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*On The Cover: Spanish Synagogue
Photo courtesy Jewish Museum of Prague*

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From the Publisher/Editor



Dear JSM Readers,

Planning a vacation is one of my most fun things to do.

Some vacations are as easy as making a reservation at your family's favorite destination. Others require research, a savings plan and a long-term commitment, but create memories that will last a lifetime.

Debbie Rosenthal, with CruiseOne, is planning a fascinating heritage trip to places where Jewish ancestors once thrived in Prague, Germany, Austria, Vienna and Budapest, (page 6).

Avid Lewis and Clark Trail enthusiasts Philippa Newfield and Phillip Gordon, take you on a discovery to lesser-known regions of The Palouse of Idaho and Washington State, an area rich in history, arts and crafts (page 8).

Speaking of the arts, Dixon Gallery and Gardens is offering a once-in-a-lifetime opportunity to view some of the greatest jewelry *maisons* – Boucheron, Cartier, Chaumet and more. *Bijoux parisiens: French Jewelry from Petit Palais, Paris*, will be on exhibit through July 21, 2013, (page 22).

As Jewish Scene expands its coverage throughout the United States and around the world, we hope our stories featuring people, places and events from coast to coast will inspire you, help you and entertain you.

Meet Jeff Jacob, (page 4) a singer/songwriter from Nashville, whose talent and flair for public speaking inspired him to create a music-based team-building business that takes him across the Middle and Deep South and throughout Florida.

Envision the stunts of Adam Exelbierd and Mark Kaplan, who jump through hoops, well actually towards them, to entertain NBA Grizzlies fans during breaks, as members of the Kings of the Court (page 16).

This Health, Body and Soul issue features Sarah Parienti of Emet Institute who teaches others to believe in themselves; and CEO Craig Israel, who shares how his path to physical fitness brought financial fitness to First South Financial. There are running tips from Memphis JCC fitness director Christen Skinner, and tips about learning to live "Suddenly Solo" from South Florida resident, Hal Spielman. Don't forget the recipes on page 16 that are guaranteed to make any veggie-lover drool and meat-eaters inquisitive.

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Thank you and Shalom,

Susan C. Nieman - Publisher/Editor

FROM THE EDITOR



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Jeff Jacob on harmonica with Christine and Jeff Maldonado at Luna Star Café in North Miami.

Jeff Jacob

Collaborating Through Song

By Susan C. Nieman

Singer/songwriter Jeff Jacob has transformed his passion and talent for music making into an interactive team-building business that not only gives him joy, but also makes for more engaged and productive business leaders and employees.

Now on tour with his latest CD, “7 Days,” Jeff divides his time on the road between performing gigs of original music with local musicians, and sharing his skills and knowledge in professional development and leadership.

“It’s been 12 years since my last CD, and I had so many songs that I had written, that it was just time,” said Jeff, who is donating all profits from “7 Days” to charities. “While I have a personal responsibility to promote my CD, I feel strongly about giving back to the community. I use my music as a charitable tool by usually finding a local literacy or animal rescue charity in each city. That group helps promote a gig and reaps the charitable donation from the sales.”

Jeff moved to Nashville in 1997 to become

a songwriter while working for 10 years as a regional marketing director for Borders Books and Music. “At night I wrote music – hoping, like the 10,000 other songwriters who move to Nashville each year, to become a hit writer,” he laughed.

Later, working in marketing for motivational speaker and author Robin Crow, Jeff realized that public speaking could be an effective tool that he could use to combine his love for music and connections with Nashville songwriters, with his passion for helping organizations operate more efficiently and profitably.

“I was already making calls to book Robin for speaking engagements,” explained Jeff. “I started offering my idea for a breakout session as an added value. Now I am returning in 2013 to an Indiana State University conference where I spoke in 2011.”

Jeff’s Write A Song...Build A Team® workshops bring together often-skeptical team players within an organization, who at the end



Jeff prepares for a breakout session

of the day, take crucial every-day circumstances and challenges and turn them into a song that the team has written together.

“Collaboration between lyricists and music writers to make a hit song is not new,” said Jeff. “In the workplace, these interactive sessions help create a culture of listening and amplify the strengths of individuals. It really makes me happy to see how the sessions bring out the most creative ideas.”

The sessions, which range from 90-minutes to three hours, include a short keynote with Jeff explaining how the process works, and a workshop where a group of up to 30 will build a song from the ground up. For larger events Jeff utilizes a team of award-winning Nashville songwriters to co-facilitate.

“I like to say that we build a song at the speed of light,” said Jeff.

Jeff wrote his first song in the 10th grade for his first crush. His songwriting usually begins with the lyrics. “And rushing to my guitar or



A bit of audience participation



Miriam Stern, Jeff and Armando Zuppa

piano as soon as possible to create the music," he said.

In Southeast Florida, Jeff is an "Artist in Residence" with Business for the Arts of Broward where he recently held a Broward Leadership Council training session for community and business leaders.

While in Miami, he teamed with several local musicians to perform at the Luna Star Café in North Miami and at the Broward Performing Arts Center. He then headed to Tampa to play a solo gig on his way back to Nashville.

In Nashville in 2005, Jeff produced a CD to benefit Mogen David Adom (Israel's national emergency medical, disaster, ambulance and blood bank service) and the Nashville Holocaust Memorial building fund.

"I knew that there were a number of Jewish songwriters in the area, but they weren't really working together," said Jeff. "And I had this idea about creating a fund-raising CD but didn't have the money to produce it."

That is when he heard about Congregation Micah, a contemporary Reform Temple in Brentwood, a suburb of Nashville. "I met Rabbi Ken Kanter at Micah who had just received a Jewish Federation grant to hold a Jewish music competition. Together we decided that the winners from that competition would create the CD." Thus was born "Jewish Songwriters of Nashville: Sing Reflections of Judaism."

Jeff currently spends his time traveling between Nashville and Florida performing whenever the opportunity arises, promoting his CD and building better teams. His Write A Song...Build A Team® business has taken him from Nashville to South Florida, Tampa Bay, Philadelphia and Louisville to Muscle Shoals, Alabama, where eight fellow singer-songwriters worked with 300 credit union staff members.

For more information visit www.writeasongbuildateam.com or call 615.974.0225.

Look for upcoming Nashville-based articles by Jeff Jacob coming to Jewish Scene Magazine this summer. For article ideas, please email jeff@jewishscenemagazine.com.



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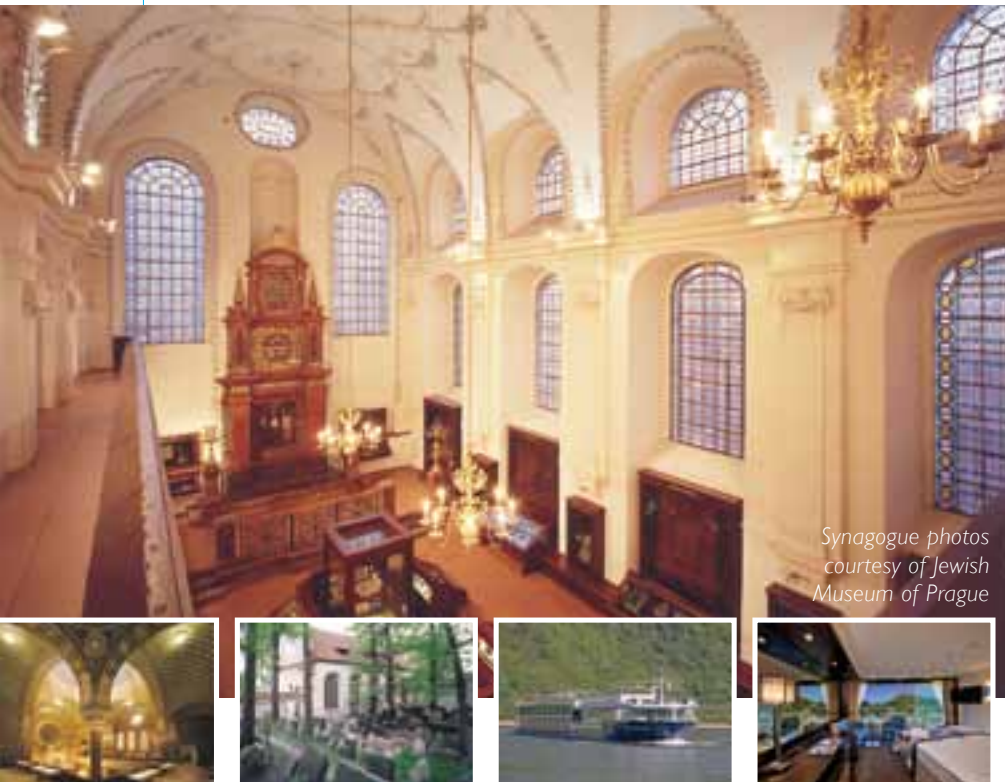
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Synagogue photos
courtesy of Jewish
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Day 4	Prague/Nuremberg (Embarkation)
Day 5	Nuremberg
Day 6	Regensburg
Day 7	Linz-Passau, Germany
Day 8	Dürnstein—Melk
Day 9	Vienna, Austria
Day 10	Vienna/Budapest
Day 11	Budapest (Disembarkation)
Day 12-13	Budapest, Hungary

Visit Budapest's Jewish Museum and the second largest synagogue in the world, Jewish Vienna. Visit Regensburg's Jewish quarter and ancient synagogue excavations beneath Neupfarrplatz (if available).

All meals while onboard Avalon included, complimentary wine, beer, and soft drinks with dinner; shore excursions, and complimentary bottled water and Wi-Fi onboard ship.



Award-winning **Avalon Waterways** is offering this incredible opportunity to see first-hand the historical centers of Eastern European Judaism, sailing the Danube on the *Panorama*. Experience the panoramic views, large and inviting spaces, first-rate food and wines, onboard lecturers and nightly entertainment. Comfort is king, dining both personal and flexible. Avalon cruisers are privy to all-inclusive access to a destination, guided sightseeing with headphones in every port, VIP entry into key destinations and unparalleled cultural immersion and storytelling thanks to highly skilled cruise and tour directors.

Avalon Waterways this year launches its new personalized Avalon Choice program, allowing rivers cruisers to choose from three types of sightseeing tours and where they want to dine.

Panorama suites feature a large seating area adjacent to a **Wall-to-Wall Panoramic Window**. When opened, this 10' x 7' floor-to-ceiling window transforms the entire suite into the category's only **Open-Air Balcony**SM. Enhancements include marble bathrooms, Avalon-branded deluxe

bedding (Comfort Collection by AvalonSM), and the perfect balance of warm interiors and natural lighting that are distinct and unexpected. Each Suite has been thoughtfully designed to enhance the European cruise experience. From bed and bathroom positioning to storage and soundproof insulation, cruisers have a renewed feeling of freedom, space and comfort not found with other cruise lines. Mirroring the onboard cruise experience found on all of **Avalon's** ships, the Suite Ships feature a club, main lounge and dining room with sweeping views, hair salon, Sky Deck fun pool and Open-Air Bistro for outdoor grilled lunches. In addition, the fitness rooms aboard the *Panorama* are more expansive featuring additional equipment and room to renew. **Avalon Waterways** is part of the Globus family of brands.

HURRY! There is limited availability due to this being the only itinerary in 2014 that focuses on Jewish heritage sites. Exclusive CruiseOne offer – Book by June 25 and receive \$550 discount per person. For more information, including pricing and availability, contact Debbie Rosenthal with CruiseOne at 800.278.3005 or 901.682.5600. Visit CruiseOne online at www.cruiseone.com/drosenthal.

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Discover The Palouse

By Philippa Newfield and Phillip Gordon



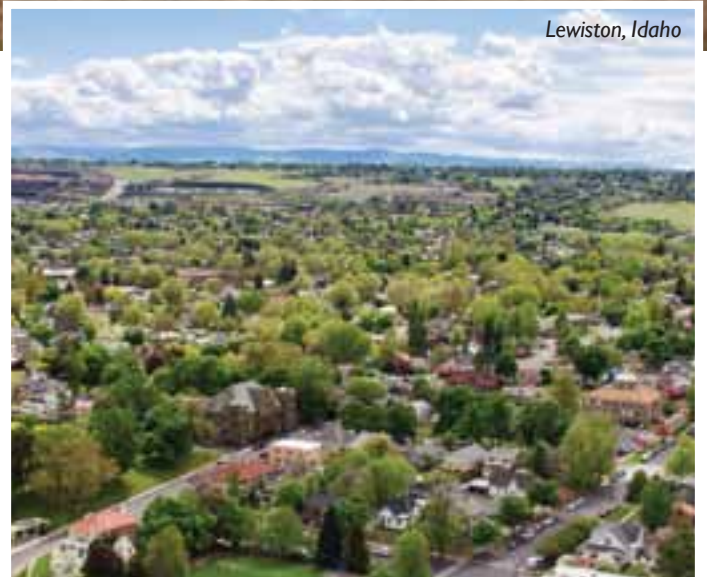
The confluence of the Snake and Clearwater Rivers at Lewiston, ID & Clarkston, WA

Looking for an off-the-beaten-path summer exploration vacation? Then a trek through North Central Idaho and Southeastern Washington could be your next big adventure.

The region, known as the Palouse, boasts a rolling agricultural landscape, rivers, prairies, and mountains along the Lewis and Clark National Historic Trail; talented artists and artisans; charming accommodations and locally owned restaurants. There is even the Jewish Community of the Palouse, which serves Pullman, Washington, and Moscow, Idaho.

Jewish immigrants came to Idaho as early as the 1860s, established businesses and organized synagogues. Robert Grostein, born in Poland, joined the miners flocking to Idaho and opened a store in Lewiston, Idaho. Grostein ran a successful business with his partner and brother-in-law, Abraham Binnard, and also built several public buildings, owned 3,500 acres of farmland, and operated a branch store in Warren, supplied by his 200 pack mules. Grostein's son-in-law, Aaron Kuhn, who had come to Washington Territory in 1884 from Germany, became president of the Spokane & Eastern Trust Company, which was eventually acquired by Seafirst and then Bank of America. The Grostein and Binnard families comprise the Jewish section of Normal Hill Cemetery in Lewiston, the oldest in the city.

Among the most prominent Jewish immigrants in Idaho was Moses Alexander who came to Boise in 1891 and was elected governor in 1914 despite the fact that the number of Jews voting in Idaho at that time did not exceed 250. This is not so surprising, however, as Jewish merchants were highly regarded: their activities were reported in the Boise newspapers as regularly as those of other prominent citizens. In



Lewiston, Idaho

the years since the 19th century wave of Jewish immigration to Idaho, Jews have continued to make their home there. Temple Emanuel was built in Pocatello in 1961. Eli M Oboler described Pocatello Judaism as "Conformoxaho," meaning part Conservative, part Reform, part Orthodox, and a lot Idaho.

The Jewish Community of the Palouse is heir to this historic Jewish presence. The community includes long-time members, interfaith couples and converts, as well as the University of Idaho and Washington State University faculty and students. As Myron Schreck, president of the Community, puts it, "Here on the Palouse, it takes a greater effort and commitment to celebrate our Jewishness...but we can bake knishes, fry latkes and sing Adon Olam with the best of them. Come out and see for yourself." For more information, contact schreck@msn.com or 208.882.0971.



Lewis & Clark Discovery Center
at Hells Gate State Park

Moscow (pronounced MOS-co), home of the University of Idaho, combines the intimacy of a college town with the sophistication of an emerging arts community. The area features a variety of galleries, natural settings and is proud to support local artists, craftsmen and farmers.

Prichard Art Gallery presents a number of regional and national contemporary visual arts shows. As an outreach project of the University of Idaho College of Art and Architecture, proceeds from the gift shop help support exhibits and public education programs. Admission is free. www.uidaho.edu/galleries

1912 Center, housed in a brick high school on the National Register of Historic Places, has been converted into an arts and community center. www.1912center.org

Northwest Showcase features the work of 70 local and regional artists. jfazio@turbonet.com; smokey@smokeybeargifts.com

Art, nature, and sustainability intersect at the **Palouse-Clearwater Environmental Institute (PCEI) Nature Center**. Outdoor sculptures and other artistic features are incorporated into the landscape. Watch the sunset over Moscow from the timber-frame **Artist Studio**, discover PCEI's wetlands, and hunt for animal tracks and mosaics along the accessible paths. info@pcei.org

Moscow Farmers' Market, a Saturday morning tradition since 1977, features local farmers, food artisans, artists, craftspeople and musicians. Next to the Moscow Hotel. www.ci.moscow.id.us/arts/Pages/Farmers-Market.aspx

Restaurants in Moscow are equally interesting and innovative.

Nectar Restaurant and Wine Bar: Nikki and Brett Woodland favor fresh, local, sustainable and organic products and support local farmers, artists and the community. www.moscownectar.com

LocoGrinz: Gayne and Tanya Nitta's casual restaurant serves contemporary Hawaiian cuisine. (Hawaiian: *loco* is a local person, *grinz* is slang for food). www.locogrinz.com

The food scene would not be complete without dessert. Marilyn Lysohir, a ceramic sculptor whose work is on display in the store, combines her favorite memories with new ideas to create **Cowgirl Chocolates**, chocolates with a spicy cowgirl kick. www.cowgirlchocolates.com.

▶▶ Continued on page 10

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Coulter's Creek Winery

►► Continued from page 9

And what would chocolate be without wine? Established in 1983, **Camas Prairie Winery** makes 22 types of wines all of which are crafted from local grapes and fruit. Free tours are available. Owner Jeremy Ritter also offers premium microbrews and more than 90 imported beers in the Tasting Room. www.camasprairiewinery.com

Andriette's Bed, Book & Bicycle, in the historic Fort Russell neighborhood of Moscow, offers two comfortable houses, an extensive library, bicycles and lovely garden spots. www.andriettesblogspot.com

Andy Sewell's Fine Watercolors Studio and Gallery is located four miles north of Viola, Idaho, on Highway 95 just outside Moscow. Subjects include landscapes, wildlife, flowers and country scenes of old barns, trucks, churches and grain elevators. www.finewatercolors.com

Set amid the fertile hills of the Palouse is the region's other college town, Pullman, home of Washington State University (WSU). The Museum of Art WSU offers changing art exhibitions and an array of lectures, musical performances, opening receptions and gallery tours. www.pullmanchamber.com

Nick Pitsilionis, owner/chef of the **Black Cypress**, applies a Mediterranean perspective to regional products and uses locally sourced organic foods grown with sustainable practice. www.theblackcypress.com

Pullman Farmers' Market offers a wide variety of local farm-fresh produce, culinary herbs, eggs, meat, cut flowers and plants and locally sourced artisan breads and baked goods, live music and prepared foods.

Built in 1908, **Hazleton House B&B** is one of the area's oldest farmhouses yet within walking distance of Pullman's attractions. www.hazletonhousebb.com

The **Wesson Bunkhouse and Barn Loft** offer a quiet country getaway at the South

Fork of the Palouse River only one mile from downtown Pullman. www.wessonbarnloft.com

The **Dahmen Barn** in Uniontown, Washington, showcases and sells the work of more than 100 local artists and artisans. Classes, free demonstrations, art exhibits, musical performances and dances. www.ArtisanBarn.org

Lewiston, Idaho, at the confluence of the Snake and Clearwater Rivers, is where Meriwether Lewis and William Clark and the Corps of Discovery camped in 1805 and then again in 1806.

The **Lewis and Clark Discovery Center** overlooking the Snake River in Hells Gate State Park focuses on Lewis and Clark's journey through Idaho. Admission is free.

The **Lewis Clark State College (LCSC) Center for Arts & History**, the largest gallery in northern Idaho, is located in a historic building in downtown Lewiston. Changing exhibits reflect the area's arts, history and culture. Admission is free. www.lcsc.edu/museum



Garry Bush

Garry Bush leads a 90-minute walking **Ghost Tour**, of downtown Lewiston. Highlights include areas unchanged in 100 years and the "spirits" that traveled in the town beneath the sidewalks and worked in the "unmentionable" side of 1930s society. www.idahohistorytours.com

River Quest Excursions runs narrated jet boat trips into Hells Canyon (both day and overnight), the deepest canyon in the United States. www.riverquestexcursions.com

The scenes and colors of the Palouse region are an inspiration for Michael Wendt's pottery at **Wendt Pottery**. Visitors may fashion their own clay pots and receive instruction, materials, glaze and firing. www.wendtpottery.com

The **Moccasin Flats Trading Post** in Lapwai, Idaho, on the Nez Perce Reservation is a few minutes drive from Spaulding, Idaho, and the **Nez Perce Historic Park**. The Trading Post showcases works by many Nez Perce artists and bead workers. moccasinflats@netscape.com

Whiskey Creek Artisans create jewelry from elk ivory, bear claws, antlers and gemstones, and make on-site jewelry repairs in Orofino, ID. www.Facebook.com/WhiskeyCreekArtisans

Traveling east from Orofino, visitors will come to Pierce, Idaho, and **Studio 205 Gallery** on Main Street. Owners, Greg and Diane Gerot, represent a number of Clearwater County's artists including Jennie Armstrong, Chet Billups, Diane Gerot and Ruth Root and feature works in pewter by the Tin Woodsman.

A short distance to the south of Orofino, in the town of Cottonwood, Idaho, chainsaw artists Dennis Sullivan and Frances Conklin run the **Dog Bark Park Inn B & B**, the world's largest beagle-shaped bed and breakfast and **Gift Shop** where wooden sculptures of almost any type of dog (and in almost any size) are for sale and order. www.dogbarkparkinn.com

The **Monastery of St. Gertrude and Inn**, also in Cottonwood, has a Book & Gift Shop featuring work by the Sisters and local artisans and a Historical Museum.

www.historicalmuseumatstgertrude.org
www.InnatStGertrude.com

The grapes of **Colter's Creek Winery** grow in the hills along the Potlatch River near its confluence with the Clearwater in Juliaetta, Idaho. www.coulterscreek.com

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Suddenly Solo?

South Florida Author Shows The Way For Mature Singles

By Rachel Galvin

Hal Spielman found himself suddenly solo when his wife died, so, he turned to what he knew best – research. Cofounder of McCollum Spielman Worldwide, a marketing and research company, Hal planned to use his skills to find out more about solo living for his own benefit, hoping it would help him navigate the waters of singlehood a little easier. Little did he know he would be writing a book that would help others do the same thing.

Published in 2012, his book, co-written by Marc Silbert, “Suddenly Solo: A Lifestyle Road Map for the Mature, Widowed or Divorced Man,” is not only gaining sales, but has even generated a website.

“I never imagined I would write a book like this,” said Spielman, who goes back and forth between his homes in Lake Worth, Florida, and Long Island. “I had written reports and articles in my field and done many speeches, but the idea of writing a book like this never entered my mind. I started thinking about it more than four years ago, after I retired. It has gone completely beyond anything I could have envisioned.”



He added, “[After my wife died], I didn’t know where the checkbook was, but my sister-in-law did. She had helped my wife, who in the last few months was unable to write. I was kind of lost.”

He found he wasn’t alone. From his research, he found that most men leave the planning of household, family and social activities to their wives.

“There was a man who didn’t know where to get his shirts done. All he knew was that he threw them in the laundry and then nice, clean white shirts would reappear in his drawers,” said Spielman. “It is a strange experience to be dependent on another person and then the relationship ceases. It is a learning process, particularly if you get into the social scene, which has changed radically from the last time they were single. It used to be you meet someone in high school or college, and getting married was the only way you were going to have sex. It is a different world. Dating can

be nerve-wracking. Many people have only had one partner their whole life.”

While his 182-page book deals with serious topics, everything from maintaining hygiene and cleaning the house to making new connections, it is told in a light-hearted way.

He found that, contrary to the stereotype, older men do not want to date the young, buxom blonde. They actually prefer a mature partner. If they do, it will be short-lived because they have nothing in common.

He also found there were two big sources of how people met their significant other. He was surprised to find that 22-24 percent of them met online. The other big source was reconnecting with someone from the past. For those going online, he advised not putting up a false front.

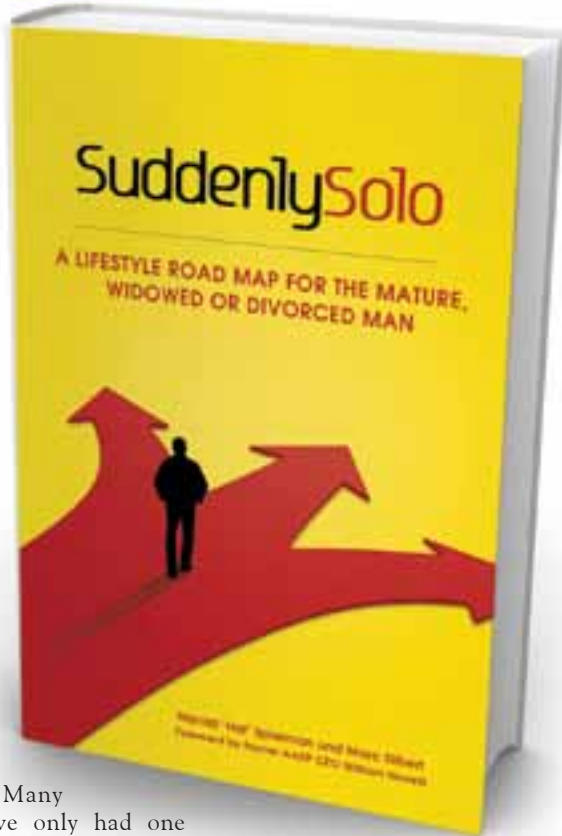
“It is not good to start out with a lie,” he said. “If you put a photo of you 10 years ago, 40 pounds heavier, the other person is going to find out the truth.”

In addition, he suggested meeting in a neutral location until both parties feel comfortable with one another.

“Another question ... on the first date, who pays? We found that 19 percent of women want to go Dutch on the first date. They don’t want any obligation to go on a second date,” he added.

Spielman’s website is an informational portal on everything from movie reviews to the importance of getting a flu shot. To find out more about the book and Spielman, visit www.suddenlysolo.org.

Rachel Galvin has been a professional freelance writer for 15 years in South Florida, Los Angeles and elsewhere working for over 35 publications. From celebrity interviews, fashion and art, to business profiles, school news and restaurant reviews, she has covered it all. She is involved in the film industry, has written a book about the business and also interviews filmmakers on her own online radio show. She loves meeting new people and learning about various industries. Her biggest passion is promoting others and helping others to express themselves to the world.



A Journey to Personal Truth with Sarah Parienti

By Susan C. Nieman

Like the butterflies adorning Emet Institute in Hollywood, Florida, Sarah Parienti has transformed her life and is now passionate about helping others reach their true potential.

"Everyone has the power to heal within themselves," explains Sarah, a certified Kundalini yoga instructor and certification life coach specializing in motivational neurosciences and EFT, (Emotional Freedom Technique).

"At Emet, meaning truth in Hebrew, we guide you through a deep transformation that will allow you to trust your truth and manifest the greatest version of yourself, your Emet," she said.

Sarah takes scientific knowledge – quantum physics, healing sciences and traditional medicine – to bridge the physical being with the spiritual being.

"We all recognize now that everything is energy," said Sarah. "We are energy. Beyond our physical body, we are pure energy. We are definitely more than we can see."

After years of personal struggle, Sarah began searching for the answer to, "Why are some people successful and happy and others are not?" she said. "I found it fascinating, this relationship from the brain to the body."

In 2010 Sarah left everything in Paris to move to the U.S.A. to realize her dream of expanding her skills as a healer at the Barbara Brennan School of Healing. She started to learn English and then, step by step, introduced herself into a beautiful and conscious spiritual community.

Her dream has come true as she creates a house of healing/energy work, love, joy and celebration – Emet Institute. Emet is the manifestation of her deepest desire to live and act from her truth, to celebrate people's truth, and to be in service of the divine.

"The world is in transformation," said Sarah referring to celestial cycles as well as our evolving hectic lifestyle. "We can feel the changes, our lives moving faster, internal panic, fears of the unknown. People feel lost in the world. All of these mental changes create physical damage to our bodies."

At Emet Institute, through yoga, dance, education, group, as well as one-on-one sessions, Sarah teaches students to rid their negative thoughts, this blockage of energy that she believes prevents happiness, and take you from where you are now to where you want to be – your Emet.

There are no mirrors at Emet. "It is not about our appearance but how we express ourselves," explained Sarah. "Through dance and body movement, I encourage people to let go, physically and vocally, of what is bothering them, of what they are feeling, to encourage what is true."

"Emet is a magic place where one will find the origin of their problem, what is happening in their life, and find their clarity, their true potential," said Sarah.

According to Sarah, when you recognize what is holding you back, to dissolve it – then you will be free and ready to fly as a butterfly?



Emet Institute is located at
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Emet Institute is also available for
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GENETIC DISORDERS

Should you be tested?

By Rachel Galvin

If you or your spouse are Jewish, you may have heard about getting tested before thinking about getting pregnant. You may have heard about the high incidence of Tay-Sachs disease. But did you know there are many other types of genetic disorders that are common among Jews?

Bloom's syndrome, Canavan disease, Cystic Fibrosis, Fanoni anemia, Gaucher disease ... the list goes on and on for the high incidence of Ashkenazi Jews with these diseases, as many as 20 to 100 times more frequently than within other groups, according to JewishGenetics.Org.

More prevalent than Tay-Sachs or Gaucher disease is Familial hypercholesterolemia (FH), a common genetic condition that can cause dangerously high levels of cholesterol to accumulate in the blood, increasing the risk of heart disease, stroke and heart attack at an early age, according to Dr. Eran Leitersdorf, dean of the Faculty of Medicine at the Hebrew University of Jerusalem.

He said, "Among Ashkenazi Jews around the world, the incidence of FH is two to five times higher than in the general population."

Dr. James A. Underberg, clinical assistant professor of medicine in the division of General Internal Medicine at NYU Medical School, is a leading specialist in the treatment of this disease. He emphasizes the importance of cholesterol screening at an early age for those at high risk.

Underberg said, "The Prevalence of FH in certain groups ... such as Ashkenazi Jews ... may be as much as 1/100. Given that this is a treatable condition, screening is very important. If a parent has this condition there is a 50 percent chance that their child will have it. This simplest way to screen is a standard blood test called a "Lipid Panel." Any adult with a LDL "bad cholesterol" above 190 should be considered at high likelihood for this condition. Any child, or adolescent with an LDL cholesterol above 160 is also a concern. Family history of high cholesterol or early or "premature" heart disease should prompt screening in all related first-degree family members. Any adults with FH should have their children screened. All children should be screened by ages 9-11, according to recent recommendations by both the National Lipid Association and the National Heart Lung and Blood Institute."

Another troubling occurrence is the high incidence of BRCA mutations among Jews, which can lead to breast or ovarian cancer. According to <http://www.facingourrisk.org>, the website for FORCE (Facing Our Risk of Cancer Empowered), "One in 40 will have the BRCA mutation, with the majority not even knowing they are at risk and that there is a history of cancer in their family."

Why are certain disorders more common among Ashkenazi Jews? One reason could be the Founder Effect, which refers to a phenomenon that occurs when a group of people lives in close proximity for generations. This happened with the Ashkenazi of Poland and Lithuania who moved there together to escape the Crusades and bubonic plague. Their close quarters and intermarrying community led to certain genetic traits being passed on through the generations. Unfortunately, it meant that diseases like these were passed along as well.

What about Sephardic Jews? They have a set of genetic disorders as well. Wolman Disease, Familial Mediterranean Fever, G6PD



Deficiency, Beta thalassemia and Glycogen Storage Disease, Type III are five disorders found in Jews who stem from North Africa, Italy or the Middle East, or who have Persian or Iraqi descent, according to JewishGenetics.Org

The Victor Center has a mission to prevent Jewish genetic diseases through "high quality and accessible education, screening and counseling." This nationwide organization was started in 2002 by Lois Victor, who lost two children to Jewish genetic disease. There are currently Victor Centers in Philadelphia, Boston, Miami and Pittsburgh and community partnerships in Atlanta, Georgia; Birmingham, Alabama; and Dallas, Texas.

Victor said, "There was no genetic screening when I had my daughters; today, there is no reason why any child should be born with these genetic diseases. My vision, through Victor Center, is that all Jews of childbearing age will be tested as a matter of course, that rabbis will counsel young couples on testing before marriage, and that physicians, family members and community leaders will promote testing. With one simple blood test, you can take responsibility for your life. I didn't have that choice."

The Victor Center encourages anyone who has even just one Jewish grandparent to be screened. Carriers of these diseases may be healthy and have no prior family history, but the gene is "autosomal recessive," meaning if both parents are carriers for the same disease, each passes down the gene mutation to the child. One in four Jews is a carrier for at least one of 19 preventable diseases. All it takes is a simple blood test to find out if you are a carrier.

For more information on genetic testing, visit these resources:

<http://www.victorcenters.org/>

<http://www.jewishgenetics.org>

<http://www.facingourrisk.org>

www.FHJourneys.com

www.knowyourlipids.com

Rachel Galvin has been a professional freelance writer for 15 years in South Florida, Los Angeles and elsewhere working for over 35 publications. From celebrity interviews, fashion and art, to business profiles, school news and restaurant reviews, she has covered it all. She is involved in the film industry, has written a book about the business and also interviews filmmakers on her own online radio show. She loves meeting new people and learning about various industries. Her biggest passion is promoting others and helping others to express themselves to the world.



Running Will...

By: Christen Skinner, Fitness Director
Memphis Jewish Community Center

The miracle isn't that I finished. The miracle is that I had the courage to start. – Ann Trason

Running will test you. Running can make you crave new levels. As your feet strike against the pavement and move straight ahead, your mind is free to wander in any direction you choose. Running is something we sometimes hate to do, but love the feeling afterwards.

Running will cause you to commit to a goal. Public accountability can be a good thing when the motivation for doing so is sincere. There will be days when you will be scheduled to run, but think of every excuse not to run. Remembering this commitment, and the other commitments you have made to myself, will keep you motivated to reach your goals.

Running will cause you to finish what you start. Running is life's perfect metaphor to finish what we start. There are some other things that you know will require your attention after you run and you will want to finish those things, too.

Running will give you confidence that will spill over into other parts of your life. You will like how you look and how you fit in your clothes when you are running consistently. This dose of confidence will fill you with a sense of empowerment that will help you push through any wall or over any obstacles placed before you.

Running will be a productive way to deal with stress. Stress, like sweat, begins to seep out of your body and then drips away. Try running to destress today.

Start Running. Start Running at the Memphis Jewish Community Center. Join us on Tuesdays and Thursdays for a thirty minute Run Clinic at 12:15pm.



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6:30 pm

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10 Tips for a Great Run

1. Register for a race as soon as you feel inspired to do so. **June 30, 2013 will be here before you know it!**
2. Find an accountability partner. This can be someone who will run with you or will monitor your personal training plan.
3. Running gets easier. Stick with it.
4. Don't over think it.
5. Find some motivational songs to keep you going.
6. Drink approximately eight glasses of water on the days you are scheduled to run.
7. Pace yourself through your training program. Do not increase your mileage more than 10 percent per week.
8. Do not run at your "race pace" on back-to-back days.
9. If you can't finish a scheduled run, remember this: There is no shame in walking.
10. When running outdoors, run facing traffic and never assume a car sees you.



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Front: Aman Campbell, Mark Kaplan,
Super Grizz, Darius Lee, Jake Turner
Back: Brent Ruffin, Hasaan Rasheed,
Tommy Fridy, Adam Exelbierd



Kings of the Court

By Mark Hayden || Photos By Norman Gilbert Photography

Adam Exelbierd and Mark Kaplan have always been NBA fans. Twelve years ago they became Grizzlies fan, and never imagined that they'd be lucky enough to work for the team.

"I'd always tell my friends at Grizzlies games, 'I can do that,'" Exelbierd said while watching the Elvis-dressed acrobats, Kings of the Court, who perform during select games at FedExForum in Memphis.

A few years later Adam became part of the crew that he always admired. On game day he's busy throwing T-shirts to screaming fans, helping with the on-court activities or dressing up as an Elvis dude. His first step into royalty came when he and team mascot Grizz became basketball buddies at the Memphis Jewish Community Center. When the furry mascot found out that Adam could dunk the basketball without using a trampoline, he invited him over for a tryout.

"Just imagine what you could do with a trampoline," Grizz told him.

After a few months of work, Exelbierd, also an artist and a logistics manager for a local medical supply group, joined the Kings of the Court. He's worked hard perfecting his skills and is now wrapping up his second season with the squad.

"These routines are far from easy; sometimes you just have to try it and have enough confidence in yourself to do it," Exelbierd, son of Allen and Eileen, said of the hair-raising dunks. "In the two years that I've done this, more than 30 people have come to practice to try their hand at it and haven't been successful. So it's not something you walk up and do. It took me a few months to get to the point where I am today."

One of the few successful contestants to try out and make the leap is Mark Kaplan, son of Steve and Sara, who is concluding his first year as a member of the squad.

Skits that defy gravity and routines that include trampoline jumping might make for proud parents, but it creates some anxious moments as well. Practices tend to be tough on the body, and when Kaplan injured his back and head on a missed routine last year, father and son thought it prudent to keep it quiet. "We can't show your mother this video," dad said.

Recovery was quick, though, and Mark performed in all 15 performances this year including their final regular season show in March when the Grizzlies needed overtime to shade the Oklahoma City Thunder by one point. Three days later they played an encore when Memphis outlasted the Boston Celtics in regulation.



Sellout crowds rarely need a reason to get loud, and these nail-biters were no exceptions. The Kings of the Court enjoy those crowds the most, but at the end of the day, their greatest satisfaction still comes from within, explained Kaplan, also a sports-radio producer and personality at Memphis 730 Fox Sports.

"Whether there is one person or 18,000 people in the stands, for that short period of time, it's like we're in our own little world," Exelbierd added. "Obviously, we want to pump up the folks, but the focus is more on executing the dunks and making sure we're at the right place at the right time – and then we turn our attention to the crowd. If the game is on national television it's all the better."

At the end of the third quarter, as Grizz exits the elevator to the Superman theme, the entire crew goes into overdrive. The Claw Crew rushes in with their signs, trampolines and mats so that the Elvis-dressed high-flying dunkers can show off their moves in their allotted 90-second routine.

Their gung-ho spirit creates a fun atmosphere for all. "We are very competitive in practice," Exelbierd said. "We have a version of HORSE where one person makes a dunk and everyone tries to replicate it."

It's easy to see that the group doesn't lack for camaraderie. During warm ups they constantly exchange high-fives and hand slaps. After all it's teamwork. "If someone is not where they are supposed to be at the exact time it alters the routine for everyone," Exelbierd explained. "If you're not in the moment, in the zone, focused on what you've got to do, there are so many things that can go wrong."

Ironically, when the Kings of the Court perform outside FedExForum, time isn't a concern. "When we go to smaller colleges around the South or some high school games we're usually the halftime show and normally have a half hour," said Exelbierd. "We can go anywhere from 5-20 minutes, depending on the energy in the building and how much time they give us."

Exelbierd and Kaplan hope to expand their visibility by performing at civic groups and bar mitzvah events in the near future. "Anything to make the Grizzlies more visible in Memphis," said Exelbierd.

Check out exclusive articles at www.jewishscenemagazine.com

Mark Hayden has been a frustrated athlete almost all his life. If you know of any untold stories out there, let me know. Any comments or suggestions are welcome at marktn58@aol.com.



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PROFILE – CRAIG ESRAEL

CEO FINDS HE CAN BANK ON HIS FITNESS ROUTINE ANYTIME, ANYWHERE

If you've driven down a major street in Memphis, chances are you've seen Dr. Craig Esrael, President and CEO of First South Financial, on a billboard or transit ad. Or maybe you've seen him on TV or in your local paper. The strong, fit man you see in the ads wasn't always that way.

So what started you on the path to physical fitness?

"I was an obese child and young man" says Esrael. "I endured cruel teasing from my school mates and had really no fitness role model in or support from my family. However, by the time I became a teenager, I knew I had to change. I didn't know exactly how to do it, but I knew something had to give or I would be stuck and miserable for the rest of my life."

Esrael started to run, lift weights, to do push-ups and sit-ups, along with watching his diet. He lost 65 lbs. one summer and never looked back.

"Once I started, I knew I couldn't stop. Even though I had to work many jobs in college – I was 100% responsible for all of those expenses – I knew that I had to keep up my rigorous exercise schedule."

So what happened after college?

Esrael started working for First South Financial in 1983 while continuing his education; first a Masters and then a Doctoral degree. This would be very stressful and demanding for any person. Now add to that the fact that the organization wasn't the solid and strong financial institution it is today. It had suffered six straight quarters of losses, was in deep financial trouble and morale was dismal. The company was very close to collapse and insolvency. Had Esrael not developed such strong convictions about working out, both his life and the organization's could have taken a very different turn.

How did you manage to handle the stress of it all?

"I stayed committed to my physical fitness, finding that it was a great way to deal with the pressures of trying to save a struggling company, completing my degree programs and raising a family. I applied my disciplined approach to my personal life and to my organization. I had to make sure that First South Financial cut the unhealthy habits and practices and replaced them with those that would build a foundation for success. It was, in some ways, like the year I committed to a healthy life style all over again. I knew it was not going to be easy, but I also knew that I could do it. This was not beyond me."

His approach paid off. Esrael was able to handle the monumental task of turning First South Financial around while completing his education. The organization was gaining, but he wasn't. He managed to keep fit throughout all the challenges he faced.

Slowly but surely, the organization stabilized and started to grow, allowing things to settle down some for the busy CEO. And the dedication and discipline that started all those many years ago still serves him well today.

How are things now?

First South Financial is one of the strongest and safest financial institutions in the entire country, according to all independent rating agencies. And not only is the organization monetarily fit, but its employees are getting that way as well.

"As the CEO, I have to set the example and watch out for the health of not only the company but also the employees. I share my passion for fitness and balance just as I do my passion for First South Financial" says Esrael.

First South Financial has always encouraged healthy habits among the staff by providing exercise equipment at several locations, ensuring that there are healthy foods at company meetings, encouraging employees to exercise together, and recently adding a yoga class for managers. In the latter part of this year, a company-wide initiative was launched to help all employees develop or deepen healthy habits. It is not uncommon to see tellers doing stretches or wall-sits while other staff members are doing squats or sit-ups. Healthier employees can handle stress better, miss less work, and can reduce insurance premiums for both the company and the staff.



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Wine Myth #4:

Match sweet wine with sweet desserts?

By Gary Burhop

You're supposed to break out Portos and Sauternes with sweet desserts, right? That's what many 'pairing' guides suggest and many of the pundits say, but I've never thought this was a particularly good idea. Sweet wines offer the ability to have interesting contrasts in flavors...salty – sweet, meaty – sweet, strong – sweet and the like. Sweet-sweet can simply be overbearing. Some pairings of dessert with Porto or Sauternes do work well, but the plate should not be overly sugary.

Sauternes are a class of wines produced in the lower reaches of Bordeaux and the Garrone River Valley. It takes a special combination of temperature and humidity to encourage 'Noble Rot' or botrytis to infect the Sauvignon Blanc and Semillon vines. The fungus attacks each berry, shriveling the grape, extracting water while leaving high concentrations of grape sugars. Surprisingly, the fungus imparts no off-flavors to the wine. Botrytis can develop in most vineyards around the world, and many do make classy, botrytised sweet wines, but it is in Sauternes and Barsac where the benchmarks are produced.

I, for one, would much rather have my Sauternes as an aperitif and accompanied by shelled pistachios, fresh bread and sweet butter, or some topping concoction with a hint of cinnamon or clove. The most classic and delicious match is with foie gras enlivened with fig, orange marmalade or a dusting of cacao.

Porto is a protected name for fortified wine in Portugal. The sweetness in the wine is maintained by stopping fermentation at a determined point by adding grape brandy, which in turn raises the alcohol content to 20-21%. Winemakers around the globe use the same process to produce their versions of Port.

Porto and Port pairs well with most any cheese from sharp cheddar, Edam or Gouda to the stronger and stinkier ones. Centuries of British wine drinkers have paired Porto with Stilton, and with good reason.

Personally, I enjoy the interplay of sweet with contrasting flavors much more than with complementary flavors, particularly with sweet wines where adding more sugar just seems to make everything overbearing. There are exceptions, of course. A flourless chocolate cake can be lovely with a glass of Porto or port as it is not too sweet, but chocolatey instead.

In the end, drink what you like and enjoy what pleases you, but continue to try new things. After all, Marilyn Monroe declared that she preferred potato chips with Champagne...and she was on to something.

Gary Burhop owns Great Wines & Spirits located at 6150 Poplar Avenue in Regalia, Memphis, Tenn., 38119 and invites your questions and patronage. Contact him at 901.682.1333 or garyburhop@greatwinememphis.com.



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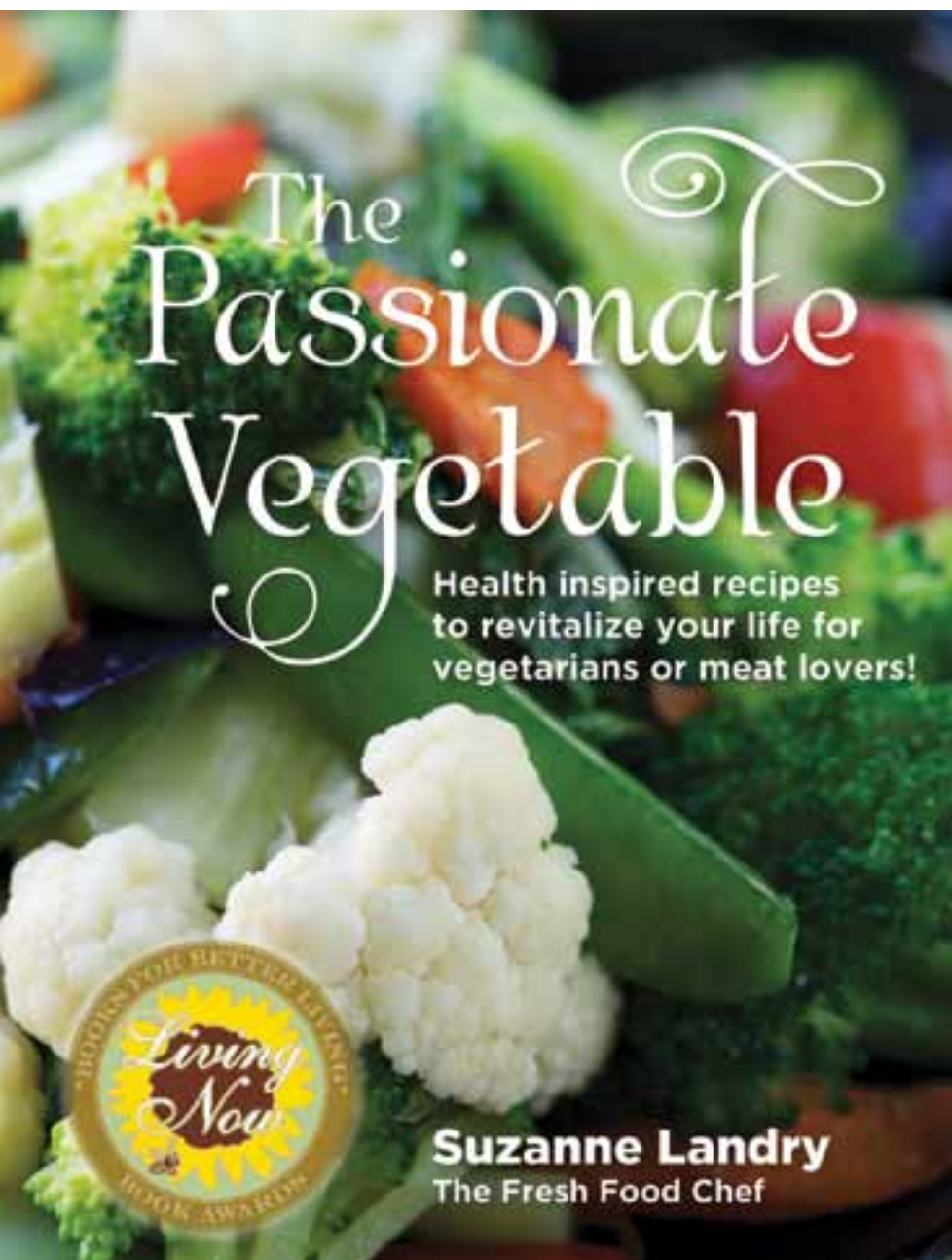


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“THE PASSIONATE VEGETABLE”

Brings Fresh Harvest of Health from the Field to the Table



From the first tender pea shoots in spring to the last brilliant orange pumpkins in autumn, vegetables are the cook's harbinger of the changing seasons. Vegetables are often thought of as side to a main dish. While this is a great way to showcase the garden's gems, one chef is celebrating vegetables in all their starring roles — breakfast, salads, sides and entrees. "The Passionate Vegetable," by fresh food chef and educator, Suzanne Landry, is full of delicious recipes that fit any type of eating style, from vegan and vegetarian, to recipes that include meat.

Having taught natural foods cooking classes for more than 30 years, Suzanne believes in encouraging and educating people to eat more vegetables and high-fiber whole grains and beans and less meat protein. Focusing on the connection between food and healing, Suzanne has created fresh and flavorful dishes that allow home cooks to make the most of seasonal produce from local farmer's markets, stands and gardens, and cook tasty, yet healthy, well-balanced meals.

Suzanne's simple guide to food nutrition suggests healthy vegetarian meals, transition recipes for the meat lover, pantry makeovers and 145 tips and time-saving techniques to make cooking with vegetables fun.

Suzanne's journey of healthy eating began when her father died young from cancer. "My father believed that without good health nothing else in life mattered," she said. "His 17 years of recurring cancer taught him the value of good health. His death, along with my own health challenges and those of my children were the catalyst for my journey to explore the connection between food and healing. I know with absolute certainty that changing our diets from one high in animal protein to one high in fruits, vegetables and whole grains can improve our health."

►► Visit her website at www.suzannelandry.com.

Recipes reprinted with permission • "The Passionate Vegetable" by Suzanne Landry
Health Inspired Publishing • www.HealthInspiredPublishing.com

California Fiesta Quinoa Salad

Absolutely one of the most loved salads by my clients, students, family, and friends!

Ingredients:

- 1 cup quinoa, uncooked
- 2 cups water
- ¼ tsp. sea salt
- ¾ cup tomato, chopped (1 medium tomato)
- ¼ cup celery, chopped (1 stalk)
- ½ cup cucumber, seeded and chopped (1 medium cucumber)
- ½ cup scallions, chopped (4 scallions)
- ½ cup fresh cilantro, cleaned and chopped
- ½ cup fresh or frozen corn, blanched
- ½ cup cooked black beans, rinsed and drained
- ¼ cup black olives, pitted and diced (Kalamata are the best!)

Directions:

Boil 2 cups water and add salt. Thoroughly rinse quinoa in strainer. Place in boiling water, cover, and reduce heat to medium-low. Cook for 20 minutes or until grain is fluffed and water is absorbed. Remove from pot into a large bowl and allow to cool before adding vegetables.

Slice tomatoes into ½-inch slabs and remove most of the seeds. Then cut tomatoes into sticks and crosswise into ½-inch cubes. This will give you evenly sized tomato pieces that won't get mushy if the salad isn't eaten right away.

Cut celery by slicing down the rib in the center of the stalk. If the stalk is large you might want to cut it in thirds. Then cut crosswise into ½-inch pieces.



Dressing:

- ⅓ cup extra-virgin olive oil
- 1 tsp. hot red pepper flakes (or more to taste)
- 2 Tbs. red wine vinegar or ¼ cup lemon juice
- ½ tsp. sea salt

Slice cucumber lengthwise into 4 strips and then remove center seeds. Chop these strips into ½-inch pieces. Remove root ends of scallions and cross chop into ¼-inch pieces. Toss cooled quinoa with all remaining vegetables, beans, and olives.

Mix vinegar, oil, hot pepper flakes, and salt together. Toss lightly with salad. Refrigerate for an hour before serving. This will last 5 days in the refrigerator.

Serving Suggestions: My favorite way of enjoying this as a leftover is in scrambled eggs! Just before the eggs set hard, I add ¼ cup or so of this salad and give it a stir. Very yummy breakfast!

Stuffed Peppers with Beans & Rice

(Serves 4-6)

Ingredients:

- 4 peppers (variety of colors if you wish)
- 1 Tbs. extra virgin olive oil
- ¾ cup onion, chopped finely
- 2 clove garlic minced
- ½ cup green pepper, chopped
- ½ cup corn
- 1 ½ tsp. chili powder
- 1 tsp. oregano
- 1 tsp. sea salt
- 1 ½ cup chopped tomatoes or a (15 oz. can)
- ½ cup precooked red chili beans or pinto beans
- 2 cups precooked brown rice (long or short variety)
- Optional: 6 slices of your favorite cheese

Directions:

Preheat oven to 375 degrees.

Trim ½" off top of peppers and clean out seeds and white membranes. Trim bottoms if necessary so peppers can stand upright, being careful not to cut a hole through the bottom. Place in baking pan cut side down, spray with olive oil (see oil section) or brush with olive oil and bake at 375 degrees for 15 minutes. Cool peppers before stuffing.

In a medium sized frying pan, sauté onion and garlic for 2-3 minutes on medium heat. Add green pepper, corn, chili, oregano and salt. Sauté for an additional 2-3 minutes.



Add tomatoes, precooked beans and simmer for a few minutes until flavors blend. Add precooked rice and mix well.

Stuff each pepper to the top and if you wish add a slice of cheese. Bake uncovered for 15 minutes. If you have more stuffing than you need you can just heat and serve this mixture without peppers!

Bites of Insight: Short-grain brown rice will make sweeter and stickier rice. Long-grain rice is better for pilafs. Either one is good in this recipe. Most whole grains double in volume when they are cooked. So if you want two cups of cooked rice start with one cup of rice and 2 cups of water.

Bijoux parisiens: French Jewelry from the Petit Palais, Paris

By Julie Pierotti, associate curator, Dixon Gallery and Gardens

Paris has long been recognized as a center of innovation in the visual arts and fashion. But what may be less understood is the degree to which these independent disciplines respond to the same sets of social and political concerns, influence one another, and are aesthetically interconnected. More than a showcase of beautiful, even dazzling objects, the exhibition, *Bijoux parisiens: French Jewelry from the Petit Palais, Paris*, sets out to explore this intriguing French intersection, where history, art and fashion meet.

Since the nineteenth century, some of the world's great jewelry *maisons*—Boucheron, Cartier, Chaumet, and Van Cleef & Arpels, to name but a few—have called Paris home. The city has inspired one visionary jewelry designer after another, and produced formidable businesses—onetime storefronts that are now international brands of enduring appeal. These artists and entrepreneurs have executed thousands of designs that are wholly unique objects, but also expressions of the age in which they were made. Their work has established the Place Vendôme and the connecting Rue de la Paix in Paris as a worldwide center for jewelry design.

Bijoux parisiens: French Jewelry from the Petit Palais, Paris, tracks France's continually evolving jewelry aesthetic, from a lavish Baroque sensibility to the Neoclassicism of Napoleon to the sleek designs of the Art Deco period. At once a showcase for the elegance of Paris and a history of French taste, *Bijoux parisiens* tells the story of dozens of talented artists, designers, and entrepreneurs working with the most precious materials on earth to create extraordinary works of art. The exhibition draws from the exceptional holdings of fine jewelry, design drawings, paintings and fashion illustrations at the Petit Palais, Paris, as well as from private collections in Paris, London, and Memphis.

Bijoux parisiens: French Jewelry from
the Petit Palais, Paris will be on exhibit
through July 21, 2013.

Dixon Gallery & Gardens
4339 Park Avenue • Memphis, Tennessee
901.761.5250 • dixon.org

Julie Pierotti is the Associate Curator at Dixon Gallery and Gardens. Julie attended the University of Mississippi and Vanderbilt University. She lives in Memphis with her husband, their 9-month-old daughter, Marie. She comes from a huge Italian Memphis family.



Image: Artist Unknown, Paris Neoclassical Necklace, ca. 1800, Gold and enamel, Inv.: PPO 03786 Achat, 2009



Boucheron

Gas Pipe Necklace, ca. 1945 – 50

Gold, diamonds, and platinum

Petit Palais, Musée des Beaux-Arts de la Ville de Paris, Inv.: PPO 03791, Achat, 2010



Cartier

Pair of Panther Cufflinks, ca. 1930

Gold, onyx, and emeralds

Private Collection

BESHERT: True Stories of Connection

*A Monthly Selection from the book
written by Harry Samuels*



ABALONE

— By Bernard Kivowitz —

Bernie Kivowitz arrived late in San Francisco, California, and decided he would eat abalone, his favorite dish, for dinner. He was staying at a hotel near the airport, but the concierge sent him to a small restaurant in a remote spot of the Bay Area, some distance away, for the treat.

While waiting for his meal, a teenage girl walked by his table. She resembled the daughter of his next-door neighbors of long ago, the Shells, in Roseland, New Jersey. He followed her to her table to determine if his hunch could be correct. When her mother Pat Shell saw him, she gasped.

He thought her reaction peculiar until she explained that someone that very day had called to advise that a former next-door neighbor in Roseland had died. She had assumed it was Bernie.

Harry Samuels is a graduate of Washington University in St. Louis, Missouri, and has devoted many years to volunteerism in Memphis, Tennessee. He and his wife, Flora, have been married for 51 years and are the parents of Martin, William and the late David Samuels. Proceeds from the sale of his books go to charity.

Beshert and Mr. Samuels newest book, *Crossroads: Chance or Destiny?* are available at Booksellers in Laurelwood, Memphis, Amazon.com, Iuniverse.com and the Memphis Jewish Community Center.



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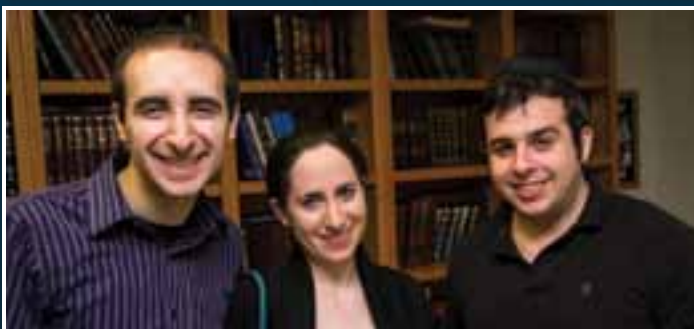
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In April, 60 participants came to the Havdallah/Melave Malka Outreach Event at Young Israel making connections with people of many different backgrounds.



Delegation at the 2013 AIPAC Policy Conference in Washington, DC



MARGOLIN
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1st graders Binny Perl, Hadas Finkelstein and Yaakov Lubetski read the Torah.

7th grader Shoshana Silbermann lights a candle during Yom Hashoah event.



FLOUGH TOWERS



Activities Coordinator, Emma Hobson with JCC kindergarteners celebrating Purim



Maria Futernik, Galina Podobedova, and Anna Bozina with BSSS student painting with watercolors

Memphis Jewish Home & Rehab Gardening





"The Jersey Boys Megillah Shushan Purim" Purimspiel was swingin'



Students at the Barbara K. Lipman Early Learning Center enjoy "The Roots of Black Opera"



"Mr. Balloonatic" visited the Barbara K. Lipman Early Learning Center



The inaugural Purim Costume Ball was a huge hit



Hattiesburg Purim Contest



Mississippi State University Hillel
International Festival





More than 130 people gathered to hear Philanthropist Larry Feldman for the season's fourth Industry Icon program. Feldman shared his journey to success, with lessons from his three-plus decades of distinguished franchise experience as CEO of Subway Development Corporation.

-- photos by Jeffrey Tholl Photography --



Gary Lesser, Larry Feldman, Bob Marton (Gary and Bob Chair the B&P Division)



Craig Novek, Joshua Goldglantz, Jeremy Cohen, Nicole Livadas, Scott Hirsch



Barbara Lane, Rhonda Small, Elise Feldman



Anne Jacobson, Larry Feldman, Kathy Green



Ken Lebersfeld, Ori Zimmerman, Michael Zimmerman

The Jewish Women's Foundation of South Palm Beach County (JWF) and nearly 175 guests celebrated JWF's 10 anniversary, honored their founder Roxane Frechie Lipton and announced their 2013 grants recipients totaling \$121,060. View the 2013 list of grantees at www.jewishscenemagazine.com.



Beth Mishkin, Chef Michelle Bernstein, Dale Pratt, Marlene Silver, Jeanne Fibus



Michael & Roxane Lipton, Larry Phillips, Ellen Sarnoff



Jewish Federation of Palm Beach County Celebrates “Israel@65” with a community-wide event at the Palm Beach County Convention Center drawing more than 2,000 supporters and dignitaries.



David Phillips, Federation CEO, and Rabbi Yaron Kapitulnik of Temple Judea in Palm Beach Gardens



Sheryl and Tommy Davidoff, chair of Federation's Partnership 2Gether



Alice Kemper, Cindy Orbach Nimhauser, Janice Obuchowski



Mara Reuben, Mady Friedman, Chef Michelle Bernstein, Linda Brodie, Roxane Lipton

Upcoming Issues

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Back To School / Discover Hollywood, Florida


September/October

Senior Living

November/December

Tikkun Olam / Tzedakah / Hot Hanukah Finds

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