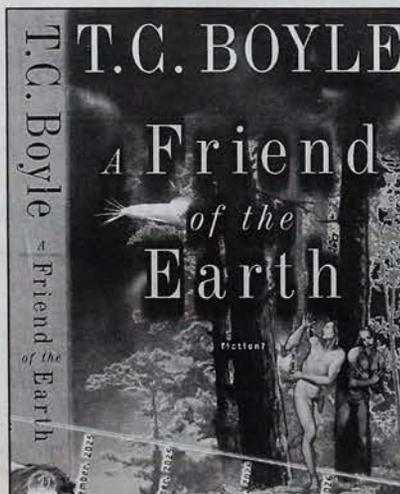
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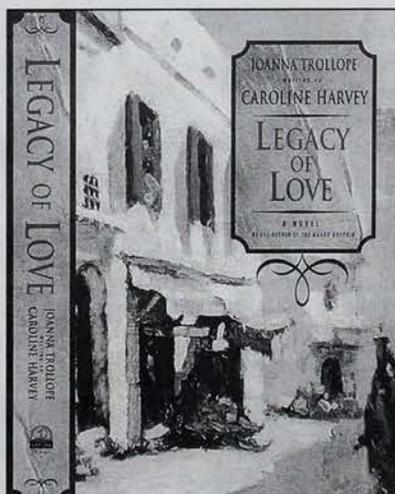
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JEWISH COMMUNITY

"The Cultural Tradition: Poland's Textile Industry and The Jewish Community" at Gallery 401

by Jon Rubin
Assistant Editor

Margaret Evans enjoys capturing the essence of something that is already gone. But not entirely gone, not vanished without a trace, just absent. Her current exhibit at Gallery 401 at the Jewish Community Center contains photographs of the Polish industrial town of Lodz, which she took on an artist's exchange program in 1996.

The textile industry in Poland emerged in 1825 with the help of Jewish merchants from central and eastern Europe, who saw Poland as a good location for exporting goods. Lodz soon became a thriving industrial town, and was once known as the "Manchester of Poland." This prosperity came to a sudden end during the horrors of World War II. Poland's industrial center was mortally wounded both physically and spiritually.

Most wealthy families fled Lodz, and Jews were thrown inside the Lodz ghetto, a massive encampment that was the second largest in Europe. The less said about their cruel fate, the better. Lodz contains the largest Jewish cemetery in all of Europe, and Evans spent a good deal of time amongst the neglected headstones. Her work is revealing in its attention to detail — a large granite gravestone stands tall inside a dense wood, far from anything recognizable; a quiet grassy field under a darkening sky that hides the unmarked graves of an unknown number of Lodz Jews; a jet black stone erected posthumously by a friend or relative. But events like this last one are few. "They have no visitors... they seem so lonely, so forgotten," Evan said.

Lodz's industry received a brief upsurge under Soviet rule after the war, but this too came to an end. Lodz's centers became deserted, abandoned, leaving only clues behind hinting at a once thriving past. Her pictures of inside the industrial centers contain rows upon rows of neglected machines lying quietly in the dust. "They are so ghostlike... like monuments," Evans said.

These lumbering pieces of metal tell stories in two ways — in the powerful labors of their past and in the graceful stillness of their present. Massive empty interiors are still charged with electricity and power — the machines almost seem to be moving, as if they had never stopped. This "industrial archeology" forever speaks of the importance they once had to a nation in its prime. "You can almost hear the noise in their silence," she said.

Evans's work beautifully conveys the feelings of loss and absence, what she describes as a "ceremony of passing." All around is the undeniable phenomenon of nature returning to dominance; knee-high weeds poke through the floor of a loading dock; concrete walkways become grasslands. One admirer member viewing her work remarked in awe that "Nature is reclaiming it."

Today Lodz contains a small bundle of private enterprises, but is still largely deserted. "There are so few Jewish people to go back and pay their respects," she said.

Evans has long held an interest in this sort of work. Between 1984 and 1992 she documented the decline of the American steel industry. She was inter-



MARGARET EVANS stands beside one of her photographs, which are being exhibited at JCC's Gallery 401 until the end of the month.

Herald photo by Jon Rubin

ested in exploring the telling moments and relics that were left standing after the dust cleared, and what resonated from the remains. In her own words, she enjoys documenting the "socio-politico-economic theme of industrial growth."

Evans is currently assistant professor at Shippensburg University in Pennsylvania, where she teaches photography and digital photography. Her photographs have been on display at Shippensburg's Kauffman

Gallery as well as at the Jewish Community Center in Harrisburg, Pa.

Evans' exhibit will be shown in Gallery 401 for the remainder of the month. Admission is free.

Temple Emanu-El Presents Winter Film Festival

Temple Emanu-El's Koffler Bornstein Families Institute of Adult Studies is offering an exceptional series of Jewish films on the theme of "Adaptation and Liberation." The films chosen for the series offer a wide range of genres, including productions from Europe, America and Israel. All of our films will be followed by a discussion led by one of our expert film critics: Professor Michael Fink, Lev Poplow, and Gershon Levine. The program will be held on consecutive Tuesday evenings from 7:30 to 10 p.m.

The films and discussion leaders are: Jan. 23, "The Governess," Lev Poplow; Jan. 30, "Europa Europa," Lev Poplow; Feb. 6, "Portrait of My Uncle," Professor Michael Fink; Feb. 13, "The Stranger," Professor Michael Fink; Feb. 20, "Price of Rubies," Gershon Levine; Feb. 27, "Under the Domim Tree," Lev Poplow.

There is a nominal fee of \$12 for the entire series. To register, come to Temple Emanu-El on Jan. 23 at 7 p.m. or call the office at 331-1616.

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Dr. Martin Luther King Program at JCC Jan. 15

Service to Seniors Project Open to Children

The Jewish Community Center of Rhode Island will hold a Special No School Day program on Jan. 15. The day's events will feature special activities highlighting the life and work of Dr. Martin Luther King Jr., who once said, "Everybody can be great because anybody can serve."

Children in kindergarten through grade six will participate in a series of interactive activities to learn about Dr. King and the impact of his work. They will participate in a Service to Seniors project, preparing gift baskets for homebound senior citizens served by the Kosher Meals on Wheels program.

This No School Day program is being coordinated by Kidspace/Pre-Teen Connection, and the Senior Adult Center at JCCRI. This event is supported by a grant from the Rhode Island Service Alliance, an independent non-profit organization that administers and promotes national and community service programs throughout the state.

For more information, call Charli Lurie, director of children, youth and camp at JCCRI, at 861-8800, ext. 147.

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JEWISH COMMUNITY

Student Israel Travelers Tell All at BJE Israel Trips Forum

(Continued from Page 1)

was a small price to pay to be able to spend time in Israel.

Noah Bassel's program, HaZamir, was a special program that he said was probably not for everybody, although he certainly enjoyed it. He was part of a traveling choir of 10 students who would practice and perform Jewish music for some time every day, and then travel the rest of the time. "If you love Jewish chorale music and Jewish music, I highly recommend it," he said. He also felt that the small group allowed him to become extremely close with his fellow travelers.

David Rotenberg traveled on the Young Judea program. He stayed in a variety of places during his stay, from hostels to hotels to Kibbutzim. His trip contained 36 students and some Israelis, and had a Zionist focus rather than a religious one, which he liked. "Before I went, I thought Israel was just a place," he said. "Now, it means so much more to me."

Safety and security measures were dealt with and fears were laid to rest, both by students and an adult member of the audience who had just returned from Israel the night before. All groups have an armed escort with them at all times, as well

as a tour guide who has an open, direct line of communication with the Ministry of Education and Tourism at all times. The tour guide has both a beeper and a cell phone which would alert them to any hot spots well in advance. In addition, all activities take place far from any trouble zones. None of the children voiced any concern over safety while they were there, and one student, Alan Miller, even declared that he felt safer in Israel than he did at home.

After the presentation, Page remarked that the Rhode Island Jewish community is one of the most supportive communities for Israel trips. She described the numerous aid and scholarship packages available, which are both need based and merit based. Some scholarships, while providing all applicants with money, give larger amounts to students with more extensive Jewish educations, which includes time spent in day schools, Sunday schools, Midrasha or other places. Others grants have no requirements.

Information about the Ross Scholarship and the Graubert / Irving Scholarship was also provided. Page also spoke about the Gift of Israel program,

which is an Israel savings program that begins when the child is in the third grade. Funds raised by parents are matched and added to by the Jewish Federation and participating synagogues.

Page also spoke about the Israel Test, and dispelled any rumors that it was some sort of ultra-difficult entry exam. The test, which contains information about Jewish history, the Hebrew language and Israel's political structure, can only help, not hurt those who take it. The test is only important to the high scorer, who will receive additional money. Page reiterated the fact that she is ready and willing to do everything she can to help anyone, especially students, get to Israel. "Whatever your need, just call me up," she said.

For more information on specific programs and scholarships, on the Israel Test, Gift of Israel Program and any deadlines, call Page at the BJERI at 331-0956 or email her at <rpape@bjeri.org>.



PHDS Fifth-Grade Gets Lesson on Bats From First-Graders

Many times during the school year, teachers at the Providence Hebrew Day School will have their students prepare a lesson plan on a particular topic so the students can share it with another class. Normally, it is a higher level class that "teaches" the children in a lower level class. Recently, however, it was the first grade of Beverly Hall that prepared a total lesson plan on the subject of bats which they shared with the fifth-grade class. The first-graders prepared and gave an oral presentation about the habits of bats; they drew pictures of different kinds of bats and then made a homework sheet for their fifth-grade "pupils." The homework assignment was completed together in the classroom. Hall said this type of experience builds self-confidence in the first-graders and teaches the older students an important lesson — they can even learn from those who are younger than them.

Photo courtesy of PHDS

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HEALTHWISE

Lose Weight The Healthy Way

Are your old habits of grabbing fast food, munching on popcorn and drinking pop starting to pack the pounds on your body? You're not alone. Obesity in the United States has become an issue of serious concern.

Many people are now turning to osteopathic physicians (D.O.s) for help with healthier lifestyles and weight loss.

"As an osteopathic physician I focus on my patients' entire well-being—including analyzing any stresses in their lives before placing them on a weight loss program," explains Craig M. Wax, D.O., an osteopathic physician who practices in New Jersey.

Wax recommends that anyone starting a weight-loss program should seek the advice of a physician and keep in mind two key elements to healthy weight loss: nutrition and exercise.

Many doctors feel that creating a healthier diet makes a big difference. One way is to replace simple carbohydrates (such as sugars and simple starches) and fats with complex carbohydrates and fiber. That means eating more food like wheat bread, bran cereal, oatmeal and brown rice.

Of course eating a balanced diet is important. A report by the Food and Drug Administration emphasizes that an important part of healthy eating is

getting enough of the five basic groups in your daily diet.

- Milk, yogurt and cheese group—two to three servings a day.

- Meat, poultry, fish, dry beans, eggs and nuts group—two to three servings a day.

- Vegetable group—three to five servings a day.

- Bread, cereal, rice and pasta group—six to 11 servings a day.

To obtain the daily recommended values, consult your physician, the Food Guide Pyramid or log onto the Centers for Disease Control and Prevention at <www.cdc.gov>.

However, losing weight safely can't be accomplished by simply eating the right things. Safe weight loss is done by following an exercise regimen and eating properly.

Osteopathic physicians agree that proper diet and exercise are the cornerstones of proper weight management and good health.

They say to exercise at least 30 minutes a day or every other day. Recommended exercise includes: swimming, speed walking, bicycle riding or jogging. They also advise people to join a health club and commit to working out no fewer than three days a week.

D.O.s are fully licensed physicians able to prescribe medication and perform surgery.

Survey Shows Oatmeal is Good For The Heart

If you are what you eat, then oatmeal is the key to a healthier you.

Study after study has shown that a simple breakfast dish of oatmeal is one of the best food choices you can make.

In a just released survey of 525 nutrition professionals, three out of four (76 percent) listed oatmeal as one of the top foods, providing the most benefit to heart health.

Oatmeal received the third highest mention of foods cited in the survey. Nearly nine out of 10 survey respondents were nutrition professionals who counsel consumers about diet and cardiovascular health.

Other foods mentioned most often in the survey were: fish, dry beans, peas, lentils, soy, ol-

ive oil, flax seed, canola oil, broccoli, garlic, and wine.

Oatmeal is one of the most studied foods in terms of cardiovascular health. More than 40 clinical studies have proved that eating oatmeal can help lower blood cholesterol levels and reduce the risk of heart disease.

This is good news for Americans. Currently, more than half (51.9 percent) of adults are at an intermediate or high risk for heart disease due to high blood cholesterol levels.

The American Dietetic Association has designated March as National Nutrition Month. And eating oatmeal is a good place to start.

"Expected oatmeal to be one of the most frequently mentioned foods because of the

proven science behind it," said Georgia Kostas, director of nutrition at the Cooper Clinic in Dallas. "Eating a good-sized bowl of oatmeal every day provides you with the three grams of soluble fiber proven to decrease blood cholesterol levels—a claim supported by the Food and Drug Administration."

Kostas said scientists believe that the oat-soluble fiber, beta glucan, is responsible for helping to control blood cholesterol. "Oats act like tiny sponges to soak up cholesterol in your digestive tract and carry it out of your body," she said.

Oatmeal is not only a potent weapon against heart disease but also is perhaps the most familiar, convenient and tasty choice among the best foods for a healthy heart.

Cold and Flu Season — Protecting You and Your Family

The weather is wintry and you're spending the majority of your days confined to the indoors with co-workers, family, classmates and friends, ultimately increasing your chances of coming in contact with a plethora of cold and flu-causing viruses that frequent the office, classroom and home this time of year. Cold and flu season is back! Remember the muscle aches and pains, coughing and runny nose that plagued you for weeks last year? What are you going to do this year to prevent a recurrence?

Simple hand washing is the most effective means of prevent-

ing the spread of germs. Wash hands frequently and thoroughly, including wrists, palms, back of hands, fingers and underneath fingernails, with soap and water. Rub soap-lathered hands together for approximately 10 to 15 seconds and rinse. For long-lasting protection use an alcohol-free, cold and flu-fighting hand sanitizer such as Preventx® Hand Sanitizer and First-Aid Antiseptic.

Most hand sanitizers contain alcohol, which tends to evaporate in seconds and can cause dryness and cracking, leaving skin susceptible to germs. In-

stead of alcohol, Preventx® contains benzalkonium chloride and kills 99.9 percent of germs for up to four hours.

Here are some additional tips to help you and your family fight off the sniffles and sneezes this season:

- Apply an alcohol-free hand sanitizer as an over-the-counter alternative, particularly given the anticipated delay of flu vaccines.

- Avoid touching your face. Dispose of facial tissues immediately after use.

- Maintain a well-balanced diet. Eat vegetables and fruits high in vitamin C.

- Exercise regularly to maintain peak performance and ward off illness. If you're a member of a fitness center, clean equipment with a disinfectant and use a hand sanitizer before and after your workout.

- Rest-up and keep daily stress at a minimum. Studies indicate that exhaustion and stress increase your susceptibility to illness.

- Cover your mouth! After sneezing or coughing, wash hands and use a hand sanitizer.

Already have a cold or the flu? Drink fluids, get lots of rest, take a pain reliever and/or decongestant and stay at home so you don't infect others.



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The class will be held at Dr. Feld's office at 649 East Ave., Pawtucket, R.I.

HEALTHWISE

Memorial, Brown Collaboration Helps Parkinson's Patients With Advanced Treatment

Richard Celani spent the 1990s struggling to speak clearly, walk and control the involuntary movements resulting from his Parkinson's disease.

The 47-year-old Coventry resident would spend months out of work as a computer technician for the US Postal Service because the tremors would take over. Taking a walk with his 14-year-old son or 8-year-old daughter was out of the question. Just controlling the lolling of his head or twitching of his arms and legs was impossible.

"It's been about 15 years of an ongoing battle. The pills were giving me more side effects than the disease itself," Celani said. "I had a procedure called a pallidotomy that bought me back some time so I could give it to the children but even that stopped working."

"Then there was another solution, the only one offered to me."

In early December, Celani became the first patient to benefit from a collaboration formed between Memorial Hospital's Division of Neurology and the Brown Medical School Department of Neurosurgery. Through this special arrangement, eligible Parkinson's patients can have a screening and baseline evaluation at Memorial Hospital, then have a deep brain stimulator implanted in their brain by Brown neurosurgeons at Rhode Island Hospital. They then go back to Memorial to have the stimulator activated, adjusted and monitored.

Hubert Fernandez, M.D., of Memorial's Division of Neurology and director of its Parkinson's Day Program, met with Celani one month before his surgery and then two weeks after to activate the stimulator. Nudged into the portion of the brain affected by Parkinson's, the stimulator functionally deactivates cells in the brain that are causing tremors and involuntary movements.

In Celani's case, he was experiencing problems mainly on his left side, so the stimulator was implanted in the right side of his brain to counteract the effects of the Parkinson's. The pallidotomy he had in 1997 relieved similar symptoms on his right side, Fernandez explained.

The implantation of deep brain stimulators is a relatively new procedure that provides more manageable results without being destructive, the doctor continued. With a pallidotomy, the portions of the brain that are overacting with the Parkinson's, causing tremors, are permanently destroyed. Pallidotomy is simple but not adjustable and any side effects could also be permanent.

The stimulators are used to deactivate but not destroy the affected parts of the brain. It works like a pacemaker, with the battery implanted under the skin on the patient's chest or abdomen. Doctors with the required technical expertise adjust the stimulation fed to the brain to reverse the effects of the disease.

"It's adjustable and most side effects can be relieved," Fernandez said. "It's not a cure but the stimulator can be adjusted as the disease progresses so the effect can be longer lasting as compared to a pallidotomy."

"On the average, we are able to decrease the amount of medication by 25 percent with one stimulator or by 50 percent with two," Fernandez said.

The procedure starts with a thorough screening at Memorial Hospital, where all the follow-up work is also conducted. The best candidates for the stimulator implantation are rela-

tively healthy people with no cognitive deficits.

Celani was a perfect candidate, Fernandez said. He was young when his Parkinson's developed and was eager to regain control of his body and his life.

"The operation is very scary sounding, for them to put something into your brain. But you reach a point where you have to open yourself up to new things, something that could help you," Celani said. "They call it experimental but I'm hoping that people can see me and judge for themselves."

On the day he visited Memorial to have the stimulator activated, Celani's gait was visibly slowed by the tremors wracking his body. Fernandez spent an hour and a half adjusting the pacemaker on his chest and checking the difference in motor control until Celani was able to stride out of the hospital confidently and without even the slightest limp. In fact, he returned to work at the post office that night.

"It's so frustrating because you're trapped in a body that doesn't want to work. This blocks the bad signals and I can function again. It's remarkable," he said. "I came in very sick and when they turned it on and found the right levels, I left with a spring in my step." Celani was recently featured in a health report by the local news station NBC 10 WJAR.

For more information on the deep brain stimulator implant, Parkinson's patients can contact the Memorial Hospital's Parkinson's Disease Referral and Information Center at 729-3165 or the Division of Neurology at 729-3757.

How to Dress For Cold-Weather Workouts

Learning a few facts about dressing for cold-weather workouts should keep winter from putting the freeze on your healthy lifestyle.

According to a recent survey by Russell Athletic, 57 percent of the women surveyed are more physically active in the summer, while 4 percent preferred the winter. Dressing for the season could encourage more winter workouts:

- Save body-generated heat by layering clothing. With additional layers, heat gets trapped between your body and each layer. The more layers, the more insulated you are from winter elements.

- The outer layer is the first line of defense and the most important layer against the cold. This layer should protect you from wind, rain, sleet or snow and keep cold air from penetrating. Wearing a hooded windbreaker will help control body temperature and protect you from the elements.

- Exercise requires movement and movement generates heat. Russell Athletic suggests wearing clothing that is warm, but doesn't restrict movement. Wear different types of fabrics like a wind-resistant Polartec

fleece or a light-weight combed jersey (a cotton/polyester blend).

- Wick sweat away. A damp body exposed in the cold is a first-class ticket to get a chill. The layer closest to the body should be made from a fabric that pulls or wicks away perspiration.

Russell Athletic recommends a high-performing fabric like Dri-Release, a light-weight fabric specializing in moisture management. Avoid cotton, which tends to hold moisture.

- Middle layers are effective against sudden changes in temperature. Add them up for extra warmth and take one off to cool down.

Middle layers of cotton provide warmth and polyester layers enhance movement. Mock turtlenecks made of lightweight cotton provide extra warmth to the neck.

- Layering legs and feet is also important. Spandex tights and fleece pants will keep legs warm. Close-fitting spandex, underneath a warm-up or fleece pant, makes a perfect combination for cold-weather workouts. Layering socks is a good way to keep warm. Wear a thin sock on the inside and a thicker sock on the outside.



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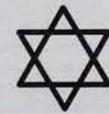
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FEATURE

A Snow Perspective

by Hannah Reich Berman

The snowstorm that hit the Northeast on the last weekend of the year was, by all accounts, a big one. There was a time when this kind of a storm was the highlight of a child's winter season, but that's not as true as it once was. Their delightful enthusiasm is still there but, thanks to all our technology, we've shortchanged the little ones. There's just too much snow fighting equipment available. Many families own snow blowers, so if "dad" doesn't have one, some kind neighbor is usually happy to help out by using his snow remover to clear every sidewalk on the block. Children love the sight of a snow-covered landscape so, no matter who he may be, the guy operating the snowmobile is not a hero to a kid — he's a spoilsport! There are two types of machines; one is the kind that has to be pushed while the other type is ridden, and doubles as a "macho male maker." As far as I can tell, nothing does more for the male ego, or makes him prouder, than barreling down the street on his very own snow blowing machine and acting like a one-man clean-up crew. Poor unsuspecting kids the world-over are being betrayed by their very own fathers, or at the very least, by well-meaning friends on the block.

To make matters worse, immediately after the last snowflake hits the ground, the city dispatches snowplows to clear the streets, and before long the beautiful Winter Wonderland disappears. The snowplow is a contradictory piece of equipment that cleans the street for vehicular traffic while simultaneously creating a wall of snow in front of every driveway, thus effectively guaranteeing that all cars are blocked in. So what we have now is a spoiled landscape, snow-cleared roads, and no way to get our cars out to travel on them.

Once again, however, snowmobiles to the rescue! Out come those privately owned "mini plows" to unblock the driveways and voilà! — everyone's

in business. School buses can get down the street, schools can open their doors, and parents are able to drive to the store for food supplies — if there's anything they didn't buy in the days and hours before the snow started to fall. Getting to a supermarket or a grocery store after a big storm was once a major accomplishment and folks who were "shoveled out" shopped not just for their own

families but for less fortunate neighbors who were still "snowed in." Times changed though and, with long-range forecasts and Doppler radar screens that provide warnings well in advance of a storm, supermarket shelves are usually half empty days before a blizzard hits. It's called the "just in case" syndrome. People who normally don't use a quart of milk in a week, buy two gallons "just in case."

Bread? Forget about it. I know one family that consumes so little of the stuff that they normally store a small loaf in the freezer and defrost only one or two slices a day for morning toast. The wife has told me, on more than one occasion, that it takes them an entire month to use up that little loaf, but in preparation for the snowstorm she bought three giant loaves, "just in case."

My next door neighbor stocked up as soon as she heard the first hint of a snowfall and in her provisions she included a large package of Pampers. Her youngest child is 17 and her grandchildren live in Florida but she bought the diapers, as she said, "just in case."

So the bad news is that there's very little to buy on the first day out, following a major snow, but the good news is that we already have everything we'll need for the next six months. We just bought it earlier!

Children aren't the only ones to get a thrill at the sight of the first flakes falling from a clear sky. I still feel a sense of anticipation, followed by a quiet calm, knowing that I'm forced

to put off errands, and other routine activity, and remain indoors for a few hours. Coffee cup in hand, I usually sit by a window and reflect upon the beautiful scene before I lift the window an inch or two so that I can "listen" and marvel at the stillness. There's nothing like the eerie quiet that follows a heavy snow, when as far as the eye can see, the earth and everything on it, cars, trees, and houses are covered by a fluffy white blanket of powder.

My excitement doesn't last quite as long as it did when I was a child, however, and within an hour or two I find myself champing at the bit and wondering just how and when I'm going to be released. The "time off for good behavior" syndrome kicks in and I've had about as much down time as I can handle for a while so I immediately start making plans for my escape. It occurs to me that this may be exactly how my mother felt when I was young and enjoying the snow holiday. Since we don't own a snow blower, a snowmobile or any other piece of snow removal equipment, other than a shovel which I don't allow my husband to use, I have to wait for a kind neighbor to help out. In the event that no one turns up for the mitzvah, I start making calls

to anyone I can think of that might want to make a few dollars by shoveling a path to our front door, clearing the sidewalk and driveway and "digging out" our cars.

My own personal outlook may have changed, but life being the way it is, some things are constant, and although I haven't been back there for a while, I'm fairly certain that Roger Williams Park is still filled with children, young and old, flying down the hills on their sleds. That is, if they happened to be around for the snow in the first place. It appears that there's more to this good news-bad news scenario.

When we were growing up, the world was a larger place and we more or less stayed put — at least in the fall and winter months. Some summers we took day trips by car and other times we spent all of July and August at Narragansett Pier, but, come winter, we were home so we never missed a snowstorm. Somehow the world got smaller a while back and now it takes only a little longer to fly to Florida than it once did to drive to Scarborough, Point Judith, Galilee, or Block Island. We've spread our wings so that during the summer we take cruises around Alaska or head off to faraway places such as Israel, Europe and the Orient. But vacations are no longer just a one-season option and during the winter months many folks head to places like California, Saint Thomas, Acapulco, Cancun, Aruba, and Puerto Rico, to name but a few. So the good news is that we miss the snowstorms — but the bad news is that we miss the snowstorms.

Art and Antiques Combine For Artiques

Window Shopping on the East Side

by Luke O'Neill
Herald Editor

It may be easy to miss 780 Hope St. in Providence. The shop is somewhat camouflaged in with a few other stores with an unassuming beige exterior. A green and pink neon sign at 780 Hope St., however, proclaims "Artiques." The unexpected and hidden treasures within the store are evidence of the shop's noted change from a year ago.

In a recent visit to the small and intimate shop, Artiques' proprietor Kathy MacLeod pointed out that she feels she has adapted her merchandise to the

to enhance the present," also features turn-of-the-century furniture, jewelry, oriental rugs, decorative Americana and numerous other home furnishings that are both ornamental and functional. MacLeod noted that her prices have been reduced considerably compared to a year ago.

Some contemporary pieces are also on display like Rhode Island-made, hand-painted wineglasses and Providence-made jewelry—all of which, combined with the older pieces, highlight the variety contained within Artiques.



DECORATIVE AND FUNCTIONAL home furnishings, along with vintage fine art, can all be found at Artiques on Hope Street in Providence.

Herald photo by Luke O'Neill

needs and desires of the neighborhood. Originally opening in July 1999, Artiques, at that time, largely featured traditional antique collectibles such as pottery and glassware. But now the shop features a large collection of improved, quality artwork, including early 20th century European oil paintings with more of a gallery atmosphere.

MacLeod called this adaptation to the neighborhood a "happy coincidence" since her major interest and specialty is art. She also feels she may be "creating the want" for quality art in the neighborhood and trying to make it easy to buy art.

MacLeod recalled that one woman had recently asked her if she had bought out the previous owner of the store because "the shop looks so different now than it did a year ago," said MacLeod.

Artiques, with business cards that read "Objects from the past

"There's always surprises," added MacLeod, a West Warwick resident.

What makes Artiques so unique, she said, is that every item in the store is hand-picked, decorative and accessible. MacLeod obtains most of her objects from other New England states, and said she receives objects on a weekly basis.

During last week's visit, one wide-eyed customer told MacLeod, "This store's incredible," as she lingered throughout the shop.

Across from Rhoda's Judaica and a stone's throw from Reuben's Deli, Artiques is also the exclusive Providence retail outlet for vintage "Timeworks" wall clocks. The clocks come from Berkeley, Calif.

MacLeod also offers free appraisals and is always seeking consignments of fine art and jewelry. "I want to upgrade all the time," she said.

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FEATURE

Finding Hope In The Fight Against Cancer

by Luke O'Neill
Herald Editor

A humble-looking beige and brown building is set back from the hustle of Wickenden Street in Providence. Up the front steps, one can see words on the glass door that simply read, "First Floor—Hope."

Miriam Goldsmith has always led a healthy lifestyle. But while living in New York seven years ago, Goldsmith, a Providence native, became deathly ill. She was extremely fatigued and her body was covered in black and blue marks. She remembers being so tired that she could hardly walk across a room without having to lie down.

"I was really, really sick and didn't realize how sick I was," she recalled. "I thought something else was wrong." Goldsmith admits to being stubborn about her illness, not wanting to readily seek medical attention. Yet, after urging from family and friends, she went to a medical doctor.

And on Aug. 9, 1993, Goldsmith was diagnosed with Acute Leukemia, a form of blood and bone marrow cancer. Five years later, her mother would be diagnosed with the same disease.

Because of her healthy living, Goldsmith did not want to undergo chemotherapy. "The day I started the chemo," she confided, "I was terrified." She and her family sought other avenues for help, but it got to a point where "I was so seriously ill that the faster we could get the chemo in me, the better."

After numerous hospital visits to New York's Mount Sinai Medical Center and weeks of "chemo rounds," Goldsmith went into remission—a period when doctors can't see any leukemic cells and hope that cells grow back normal. Goldsmith remembered her remission period as "a fabulous six months, I never felt better." That was in early 1994 and Goldsmith went back to her singing and music-playing in her one-woman show in New York. Through her performances, she would tell her story of having leukemia, how it changed her life and the things she learned.

"It was really a life-changing, transformational experience—there was no doubt about it," she said of her illness and recovery. "I just had a tremendous feeling of gratitude and felt that

I had really learned a lot about myself."

"I started to see life as something very precious in a way that I had never had before." Goldsmith worked with herself psychologically and saw how a disease can really "sober" a person to what's important in life—she tried to carry this message through her music.

"Cancer is very different, I think, than most other diseases in that even if you go into remission, through a treatment, you never know if it's going to come back," she said, "there's always that possibility."

IN JUNE OF 1994, Goldsmith suffered a relapse. Leukemic cells had reappeared in her bone marrow.

"It was probably more of a shock the second time around and I think that's very common to people who have cancer," she said. The feeling of having beat the disease can be great, said Goldsmith, but then people have to face the reality that "this disease has a life of its own." When the disease comes back, she added, "You start to realize that you really don't have as much control over your body as you think."

The likelihood of having to undergo more treatment was "devastating" to Goldsmith. But, this time around, chemotherapy would not work because her platelet count was so low. Emphasizing her fragility at that point, Goldsmith said, "I could have bumped my head and it would've killed me."

She would need a donor for a bone marrow transplant—and fast. Her two older sisters got tested and were a match for each other, but not for their ailing younger sister. At the time of Goldsmith's illness, there were 2.5 million people in the registry of the National Marrow Donor Program. In this mass of people, just one person was a match for Goldsmith.

So, in November of 1994, Goldsmith received her bone marrow transplant from an anonymous donor. The marrow was sent along with a letter, part of the letter was written in Hebrew.

"I knew [the donor] was Jewish," recalled Goldsmith, "because he sent a note with Hebrew on it, saying good luck and good health."



MIRIAM GOLDSMITH sits in part of the HOPE Center for Cancer Support's 1,500-volume resource lending library. A cancer survivor, Goldsmith was recently named executive director of the center.

Herald photo by Luke O'Neill

"One of the greatest mitzvahs in the Jewish tradition or the Jewish religion is to save somebody's life anonymously... so I think that's probably what he wanted to do." Goldsmith added that finding a match is extremely rare because matches usually depend on genetics and geographic background. Many matches, she explained, generally occur within the same ethnic groups.

After a long recovery period with months of tests, monitoring and drugs, and after overcoming two severe cases of pneumonia four months after the transplant, Goldsmith, a North Kingstown resident, now considers herself cancer free. But, "I'm not out of the woods," she added, "and I don't think any cancer patient's out of the woods."

FOUR YEARS AFTER Goldsmith had received her transplant, her mother, Molly Goldsmith Halperin, was also diagnosed with Acute Leukemia—the same cancer her daughter overcame. Goldsmith described the devastating nature of Acute Leukemia.

"How do I put it?" she sighed, paused, then asserted: "A person could appear fine, seem fine, their blood counts can be normal, everything can

be fine, and three months later they could be three weeks away from death. It comes on very quickly and it proliferates very quickly."

Leukemic cells in blood and bone marrow take over red cells and platelets causing fatigue (lack of red cells) and a person's skin becomes black and blue and hemorrhages due to a lack of platelets. Chemotherapy treatment tries to eradicate leukemic cells by practically killing bone marrow and other cells, but not completely killing the marrow like in a transplant. With chemotherapy, Goldsmith explained, doctors leave enough healthy cells so they can grow back, "but in the meantime, you're kind of almost dead," with so few blood cells

and the need for transfusions to stay alive.

Goldsmith's mother, diagnosed in 1998, was too old for a transplant at the age of 81. Doctors don't normally perform transplants on people over 50, explained Goldsmith, and the rigors of chemotherapy and radiation are sometimes too intense for the elderly.

"Having a bone marrow transplant, it's just," she paused and reflected, "it's just beyond beyond—you just can't imagine what somebody has to go through." Goldsmith's mother went through one round of chemotherapy, had a remission for about a year, but the cancer reappeared—not to the surprise of the doctors. Her mother, a

(Continued on Page 14)

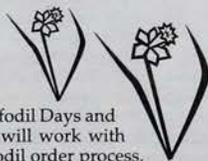
Volunteers Needed For ACS Daffodil Days

With the arrival of spring, so comes the American Cancer Society's Daffodil Days and volunteers are needed to make this year's event a success! Volunteers will work with American Cancer Society staff and be responsible for managing the daffodil order process, as well as coordination of daffodil distribution in their communities.

"Daffodil Days is recognized as a symbol of hope by so many in our community — this annual event is an opportunity for volunteers to help raise funds for the American Cancer Society's research, education, and patient service programs," said Lauren Burch, regional executive for income development at the American Cancer Society. "The event also allows local residents to work together to help those friends of family members touched by cancer."

Every year, the ACS buys acres of daffodils from Washington State. Businesses, schools, temples, government offices, restaurants, hotels, clubs, shopping malls, and hundreds of individuals then purchase these flowers. This March, 7.5 million daffodils will arrive for distribution throughout New England.

You can help the American Cancer Society celebrate Daffodil Days, March 19 to 21, by volunteering to bring this beautiful symbol of hope to businesses, homes and schools in your community. To volunteer, call (800) 364-5520.



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FEATURE

Finding Hope In The Fight Against Cancer

(Continued from Page 13)

member of Temple Beth-El, died in August of 1999.

Goldsmith added that not many people may be able to withstand the amount of chemotherapy and radiation involved in treatment—"it's amazing how many people do," she said, but as for her mother and because of her age, "she didn't really have that choice."

Goldsmith, 47, said her Jewish faith played a prominent role on her road to recovery and during her illness. "It really gave me a very immediate and personal relationship to G-d like I never had." An inspirational idea that helped her through her disease was that "everything has G-d in it," including nature.

While the chemotherapy was actually killing her, Goldsmith used the metaphor of nature and the four seasons to inspire her. In winter, she said, most of nature is dead—a feeling she likened to her chemotherapy rounds. "My body was in that

"The disease is going on in your body, but that doesn't mean that your life is diseased. Your body may have disease in it, but you're living your life while you have this disease.... And I think the idea is not to be overcome by the disease and even up to the moment of death because it is likely that many people who do get diagnosed with cancer will die from it."

Asked how those without cancer may be able to relate to a cancer patient's plight, Goldsmith said: "No one really knows. They can see that you're sometimes in pain, that you're going through difficulty; they're watching it, they're having a difficult time watching you, but they don't really, really understand."

"It's clearly in everybody's mind [cancer] could be a death sentence. No one's thinking, 'Oh absolutely, 100 percent, you're going to survive this,' because chances are you're not."

Rhode Island. Through her disease, Goldsmith learned that medicine needs to be coupled with human and more personal needs—and that's what Rite of Passage sought to provide, focusing on counseling, education, resources and support.

In 1989, the HOPE Center, a cancer support group, was founded by Tricia Lovett Stallman, a Providence resident, which she started in her living room. In the early 1990s, the group moved to 297 Wickenden St. in Providence and has been there ever since.

The HOPE Center and Rite of Passage Cancer Project merged last November to become the HOPE Center for Cancer Support. This new collaboration resulted in Rhode Island's first community-based cancer support center. Goldsmith is now executive director of the HOPE Center for Cancer Support and sees her role as a "natural fit" to lead the center.

"MY MISSION IS in the next two years that HOPE Center will be a household name," she said. Speaking with Goldsmith recently at the HOPE Center, and walked in on almost all sides by cancer resource books, it's clear to see her affinity with the group. The center's purpose is to help cancer patients and their families emotionally through counseling and to reach out to the community to support and educate about issues having to do with "quality of life for our patients," said Goldsmith.

She added that she sees the HOPE Center as part of a team for a cancer patient with medical personnel, who, she said, do a great job, "however, there are a lot of other needs that patients have." The HOPE Center also supports caregivers, family members and anyone else involved with a cancer patient "to deal with their own fear," she said.

Dealing with the every day hardships and stress of living with cancer, said Goldsmith, are dilemmas the HOPE Center sets out to relieve. The center also helps patients with financial issues, family dynamics, nutrition



THE HOPE CENTER for Cancer Support, 297 Wickenden St., Providence
Herald photo by Luke O'Neill

"What we try to help people to do is to have the highest quality of life while they're right up until the very last moment, and it can be a very rich experience."

Miriam Goldsmith, executive director of the HOPE Center for Cancer Support

dormant state and as the new cells were growing back, it was spring."

This metaphor helped her realize how much nature can endure death and have a rebirth, "and so I was able to have my body be just like nature."

Faced with dead cells and chemicals in her body, Goldsmith was amazed at the human body's ability to heal. Through her ordeal, she said she encountered, and now possesses "a whole new awareness of what G-d [means] to me."

Asked how she became more than her disease, Goldsmith stated, "I pretty much maintained almost a kind of joy just being alive...."

DURING HER TREATMENT and recovery, Goldsmith participated in a large cancer support group in New York City called Cancer Care where she met people going through different stages of the disease. She said it was helpful to be around people who had similar experiences and felt she had become part of a "cancer club."

According to Goldsmith, being with like-minded individuals really helped her through her emotional and medical journey. And in 1996, just three years after she was diagnosed with a life-threatening illness, Goldsmith founded the Rite of Passage Cancer Project in

and suits care to fit patients' individual personalities and interests. What makes the HOPE Center unique, said Goldsmith, is that it caters to all kinds of cancer.

"What we try to help people to do is to have the highest quality of life while they're right up until the very last moment, and it can be a very rich experience," even with the pain and discomfort. This quality of life, she said, refers to the therapies and modalities of meditation, massage, yoga, art and music therapy—all services that can be found in the center's 1,500-volume resource lending library that contains books, pamphlets, videotapes and audio tapes. Many of the books, covering all kinds of cancer, have either been donated or purchased.

Goldsmith hopes to have a satellite office of the HOPE Center in Newport in about two to four years and provide broader services for the state. With the HOPE Center's Web site, <hopecenter.net>, she would also like to establish an online support group. The center also offers counseling over the phone.

The HOPE Center collaborates with other cancer support groups such as the American Cancer Society and Breast Cancer Coalition to set up educational programs in the community about various issues concerning cancer and quality of life.

The Rite of Passage, which had offices in Newport, continues as an entity as it is currently serving as the sponsoring organization for a six-part film series called, "Connections to Life—Inspirations from a Cancer Journey." Goldsmith, who's co-producing and co-directing the films, said each film will highlight a different stage in the life cycle, starting with the youngest cancer patients.

The first in the series, "From the Mouths of Babes," will feature children who have been diagnosed with cancer, or as Goldsmith puts it, five kids "sharing their special message of hope," providing comfort, solace and inspiration.

The HOPE Center is currently looking for board members and people for its Council of Hope working board.

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Is law school in your future? The Rhode Island Bar Foundation is seeking applications for its Thomas F. Black, Jr. Memorial Scholarship.

The Bar Foundation will award a scholarship of \$10,000 to a Rhode Island resident who will enroll as a first-year student in an American Bar Association-accredited law school for the academic year beginning September 2001. The scholarship is for the first year of law school only and non-renewable.

The scholarship is awarded based on scholastic achievements, financial need and good character without discrimination because of race, color, religion, sex, national origin or disability. The application deadline is **March 3, 2001**. For application forms, call the Bar Foundation at 421-6541 or write to the office at 115 Cedar St., Providence, RI 02903.

In the past 11 years, the Bar Foundation has awarded more than \$80,000 to law students.

ARTS & ENTERTAINMENT



A New Mystery is Afoot!

New Mystery Troupe Has Its Roots in Jewish Theater

There's murder and mayhem in town — but it's all in good fun. Rhode Island is home to a new murder mystery dinner theater troupe.

The new troupe, called WhoDunnit, is the creation of veteran actor/director Joel Hellmann and writer Ann Waterman. In October, the two presented "A Well-Timed Murder" as a benefit for the Multiple Sclerosis Society, playing to a full house and earning more than \$1,200 for the local MS Society chapter. The audience was so enthusiastic that the group felt they had to continue to perform. Now, with a full complement of professional actors, singers and production crew, the troupe already has a loyal following.

Hellmann and Waterman met as part of the Temple Habonim Players, a synagogue theater group based in Barrington. The

Players held three successful productions before the conflicting demands of work and family caused their volunteer cast to dwindle. Waterman went on to offer annual murder mystery performances to benefit MS, and Hellmann joined her cast last year. He found that the type of mystery she wrote provided a very different type of entertainment from that offered by other local dinner theater groups. He was very much intrigued — and that provided the springboard for WhoDunnit.

What sets this group apart? "We do real mysteries," said Waterman. "Most dinner theater groups just pay lip service to the mystery aspect, but our scripts allow the audience to watch for clues and solve the mystery. And when they figure it out, they are thrilled." The shows also feature music, comedy and lots of great entertainment.

The WhoDunnit troupe also has impressive acting credentials. "I started acting when I was five," said Hellmann. He has worked extensively as a director, at every level from college through professional. In addition to Hellmann, the cast includes several actors with TV and movie credits as well as a former Miss Rhode Island. The cast was carefully selected from the more than 160 people who responded to Hellmann's ad.

The professional group's first show, "Murder at Lenny's Cabaret," opened in December to a capacity crowd, and continues through January, with performances at the Riviera Inn Restaurant in East Providence and the Riviera Restaurant in Bristol.

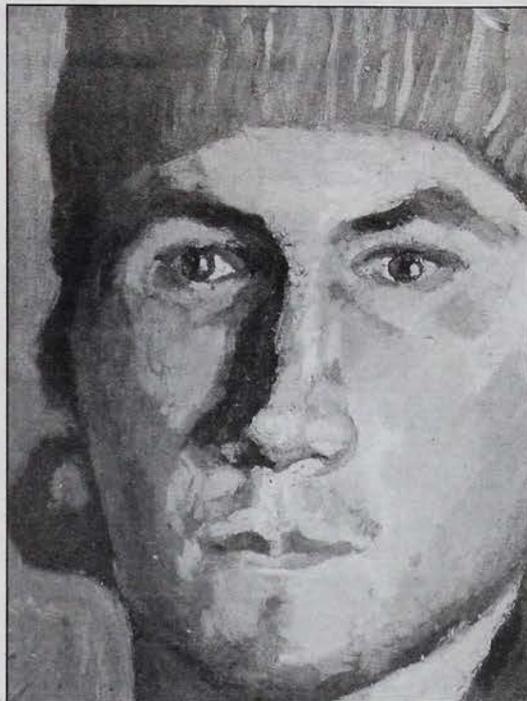
"Murder at Lenny's Cabaret," is being held over for an additional week, following its very successful opening in East Providence on Dec. 29. Performances are now scheduled for Jan. 12 in Bristol, and for Jan. 14 in East Providence. The price for tickets is \$27.95 and includes dinner. Group discounts are available.

"The audience response was fantastic," said Hellmann. "They really enjoyed the story line and being able to follow the clues. They also enjoyed the music and being able to talk with the actors between scenes. The cast put on a really great show." The group will also keep audiences enthralled by running two different shows concurrently. The second show, "Murders & Acquisitions," opens Jan. 19 in East Providence and Jan. 21 in Bristol.

For more information, visit www.aswaterman.com/whodunnit, email whodunnit@aswaterman.com, or call (508) 336-8879.



WHODUNNIT PLAYERS J.R.A. Schaefer (left) and Joell Jacob (right) rehearse a scene from "Murder at Lenny's Cabaret," a mystery set in the Roaring '20s. Photo courtesy of ASWaterman Inc.



Artists' Self-Portraits at Bert Gallery

The psyche of the artist is tapped in unusual ways with the self-portrait. Some artists concentrate on the iconographic elements of their craft, such as palette and brush. Others use the self-portrait to examine the inner workings of their mind. This exhibit will highlight the broad range of self-interpretation as seen through the works of artists such as Kenn Speiser, Frank Gasbarro, Paula Matiesian, Joyce Devine, Brian Goblik, Jeff Margolin, Riva Leviten, and other historical artists. Artists' reception is 6 to 8 p.m. on Jan. 18. Bert Gallery hours are Monday to Friday, 11 a.m. to 5 p.m., Saturday noon to 4 p.m., 540 South Water St., Providence. Call 751-2628 or see bertgallery@home.com.

Portrait by B. Goblik

American Band's Young People's Concert 'Humor in Music'

The American Band, in-residence at Rhode Island College under the direction of Gene J. Pollart, will present its annual Young People's Concert on Jan. 21, at 3 p.m. in the Lila and John Sapinsley Hall in the Nazarian Center for the Performing Arts.

Entitled "Humor in Music," it will feature music with all kinds of humor, including satirical, witty, music played on "funny looking instruments" and music that is just plain "clowning around," said Pollart.

Richard Solomon, who has built his own instrument from various sizes of plumber's pipes, will be featured. Also featured in the program will be the University of Rhode Island Percussion Ensemble. "If you have seen the group STOMP, then you won't want to miss the URI Percussion Ensemble. They look, sound and concoct some playful antics just like STOMP," according to Pollart.

The American Band will add its own brand of humor with the witty and whimsical "Grand Serenade for an Awful Lot of Winds and Percussion" by P.D.Q. Bach; some frolicking cavorting in "Till Eulenspiegel's Merry Pranks" by Richard Strauss, and more clowning around in "A Salute to Spike Jones." The band also will offer a surprise conclusion to the concert as it says "Farewell" to the audience.

Tickets are \$5 and can be purchased at the door.

AS220 in The Galleries

From Jan. 18 to Feb. 10 AS220's cafe gallery will present the paintings of Dante Perschino and Tim Turner's work in oils. Opening reception will be Gallery Night Providence, Jan. 18, 5 to 9 p.m.

In the upstairs gallery, Skot Campbell presents a mixed bag of media. Gallery hours are Monday through Friday, noon to 5 p.m., Saturday 1 p.m. to 5 p.m.

AS220 is located at 115 Empire St., Providence, R.I. Call 831-9327. Check out www.as220.org.



Local artist Dante Perschino



Seeing Music

"Visual Jazz," capturing the spirit and "moments of truth" of American music features selected works by Ken Franckling and McDonald Wright, Jan. 16 to Feb. 10 at CapitolArts Gallery, the Arcade Suite No. 49 at 65 Weybosset St., Providence. An opening reception will be held from 5 to 8 p.m. on Jan. 18 — the same night as Gallery Night Providence. CapitolArts Gallery hours are Tuesdays to Fridays, 11 a.m. to 3 p.m. and Saturdays 11 a.m. to 4 p.m. Call 621-1992.

Slide Hampton photo © McDonald Wright

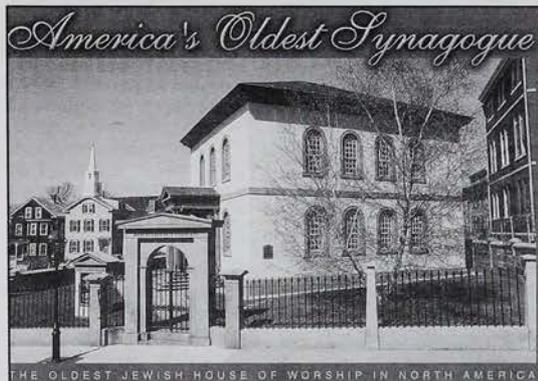


ARTS & ENTERTAINMENT

Local Professor Captures Local Beauty in Postcards



The Westerly Public Library hosted "An evening with Bernie Gordon" on Jan. 3 from 5 to 8 p.m. The regionally renowned Northeastern University professor, antiquarian book dealer, postcard publisher and photographer has on exhibit more than 250 postcards from his photographic images at Hoxie Gallery in Westerly, R.I. at the public library now through Feb. 4. The exhibit features 50 years of postcards.



America's Oldest Synagogue
TOURO SYNAGOGUE, Newport, R.I. — George Washington and Thomas Jefferson were visitors to this synagogue which was designed in 1759 by Peter Harrison who made it in the style of Sephardic Jewish temples in Holland and Portugal. To this congregation President Washington pledged religious freedom, stating: "To bigotry no sanction, to persecution no assistance..."

An avid photographer since high school, Gordon takes almost all the photographs that appear on the postcards that he publishes and sells at his Book & Tackle Shop. More than 300 scenes of coastal southern New England are featured on Gordon's postcards.

For about 45 years, Gordon has owned and opened the quaint bookstore in Watch Hill, R.I., called the Book & Tackle Shop. His bookstore contains roughly 10,000 antiquarian books, mostly on subjects relating to science, medicine, cooking, fishing, geology, boats and the shoreline. The bookstore is his summer "hobby" while he teaches oceanography and marine resources at Northeastern University as an associate professor of geology the rest of the year. In the fall of 2000, the Book & Tackle opened a year-round location at Merchants Square, 55 Beach St., Westerly, R.I.



"WATERFIRE," Providence — A view of "WaterFire," an illuminating form of art sculpture produced with baskets of flames in the Providence and Woonasquatucket rivers during special evenings in the spring, summer and fall.



A SEAGULL in the setting sun along the scenic New England coastline. All postcard photos by and courtesy of Bernie Gordon. Published by Book & Tackle Shop, Westerly, R.I.

Zamir Chorale of Boston to Present Children's Concert

On Jan. 21, the Zamir Chorale of Boston will present its popular annual concert of Jewish music for children of all ages at Temple Emeth, 194 Grove St., Chestnut Hill, at 1 p.m. The one-hour performance will both educate and entertain, as conductor Joshua Jacobson introduces and explains the stories behind several child-oriented pieces selected from the chorale's vast repertoire. Joining the chorale will be Kol Echad, the children's choir from the Jewish Community Day School directed by Sigal Gavish.

Children will be seated on the floor, close to the singers, and will be encouraged to participate in many of the performance activities. Seats will be provided in the rear of the hall for parents and teachers. During the concert, there will also be a special presentation by the Sav-a-life Campaign, an effort by schoolchildren who are raising funds to purchase an ambulance for the Israeli Red Cross.

Admission, at the door only, is \$5 per person, \$3 for children age 12 and under. For information, call toll-free (866) ZAMIR-

20, (866) 926-4720.) The Zamir Chorale is funded in part by the Massachusetts Cultural Council, a state agency. The Sav-a-life Campaign is being organized by Boston Friends of The Magen David Adom with assistance from Combined Jewish Philanthropies, The Jewish Community Relations Council, The Synagogue Council of Massachusetts and the Bureau of Jewish Education.

Since its formation in 1969, the 47-member Zamir Chorale of Boston has remained committed to the highest quality performance of the full spectrum of choral music arising from a variety of Jewish traditions that span thousands of years and four continents. With concerts throughout New England and New York, as well as Israel and Great Britain, and with a discography of 12 recordings, the chorale has garnered a national reputation as the premier performer of the Jewish choral literature. The chorale's 1999 tour to Eastern Europe is the subject of the documentary "Zamir: Jewish Voices Return to Poland," broadcast nationally on PBS this past August and December. Their new CD entitled "The Songs Live On" includes all the music featured in the film.

If you have an event you would like featured on our Arts & Entertainment Pages, please send it to the Rhode Island Jewish Herald, P.O. Box 6063, Providence, R.I. 02940 or fax to 726-5820.

Rhode Island Foundation Seeks Submissions For 'Fashion Show'

From Antiquity to Hip Hop

The Rhode Island Foundation will be examining the culture of clothing and adornment in an exhibition scheduled for its in-house gallery at One Union Station from Feb. 10 to April 11. Artists are invited to submit pieces for "From Antiquity to Hip Hop."

"We're seeking visual interpretations addressing fashion, from corsets to power dressing, from moccasins to sequins, from the media hype of Madison Avenue to the joy of just looking good," reported Gallery Curator Anne Rocheleau. "We're seeking work that answers questions like: What is a healthy body? Then? Now? Do we manufacture desire? Or is it as old as the most ancient cultures?"

Rocheleau said the exhibition may include sculpture, installations, video, drawing, painting, photography, mixed-media, printmaking, computer-generated art, graphic design, the spoken word, and even, yes, fashion apparel.

She said slides, photos, computer disks, or a Web site address depicting the works, their medium, and their dimensions can be sent to The Rhode Island Foundation at One Union Station, Providence, R.I. 02903. They should be accompanied by a brief statement describing the work, a résumé and a self-addressed stamped envelope no later than Jan. 16. For a complete description of the guidelines, see the Foundation's Art Gallery at <www.rifoundation.org>.

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ARTS & ENTERTAINMENT



Midori & McDonald: Winning Twosome to Perform

Two of classical music's best, Midori and pianist Robert McDonald, are performing together at New Bedford's historic Zeiterion Theatre on Jan. 20 at 8 p.m.

They are performing J.S. Bach's "Sonata No. 3 in E major, BWV 1016"; Poulenc's "Sonata (1942)"; Webern's "Four Pieces, Op. 7 (1910)"; and Beethoven's "Sonata No. 9 in A major, Op. 47 'Kreutzer'."

Midori has worked with many distinguished artists throughout her career, including Leonard Bernstein, Isaac Stern, Yo-Yo Ma, and Claudio Abbado. One of the most celebrated figures in the musical world, Midori has appeared with the Chicago Symphony, the Cleveland Orchestra, the Berlin Philharmonic, and the Orchestre de Paris.

She is the recipient of several prestigious awards, including Japan's Crystal Award (the nation's highest honor for artists). Midori devotes a significant part of each season to Midori and Friends. This is a non-profit organization she founded that provides concerts, music education, and instrument instruction to children who might not otherwise have the opportunity for involvement in the arts.

Pianist Robert McDonald has performed extensively through-

out the world as a solo recitalist and as a recital partner to Midori and Stern, amongst other artists. An active chamber musician, McDonald has collaborated with the Juilliard, American, Muir, Takacs, Brentano, Fine Arts, Orlando, and Chicago quartets. He has also appeared as soloist with several symphony orchestras, including San Francisco, Baltimore, Milwaukee, and Omaha, in addition to several foreign orchestras.

McDonald is the recipient of many honors. He won the Gold Medal at the Busoni International Piano Competition in Italy and the top prizes at both the William Kapell International Competition and the Washington International Competition.

Sponsored by Baker Books, and part of the Greater New Bedford Concert Series, tickets are on sale now for \$15, \$25, and \$30.

Buy your tickets at the Zeiterion box office open Tuesday through Friday from 10 a.m. to 5 p.m., and Saturday from 10 a.m. to 3 p.m. They can also be ordered over the phone by calling the box office at (508) 994-2900.

The Zeiterion Theatre is located at 684 Purchase St., New Bedford, Mass.



Exciting World Premieres Launch the New Year

New Works From Local Playwrights in 5th Annual Providence New Play Festival

Oskar Eustis, artistic director of Trinity Repertory Company, has announced that the company will produce two new plays this season in its traditional "world premiere" slot: John Belluso's "Henry Flamethrower" (Jan. 5 to Feb. 4) and Eliza Anderson's "The New England Sonata" (March 16 to April 15). Trinity Rep subscribers will see one of the plays, and may purchase discounted tickets to the other. Tickets for both new plays are on sale at the Trinity Rep box office: 351-4242.

Quickly gaining national fame, both playwrights have roots in Rhode Island. Warwick native Belluso's "Henry Flamethrower" won last year's prestigious Blanche and Irving Laurie Foundation's Theatre Vision Fund Award for Best New Play by an emerging playwright. Wakefield resident Anderson, author of *Mill Girls*, is a graduate of Brown University's MFA program and is a member of the Trinity Rep Conservatory faculty. The directors of the two premieres are also rising stars: Lisa Peterson, an Obie Award-winning director active both in New York and regional theater, and Amanda Dehnert, Trinity Rep's associate artistic director.

"Henry Flamethrower" is the gripping and topical drama of a very unusual sister and brother. She lies in a coma, and people come from all over the country seeking her miraculous healing powers. Alone in his room, Henry loses himself in his books. If she is the instrument of divine mercy, then what will become of Henry? The play runs from Jan. 5 to Feb. 4 and is directed by Lisa Peterson.

"This piece is part of my search to understand the experience of disability in our society," said Belluso of "Henry Flamethrower." "In the case of 'Henry Flamethrower,' I was curious as to the role that spirituality plays in the lives of people with disabilities — people who are drawn to religious phenomena in hopes of being 'healed' — and the way in which people use disability as a metaphor for Good or Evil. But most importantly, I wanted to explore these issues with respect and empathy rather than with derision or judgment."

"The New England Sonata": Clara's almost 40, and she's lost her balance: her simple, serene life as a country writer is gone. Her husband is gravely ill and her mother-in-law has come to stay, needing her with comparisons to her husband's ex-wife. Then one day in the woods, where she's found some peace in long, solitary walks, she encounters a man — mysterious, fascinating, and very young. The play starts March 16 and is directed by Amanda Dehnert.

Trinity Rep has presented 44 world premieres in its 37-year history. The Providence New Play Festival, now in its fifth year, gives southern New England audiences increased exposure to new theater works and up-and-coming playwrights.



"Henry Flamethrower" plays at Trinity Rep through Feb. 4. Photo courtesy of Trinity Rep

Winter Treasures: An Invitational Jewelry Show

CenterCity Contemporary Arts presents contemporary jewelry by R.I. designers. Each year the gallery at CenterCity Contemporary Arts is dedicated to showcasing the work of R.I. jewelers. The show begins on Jan. 18 (Gallery Night Providence) and continues through Feb. 14, for Valentine's Day. This year's presentation of jewelry includes work from Jennifer Hayward, Diana Hall, Carrie Zaslow, Jennifer Kenny and Torrin Richards.

Richards' red acrylic cherry drop earrings and freshwater pearl cluster necklace from last year's show highlighted the unique creations that occur in contemporary jewelry. CenterCity invited Richards to collaborate with this year's show, selecting artists whose work offers a unique mixture of

materials and style. Richards' new work continues to be dramatic, combining an appreciation of natural forms and a talent for utilizing distinctive materials. Additional pieces selected for the exhibit include Hayward's monarch series of hand-carved orchid blossoms and breath-taking butterfly compositions, Hall's collection of gold and silver carbon fiber necklaces and rings, and new work from Kenny, who uses a combination of metals with her jewelry.

Exhibit and receptions are held at CenterCity Contemporary Arts downtown location in The Historic Arcade building, 65 Weybosset St., Providence.

Gallery Night Providence is Jan. 18 from 5 to 9 p.m.

An artist reception is Jan. 20, from 5 to 7 p.m.



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Trio To Perform at RIC

Eroica Trio will perform in the President's Music Series, a part of the Rhode Island College Performing Arts Series, Jan. 22 at 8 p.m. in the Lila and John Sapinsley Performance Hall in the Nazarian Center for the Performing Arts. Tickets are \$20 with discounts for students and senior citizens. Call 456-8144.

Photo courtesy of RIC

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OBITUARIES

IRVING A. ACKERMAN WARWICK — Irving A. Ackerman, 87, of Minnesota Avenue, owner of the former Paramount Office Supply, died Dec. 10 at Kent Regency Nursing Home.

He was the husband of the late Doris (Rubin) Ackerman. Born in Providence, a son of the late Issac and Eva (Nachbar) Ackerman, he was a lifelong resident of Rhode Island, and maintained a retirement home in Pembroke Pines, Fla.

He was the founder and the owner for 50 years, of Paramount Office Supply, and a member of the National Office Products Association.

He was a founder and member of Crestwood Country Club, Rehoboth, and a member of the Touro Fraternal Association. He was a 32nd-degree Mason, and a Shriner.

He was a member of the former Temple Beth Israel, a former member of the Temple Torat Yisrael, and a member of Temple Sinai.

He leaves two daughters, Elaine A. Moe of Schnecksville, Pa., and Rayne Pass of Delray Beach, Fla.; a son, Arthur A. Ackerman of Warwick; a sister, Anne Cohen of Johnston; a brother, Joseph Ackerman of Boca Raton, Fla.; and five grandchildren and a great-grandchild. He was the brother of the late Frances Schwartz.

The funeral service was held Dec. 12 in Sugarman-Sinai Memorial Chapel, 458 Hope St., Providence. Burial was in Sharon (Mass.) Memorial Park. In lieu of flowers, contributions may be made to your favorite charity. The family was assisted

with the arrangements by Sugarman-Sinai Memorial Chapel.

IDA BUDNICK — Ida (Tinter) Budnick, 89, of Hillside Avenue, a bookkeeper, died Jan. 8 at Our Lady of Fatima Hospital, North Providence.

She was the wife of the late Morris Budnick. Born in Haverhill, Mass., a daughter of the late Philip and Celia (Halperin) Tinter, she had lived in Massachusetts until 1993, when she moved to Providence.

She was a graduate of Boston University.

She was a former member of Temple Israel, Natick, Mass.

She leaves two sons, Alfred Budnick of East Greenwich and Robert Budnick of Danbury, Conn.; a daughter, Linda Budnick of Woburn, Mass.; two sisters, Rose Koffman in Florida and Beatrice Liberman in California; four grandchildren; and a great-grandchild.

A private funeral service was held Jan. 10 at Sharon Memorial Park, Sharon, Mass. In lieu of flowers, contributions may be made to United Way of R.I., 229 Waterman St., Providence, R.I. 02906. The family was assisted with arrangements by Sugarman-Sinai Memorial Chapel, 458 Hope St., Providence.

NATHAN GROSSMAN PALM SPRINGS, Calif. — Nathan Grossman, 85, of Driftwood Drive, Palm Springs, Calif., a former hairstylist, died Jan. 2 in Premier Healthcare Hospital, Palm Springs.

Born in Providence, a son of the late Abraham and Sima

(Ackerman) Grossman, he had lived in Cranston before moving to Palm Springs nine years ago. Known as "Charles," he was a hairstylist in Providence and Cranston. He was the owner of a former hairdressing salon and a former school of cosmetology in Pawtucket.

He was a graduate of Classical High School, Providence, and attended Providence College. He was an Army Air Forces veteran of World War II.

When he lived in Rhode Island, he was active in amateur theater with the Repertory Players and Providence Players at the Barker Playhouse. He was a former member of Temple Emanu-El, Providence.

He leaves his companion, Ralph Sheplow of Palm Springs, five nephews and a niece. He was the brother of the late Max B. and Herman Grossman, Jean Freed and Sylvia Podoloff.

Burial was private. A memorial service will be held at a later date. In lieu of flowers, contributions in his memory may be made to Trinity Repertory Co. or Temple Emanu-El. Arrangements were made by Shalom Memorial Chapel, 1100 New London Ave., Cranston, R.I.

LOUIS KAY — Louis Kay, 94, of Hope Street, died Jan. 3 at Miriam Hospital.

He was the husband of Anne (Factor) Kay. Born in Malden, Mass., a son of the late Hyman and Bessie (Rosen) Kaminsky, he had lived in Stoughton, Mass., before moving to Providence 3 1/2 years ago.

He was a graduate of Suffolk (Mass.) Law School and had been in the food retailing and management field until his retirement 30 years ago.

Besides his wife, he leaves a daughter, Judith Spindell of Providence; a brother, Eli Kaminsky of Stoughton; a sister, Lillian Silva of Bethel, Conn.; and four grandchildren and a great-grandchild. He was the brother of the late Max Kaminsky.

A graveside funeral service was held Jan. 5 in Sharon (Mass.) Memorial Park. In lieu

of flowers, contributions may be made to Hospice of R.I., 169 George St., Pawtucket, R.I. 02860. The family was assisted with the arrangements by the Sugarman-Sinai Memorial Chapel.

CHARLES MILLER — Providence —

Charles Henry Miller, 84, of Douglas Avenue, the owner of Miller & Sons Textile Co., Pawtucket, for many years, retiring in 1979, died Jan. 5 at home.

He was the husband of the late Jeanne (Max) Miller. Born in Pawtucket, a son of the late Israel and Celia (Seligson) Miller, he had lived in Pawtucket most of his life before moving to Providence.

He was a captain in the Army during World War II, serving in England and France.

He was a member of Temple Beth-El and its Brotherhood, and B'nai B'rith. He was a graduate of the University of Rhode Island.

He leaves a daughter, Elizabeth Miller of Lincoln; a son, Harvey Miller of Providence; and a granddaughter. He was the brother of the late Alan Miller and Rose Roitman.

The funeral service was held Jan. 9 in Temple Beth-El, 70 Orchard Ave., Providence. Burial was in Lincoln Park Cemetery, Warwick. In lieu of flowers, contributions may be made to your favorite charity. The family was assisted with the arrangements by the Sugarman-Sinai Memorial Chapel, 458 Hope St., Providence.

DOROTHY SIMKINS — Packer

FALL RIVER — Dorothy Simkins Packer, 89, of Robeson Street, a volunteer and homemaker, died Jan. 8 at Charlton Memorial Hospital.

She was the wife of Meyer Packer; they were married for 68 years. Born in Philadelphia, a daughter of the late Joseph and Rose (Trager) Simkins, she resided in Rhode Island for 64 years, before moving to Fall River last year.

She was a volunteer teacher

of English literacy, a former member of the American Red Cross, and a volunteer with the Rhode Island Blood Center, the former Jewish Home for the Aged and Meals on Wheels.

Besides her husband, she leaves a son, Murry Packer; a sister, Anna Szymanski of Philadelphia; two grandchildren; and two great-grandchildren.

Funeral services were held Jan. 11 at Sugarman-Sinai Memorial Chapel, 458 Hope St., Providence. Burial was in Lincoln Park Cemetery, Warwick. In lieu of flowers, contributions may be made to your favorite charity. The family was assisted with the arrangements by Sugarman-Sinai Memorial Chapel.

MAXINE RUBIN — DELRAY BEACH, Fla. — Maxine Rubin, 86, of Delray Beach, Fla., formerly of Cranston, a retired bookkeeper, died Jan. 5 at home.

She was the wife of the late Israel Rubin. Born in Malden, Mass., a daughter of the late Samuel and Celia (Lebovitz) Fruitco, she had lived in Cranston before moving to Florida 23 years ago.

She was a bookkeeper for a local office supply company, retiring in 1975.

She was a life member of Hadassah, and a longtime volunteer at the Hadassah Thrift Shop, Cranston. She received the Woman of Valor Award, and was a charter member of the Cranston Jewish Center.

She leaves two sons, Steven Rubin of Framingham, Mass., and Neil Rubin of Wappingers Falls, N.Y., and five grandchildren. She was the mother of the late Joel Rubin, and sister of the late Helen Henson and Mitchell Fruitco.

The funeral service was held on Jan. 8 at Sugarman-Sinai Memorial Chapel, 458 Hope St., Providence. Burial was in Lincoln Park Cemetery, Warwick. In lieu of flowers, contributions may be made to your favorite charity. The family was assisted with the arrangements by the Sugarman-Sinai Memorial Chapel, 458 Hope St., Providence.

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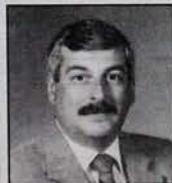
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FEATURE

A Perfect World

(Continued from Page 3)

clear. For me it was a fine buzz, subtle but palpable, yet different than any I have known; others may feel something else — tingling, pressure or temperature changes.

Next, I would switch the lenses of the microscope to a higher magnification to demonstrate how this community could redeem itself, through the mitzvah of T'shuvah, repentance. This is not vowing to refrain from behaving immorally, but to draw nearer to G-d through personal self-scrutiny, delving deep into our inner psyches through careful attention to the holy text. Korban, the Hebrew term for "drawing nearer," had its fullest expression in the sacrificial law, which was abandoned in the aftermath of the destruction of the Second Temple. Animal sacrifice was supplanted with prayer. The Hebrew word for prayer, *tefilla*, stems from a root that denotes self-judgment. One of the noticeable differences between Judaism and the other religions, that we must discern through our eyepiece, is that Jews pray in the first person plural. We pray for ourselves as a community knowing full well that whatever transforms the community transforms each one of us individually.

At the highest level of magnification, it would be possible to behold the peace, the tranquility, the perfection of Shabbat, with its ability to transform

the mythical Eden whose lush flora mirrors the perfection of the human soul, here on Earth. Shabbat is more than a day with nothing to do; to the contrary, it's a day with unlimited spiritual potentials, particularly a time to bathe in G-d's presence and to spend quality time with friends and loved ones. Jews do not subscribe to reclusive retreats; Shabbat is a structure built from time. For 24 glorious hours each week, we can choose absolute freedom from our worldly affairs and focus on spirit.

Most of us have been too close to Jewish tradition so that we no longer see the trees from the forest. Perhaps that's why so many of us have forsaken Judaism's outer form and taken to other religions or even total secularism. It takes something like a high-powered microscope to appreciate our rich spiritual heritage from afar, in its wholeness. Judaism was founded on the spiritual principle that we will return to a land flowing with milk and honey, a Promised Land, a perfect world, or whatever you would prefer to call it.

Velvel "Wally" Spiegler lives in Rehoboth, Mass. He is a certified polarity therapist and a student and teacher of Jewish mysticism whose primary interest is in Jewish approaches to the healing of mind, body, and spirit. He can be reached for comments or questions at his Web site at <www.geocities.com/jewishLink>.

Scientists From Hebrew University and Germany Find DNA 'Zips' Itself

For the first time ever, scientists have succeeded in figuring out how the four molecules that form DNA in the nuclei of cells actually bind together. The accomplishment, a major step forward in understanding DNA, is described in an article in the current issue of *Nature* magazine and is the joint work of Professor Matanah S. De Vries of the Hebrew University Institute of Chemistry, his graduate student Eyal Nir, and Professor Karl Kleinermanns of the Heinrich Heine University in Dusseldorf, Germany.

"The pairing of these molecules is analogous to the structure of Lego building blocks," stated De Vries. "One cannot understand what holds a Lego structure together without observing the dimple and tube construction that enables people to connect the individual pieces. Similarly, understanding the mechanism of DNA requires a knowledge of how the strands are bound together through the pairings of the molecules that comprise it."

DNA is composed of four basic molecules found in all living cells. These base molecules are the building blocks of life, and their sequence is responsible for transmitting hereditary characteristics and for the manufacture of proteins. The binding of these molecules in DNA is basic to understanding how DNA coding works and how the DNA strands are repli-

cated. The base molecules constitute the "teeth" that, when combined, make up the "zipper" holding the DNA strands together.

When the DNA is replicated, as happens throughout life, the double helix strands of DNA are "unzipped," with each side bearing the base molecules required to put together new pairs. These new pairs are formed in exactly the same order as the previous ones, thus preserving the genetic code. It is therefore vital to observe just how these base molecules recombine after being separated. This is what the Israeli and German researchers have succeeded in doing for the first time in an isolated manner, without any possible foreign substance interfering. To accomplish the necessary isolation, the scientists used a vacuum chamber, and laser pulses were used to set the molecules free in order to observe their binding.

They found that these "freed" molecules tend to bind in only one way, as occurs in their natural setting. However, in some instances, the scientists observed an abnormal transfer of hydrogen (the element that connects the DNA bases) from one of the molecule pairs to the other. This observation of "mistakes" in the binding provides new insight into how such mistakes — possibly leading to genetic mutations — can occur in the evolutionary process.

Politics To Reflect On

(Continued from Page 1)

speed bump when a bond issue to support the museum was defeated. However, the museum's plans will still go forth. Bakst's mention of Heritage Harbor was met with murmurs from the largely Newport audience. The General Assembly had planned to raise the state's hotel tax from five to six percent to help pay for the museum. The increase would have perhaps gone unnoticed in Providence, "but in Newport Rhode Island, it caused a big hullabaloo," he said.

A major topic in the General Assembly this year, said Bakst, would be taxes and whether to reduce or eliminate the capital gains tax and make changes to income tax.

Bakst sees an effort to pass a law allowing same-sex marriages, a law, he said, "will happen some day in Rhode Island," but may take a few more years.

Last year, the General Assembly passed a bill, after an 11-year struggle, to combat drunk driving by lowering the threshold of a motorist's blood alcohol content level from .10 to .08. This lowering of the BAC is a start, he said, but is still a "weak version of the kind of law that's needed." Another effort could be made, he added, to revisit this issue and "strengthen laws against drunk driving."

Bakst also portended the 2002 gubernatorial race, citing prospects and things already happening now possibly foreshadowing the race, including the mention of R.I. Atty. Gen. Sheldon Whitehouse being active in selecting a police chief for Providence. But, Bakst added, "I would not suggest what the attorney general does is done because of the 2002 election." He cited Whitehouse as the front-runner because of his present stature, but added that present and near future actions may have an impact on the race and will be watched by curious voters.

Bakst noted Whitehouse's personality and "willingness to spend money" as other reasons for being the early favorite for Rhode Island's next governor.

R.I. Lt. Gov. Charles Fogarty is another Democrat possibly eyeing the governor spot and "could be a formidable oppo-

nent in a Democratic primary [for Whitehouse]," said Bakst.

Former Congressman Robert Weygand, "a mystery man here" in the gubernatorial race, may also run for the position, Bakst stated.

Tony Pires, House finance chairman, may also make a move for governor in 2002, but Bakst added Pires may face problems with statewide exposure. He called Pires a "very, very able guy" who knows the budget throughout.

Myrth York and Aram Garabedian were two other names Bakst mentioned on the Democratic side.

Republicans cited for the gubernatorial race included former R.I. Atty. Gen. Jeff Pine, State Chairman Bernie Jackovony and Jim Bennett. Of Pine, Bakst asserted, "I've also heard his name mentioned as a possible candidate for mayor of Providence—if there's a special election." A comment met with laughter from the audience.

In 2002, Rhode Island will also have a race for U.S. Senate for Sen. Jack Reed's seat.

Questioned by one audience member on news about Rep. Patrick Kennedy, Bakst called the congressman a "charming fellow" who's good with human rights issues. But, according to Bakst, Kennedy at times "hides behind aides and prepared statements."

"I hope for [Kennedy's] sake and his constituent's sake that he calms down now, that he has more of an attachment with Rhode Island."

A problem Bakst sees in the current political system is that candidates' messages and viewpoints are often limited to 30-second spots on television which may not help some voters attain an accurate picture.

And finally, despite the current publicity and activity surrounding Providence politics, Bakst contends that the city and state are just seeing the beginning of Plunder Dome.

At the end of almost each mention of political happenings in the state, Bakst would advise, "something to keep to your eye on."

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R.I. Jewish Herald classified ads cost \$3 for 15 words or less. Additional words cost 12 cents each. Payment must be received by Monday at 4 p.m. prior to the Thursday when the ad is scheduled to appear. This newspaper will not, knowingly, accept any advertising for real estate which is in violation of the R.I. Fair Housing Act and Section 804(c) of title VIII of the 1968 Civil Rights Act. Our readers are hereby informed that all dwelling/housing accommodations advertised in this newspaper are available on an equal opportunity basis.

Jewish Host Family Wanted

The Foreign Study League, one of America's most respected international student placement organizations, is looking for a Jewish family willing to host a Jewish student from Brazil for the second half of the school year.

Fifteen-year-old Priscila, an 11th-grader, enjoys gymnastics, dancing and school and is looking for a host family.

For more information, call toll free (877) 256-0971 or contact local coordinator Nancy Franzese at 884-3005.

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The Chabad Women's Chanukah Party



WOMEN CREATE and decorate their own herbal oil blend at the party. Photos courtesy of Chabad of West Bay



TO COMMEMORATE THE MIRACLE of oil, Susan Ribbe-Allaire (herbal oil blender) gave a special workshop teaching the women at the party how to use herbal oil in cooking.

Find Jewish Love For Free in February On-Line

Find love for free in February on-line at <TheJConnection.com>. Starting Feb. 1, all visitors to The J Connection's Meet Your Match site will receive a free membership.

"The J Connection has been struck by cupid's arrow and for the month of February they will do anything at their disposal to help people find love," said Jeff Popkin, founder.

The Meet Your match feature allows people to meet on-line, using cutting-edge technology like the opportunity to view videos of prospective friends and loves. The free membership is for new users to place and view videos, send unlimited emails, and post pictures.

"The site is wonderful," said Shari Lyons, a user who states, "so many generic sites exist online but this one allows you to see what a person is really like by viewing their videos."

The J Connection, located in Massachusetts, offers trips, social events, and activities for students and Jewish professionals in their 20s and 30s. For more information, go to <www.thejconnection.com> and click the meet your match link.

Buy Tulips, Save Lives

AHA's Hearts in Bloom Campaign Now Underway

Hearts in Bloom is a February tradition for tens of thousands of people who look forward to giving and receiving beautiful American Heart Association tulips. This year, the beautiful pink tulips carry with them a very serious message encouraging people to "Be An American HeartSaver." The American Heart Association hopes that in addition to supporting heart and stroke research and education through the proceeds of tulip sales, that everyone will answer a personal call to action to learn cardio pulmonary resuscitation, or CPR.

"CPR, learn it for someone you love, that's our message," notes Nancy Thomas, director of communications, Southern New England, for the American Heart Association. "Odds are that if we are ever called upon to do CPR, it most likely will be for a family member. That's why we're stressing a two-fold gift to your family and loved ones this year — beautiful, life-saving pink tulips, and learning how to save a life by being trained in CPR."

The Heart-to-Heart bouquet has 10 beautiful bright pink tulips and a glass vase, and sells for \$15. The Heart Bouquet, with five tulips and vase sells for \$10, and a single bouquet of

five tulips, wrapped in cellophane, sells for \$7.

Companies and groups may sign up to participate in Hearts in Bloom by calling the American Heart Association at (888) 863-4052. Coordinators will



receive a packet of information to circulate to their friends and employees with the goal of securing orders of tulips by Jan. 26. Then, on Feb. 13, American Heart Association volunteers will deliver the group's order of tulips direct to the coordinator's location.

The goal is to raise more than \$225,000 for research and education and to increase awareness about heart disease and stroke.

Attention Readers

Bridal

2001 ISSUE

WE WANT YOUR WEDDING PHOTOS

THE R.I. JEWISH HERALD IS PUTTING TOGETHER ITS SPECIAL BRIDAL ISSUE SET FOR FEB. 15.

The Herald would like your help and participation by sending in old and new wedding pictures of friends, family members and especially yourself! Send in your pictures with the proper identifications and brief explanations of the wedding story. Old wedding photos accompanied with long-time anniversary pictures are especially welcome. The deadline for submissions is February 7.

Send your submissions to the Rhode Island Jewish Herald
P.O. Box 6063, Providence, R.I. 02940
Phone (401) 724-0200 or fax (401) 726-5820.

Please indicate if you would like your pictures returned. Also include proper contact names, addresses and phone numbers if we have any questions.

Thank you.

New Resource Available on JWA Web Site

The Jewish Women's Archive recently unveiled a new and groundbreaking resource for scholars, researchers and ordinary web surfers: a "virtual archive," available on JWA's Web site at <www.jwa.org>. The Virtual Archive makes it possible for anyone, anywhere, to instantly locate sources documenting the history of Jewish women. Digital versions of a range of archival documents — including letters, personal papers, pictures and other materials — are available for viewing online.

Information and materials on 250 women are included in the Virtual Archive, with plans for continual expansion. Among those included now: Alma Lavenson Wahrhaftig, a photographer and chronicler of the American West of the first half of the 20th century; Barbara Myerhoff, a noted anthropologist who specialized in the importance of cultural rituals and symbols; Justine Wise Polier, the first woman justice in New York state; Ethel Ostry, a Russian immigrant who became one of Canada's leading social workers; Lillian Hellman, one of the 20th century's finest playwrights; and Maud Nathan, a turn-of-the-century suffragist and political activist.

JWA Executive Director Gail Twersky Reimer said, "We hope that by making the rich history of Jewish women readily accessible to students and professional researchers, and indeed to casual users, we can help introduce the world to a part of history that too often goes untold."

The Virtual Archive allows researchers and archivists to locate artifacts in many different formats in repositories across the continent. They can contribute reference information to the archive, enabling constant expansion and updating. Eventually, the Virtual Archive will reference all major archived source material holdings on Jewish women.

Currently, the Virtual Archive database includes 500 archival images, the physical versions of which are held in repositories in the United States and Canada. Because the archive is on-line, it is uniquely searchable in a way no printed version could be. Visitors to the Virtual Archive can access information about a particular woman, organization or collection, or they can search by subject, occupation or genre of primary source material (by oral histories, diaries, personal papers, etc.).