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# Rhode Island Jewish HERALD

**Health &  
Fitness**  
(Inside)

The Only English-Jewish Weekly in Rhode Island and Southeastern Massachusetts

VOLUME LXXVIII, NUMBER 25

IYAR 10, 5752 / THURSDAY, MAY 14, 1992

35¢ PER COPY

## LA Jews, Spared By Rioting, Rebuild Ravaged City

In the past week the Rhode Island Jewish Herald has received several press releases from major Jewish organizations regarding the Rodney King verdict. B'nai B'rith, Union of American Hebrew Congregations, The Rabbinical Council of America and AJCongress all sent statements on the verdict. Some thought the ruling appalling, some denounced the violence that the verdict brought, and another thought that police brutality should be litigated by the federal government citing the inadequacies of the "criminal prosecution as a means of deterring police brutality. One thing is certain, based on these releases, the Jews from across the nation feel relief efforts take priority now.

by Tom Tugend

LOS ANGELES (JTA) — The Jewish community here is pitching in to rebuild a city ravaged two weeks ago by 60 hours of arson, looting and murder.

On Sunday morning, May 3, 70 members of Temple Israel of Hollywood drove past torched buildings, smashed storefronts and armed National Guard soldiers to the Messiah Baptist Church, to

deliver truckloads of clothing and food to the black congregations and to join it in an emotional solidarity service.

At the same time, another 70 Temple Israel volunteers were wielding shovels and brooms to clean up the rubble along Hollywood Boulevard.

Similar efforts were under way by half a dozen mainly Reform synagogues in a hastily organized and almost instinctive response to the suffering caused by the week's unrest, which was triggered by the April 29 acquittal of four white police officers in the beating of black motorist Rodney King.

Mazon, a private Jewish agency dedicated to fighting hunger, contributed \$10,000 to the relief effort and was designated as the Jewish community's coordinator for feeding the homeless and hungry.

At the same time, philanthropist Mickey Weiss said that his longstanding charitable distribution facility at the city's wholesale produce market was starting to drop off fresh fruits and vegetables at five large black churches. He expects to provide 1.5 million pounds of free produce by the end of the month.

Mazon has put in a rush order for 20,000 plastic food bags, inscribed "Donated By The Los Angeles Jewish Community."

The plan for aiding the black, as well as Hispanic and Korean communities was put together recently at an emergency meeting of the city's Jewish organizations, institutions and synagogues, and is being coordinated by the Jewish Federation Council's Community Relations Committee.

Meanwhile, the Orthodox Union West Coast Region confirmed that it had appealed to the authorities for protection during the rioting recently.

"We contacted the (Los Angeles Police Department) Operations West Bureau and Valley Bureau to inform them of our need for additional police protection over the course of Shabbat," the Orthodox Union reported in a memo to area rabbis and congregational leaders.

Like their fellow citizens, the 600,000 Jews of metropolitan Los Angeles are still struggling to make sense of a string of events that turned a city they

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## URI Hillel Facing Cutbacks

"These are major cutbacks that could in all actuality close down Hillel," said Rina Skye Wolfgang, Director of the University of Rhode Island chapter of Hillel.

At the Annual Meeting of its Board of Trustees and Student Board on Sunday, May 3, Wolfgang reported that Hillel is confronted with serious financial problems, due to the financial crisis facing the National B'nai B'rith Hillel Foundation.

Hillel depends on National Hillel for one-third of its budget, Federation for another third, and receives the remaining third from fees, donations, and student activities.

According to Wolfgang, there is a strong possibility that National Hillel will be forced to withdraw up to 100% of URI Hillel's financial backing within the next year, due to the financial cuts it has faced from B'nai B'rith International. Meanwhile, the Federation has been forced to cut the Hillel budget 5% for the last two consecutive years, and is expecting this pattern to continue.

Therefore, Mrs. Wolfgang reported, "It is imperative that we get the message out to the friends of URI Hillel and get their help in facing this impending crisis.

"Point A is that we're facing these cutbacks," Wolfgang said. "Point B is how much the Jewish population at URI has grown. Most people in the state see us in the old form, not as this vibrant Jewish community."

Dr. Carothers, president of URI, gave the University's full support of the Hillel program, and a complete commitment to see it continue at URI. Carothers reported that the Jewish population at URI is now up to 20%, which makes the need for a Jewish presence on campus even that much more crucial.

Dr. Carothers stated that Hillel will be a designate of the Centennial Campaign, which will begin in the fall. This will give donors the opportunity to designate part or all of their donation to support Hillel at the University.

Carothers also committed the University to donating much needed computer equipment to Hillel, to help it in its soliciting of funds.

At the meeting, the new officers of the student board and the Board of Trustees were installed and the annual awards presented by the student board were given.

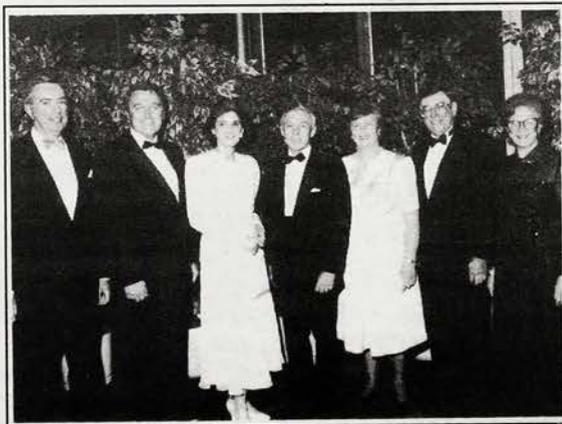
## Fighting Resurgent Racism

by Kathy Cohen  
Herald Associate Editor

Marking the 40th anniversary of the National Council of Christians and Jews (NCCJ) in Rhode Island and southeastern New England, NCCJ National President Gillian Martin Sorensen, NCCJ honorees and about 700 patrons gathered for dinner last Thursday, May 7, at the Venus de Milo restaurant in Swansea to discuss how the now "thriving" NCCJ can help combat the "resurgent racism" so explicit in America since the Rodney King verdict in California.

The next morning Sorensen gave a press conference at the Marriott Hotel, Providence. It's interesting to note that the only newspapers represented at the conference were two Jewish newspapers and *The Times* (the *Journal* was at the dinner).

According to Sorensen, NCCJ president of one-and-a-half years, there's a great deal of racism and bigotry across the



The NCCJ dinner included (l to r) David Duffy, RI Southeastern New England Regional NCCJ chair; Robert L. McCabe, Award Dinner chair; Gillian Sorensen, NCCJ National President; George Graboys of Barrington, honoree and chair/CEO of Citizens Bank; Eleanor M. McMahon of Pawtucket, honoree and Distinguished Visiting Professor of the A. Alfred Taubman Center for Public Policy and American Institutions of Brown University; Charlotte Penn, RI Southeastern New England Regional NCCJ Executive Director; Charles A. Goss of Cumberland, honoree, chair/CEO of Valley Resources Inc. The three honorees were recipients of the Brotherhood Award.

country, and there are a number of connecting reasons.

"Economics is one, which means shortage of jobs and housing. Demographics is another; there are fundamental changes in the makeup of our society; new ethnic groups coming in and new immigrant groups coming in with people whose culture, languages and background is very different from ours."

Not only are Europeans coming to America, but this country is absorbing Lebanese, Cambodians, Hispanics and Asians among others.

Lack of faith is, according to Sorensen, the third reason that causes hatred to run rampant. "There are so many young people who have no connection with any religion. Who therefore get no moral grounding, no moral compass and who literally function in a vacuum in that sense..."

Sorensen believes that secular humanism does offer some basic moral strengths, standards and values and in some

ways it may help, but "utterly and totally secular [humanism] without any connection to [religious] values, leaves people adrift. And although "Sunday school or religious class may seem like an old fashioned thing, it did give us a point of reference."

Another problem is that people who lack an education of American history "have no knowledge of the struggle for dignity, for opportunity that went on before them. So, again, they are in a historical vacuum and without knowing history, they repeat it, they don't have role models, they don't understand the constructive ways of working together to change things. Martin Luther King pointed out once that lack of history is really a failure of education."

Sorensen also bemoans the lack of adequate role models who feel genuine empathy with minority peoples. Role models who are "attentive,

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# FOCUS

## Racism

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sensitive, realistic" and aware of the day-to-day and long-term problems that fall on more than 20 million Americans.

The final cause Sorensen attributes to sparking the recent violent events, and which Sorensen addresses at NCCJ training programs, is the need for a "sense of personal responsibility for every single individual person whether it's a ten-year-old boy or an adult. And I think it is not a racial or religious issue, it is fact that each person has to make their own effort."

### "...The Conference can play a role..."

But Sorensen feels it takes a coordinated group effort. "The government can not do it all, but neither can an individual with no money, with no assets, with no police... And that is where the Conference can play a role. Because if those forces

come together at will, that collective intelligence, we can provide the common grounds and views and faiths to join to make common cause, to understand each other and cooperate with each other."

The solutions Sorensen offers are first, to acknowledge that racism and bigotry are real, and second, to work in collective actions.

"There is certainly a need for what we do that is human relations, finding the common ground connecting these different groups in various ways. But there is also a need for social, political and economic action that can literally build buildings and clear streets and attack the fundamental conditions that are so devastating."

Sorensen addresses the possibility that, leaders who never experienced poverty, homelessness, unemployment and who have, in the past, organized "solutions" were the ones who actually should have listened, instead to the problems, then sought the solutions

through the people involved on a day-to-day basis.

"Listening is important and if it is designed from above, so to speak, by people who have no direct knowledge or experience with [poverty], it's likely not to work. I regret it took a while for the President of the United States to pay attention to these conditions."

When asked about the specific programs that the NCCJ offers to fight racial tensions, Sorensen explains, "There are a good many. That's what we do all the time. Whether it's leadership training programs with teenagers or what we refer to as the Green Circle program that teaches about diversity and differences in our elementary program, or here in Providence, a very interesting and effective program that's called the Heritage Panel where people learn more and understand more deeply the backgrounds and the heritage that many different groups bring with them. And we do some work with clergy groups, seminars, lay people, in churches and synagogues of all faiths including the Muslim faith."

### "...We plan to have a session on police/community relations..."

There is a need, according to Sorensen, to work with police to help combat "payback," a customary procedure whereby the police physically take their

anger out on a problem suspect who may have resisted arrest. She explains the inadequacies of some police departments' internal community relations training programs.

"Going back to the 60's, mid-70's, the police departments got absorbed into their own sensitivity training, got funding for it and removed [the responsibility] from our domain. Clearly they haven't really done the job. As we see it now there's a bit of multicultural training, but there's no continuing oversight and monitoring and restraining. At this moment we are working with police to see whether there is a role for the National Conference."

"When we have our staff conference this summer, we plan to have a session on police/community relations and to encourage our people to work within their communities."

According to Sorensen racism has always been around, even in Rhode Island. "We see it now. More of the language that was unacceptable in years past seems to be acceptable now. Racist language and racist views from

very decent leaders who have learned to send essentially racial messages in a kind of code. Even Klan members know now that when they cut their hair and put on a suit and tie, they can move into places among groups that would not have accepted them before."

The code language to watch for, says Sorensen, is the placing of blame on certain groups, placing guilt in certain areas and the unwillingness to acknowledge that all of us are equal no matter what stereotype we may fit.

Due to the riots across the nation, the NCCJ has not had to promote interests in eliminating bias and bigotry, but they "have been working hard to raise the profile of the NCCJ. [Although] it took the confrontation in Los Angeles to draw national attention, to get all the national news magazines to put it on their covers...I welcome the attention that it has spawned and I hope in the news business that this will not be the flavor of the week, a passing fad that is dropped, because it's an ongoing issue. It will not be solved over night. We need your help in order to move the American public."

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## Jews Rebuild L.A.

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thought of as a model of multi-ethnic harmony to one likened by some to Beirut.

Close to 100 leaders of Jewish organizations and institutions gathered recently in an emergency meeting to exchange information and chart the Jewish community's response.

They did what the community does best, which was to put together an immediate action project to get large quantities of food to the people suffering in the riot area and to give the aid a visible Jewish presence and imprint.

Speakers also urged an outreach program to the 300,000-strong Korean community, which was hit hard during the riots.

The Jewish leaders recognize that the economic and psychological root causes of the civil strife will have to be addressed after the immediate crisis is over.

Amid the grim statistics, the Jewish community could heave a silent sigh of relief that its own losses, in lives and property, were relatively minor.

Since the 1965 Watts riots, when Jewish-run markets, liquor stores and small shops were among the major targets of the mob's fury, Jewish business people had abandoned stores in the black inner city and had been replaced by Korean immigrants, who bore the brunt of the recent attacks.

Although the gangs of arsonists, looters and killers leapfrogged ethnic boundaries to strike across the sprawling city, the main Jewish enclaves on the West Side, Beverly Hills and the southern part of the San Fernando Valley were largely spared.

In the Fairfax district, once almost entirely Jewish but now

becoming ethnically mixed, several incidents of looting and arson were reported.

But the landmark Canter's Deli stayed open at night despite the curfew, providing hot pastrami sandwiches for Jewish and black customers.

Yet there were losses in life and property.

Howard Epstein, a 45-year-old businessman and father of two small children, flew in from his home in northern California to see what was happening to his machine shop in South Los Angeles.

While on the way to his shop in a rented car, he was shot and killed by three men, who afterward ransacked his vehicle and took his personal belongings.

No figures are available on the destruction of the still-substantial absentee holdings by Jews in property and buildings in South Los Angeles.

Among them, an \$11 million printing plant was burned to the ground, as was a shopping center, some smaller businesses and some outlets of national chains.

Stores next to the Jewish Community Building were vandalized, and a passing woman was shot at from a car in front of the building on April 30. All Jewish schools and agencies were closed Friday, May 1.

Yet, there was general agreement that Jewish targets were not singled out and that anti-Semitism was not a noticeable factor during the rampage. At black churches and protest rallies at college campuses, Jewish spokespersons were warmly received and applauded.

An exception was a claim by a black probation officer on the ABC News program "Night-

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# FEATURE

## Women In The Rabbinate: Beyond Egalitarianism

by Rifka Rosenwein  
(Second Of Three Parts)  
**Feminist Slant**

"I was a student here before women were ordained. It's (now) a different college altogether," says Professor Lawrence Hoffman, who has taught at HUC in New York for 18 years. "When women first came, we thought we'd just do what we always did, but do it with women in the room. But with women came the feminist critique . . . Now we've gotten to where we're thinking about things so differently."

Prof. Hoffman was involved in the creation of a new Reform prayerbook that is not only gender neutral with regard to people, but also tries to foster gender-inclusive images of G-d and make reference to the foremothers as well as the forefathers of Judaism.

"All of this is directly attributable to women in classrooms and old-time teachers like myself being exposed to them," says Prof. Hoffman. "Education now becomes more than just statements of fact. Women have taught us that how we see truth is a reflection of how we were raised."

In the Conservative movement, the bitter and divisive debate that led to the ordination of women in the 1980s also led to broad changes at JTS, in its curriculum and in its relationship with the laity.

Rabbi Gordon Tucker, outgoing dean of the Seminary's rabbinical school, says that in seeking to be more responsive to the needs of the community, the school's curriculum was revamped four years ago to include more of an emphasis on pastoral work, to focus more on texts that deal with family issues and to develop in small seminars the definition of a Conservative religious identity.

As a result of the debate over ordaining women, "I think the Seminary is a fresher, more revitalized place than it used to be; there's more of a focus on the rabbinical school no longer being just a graduate school. There's a realization that we're serving a constituency," says Rabbi Tucker.

"It's not just a study of texts, (though) that's still our bread and butter. (G-d) is being discussed more."

### Faculty Shortage

A variety of student groups have sprung up in the past year or two at both HUC and JTS to deal with some of the challenges posed by having women rabbis. They include discussion groups for women, a group for men to help them deal with Jewish feminism, and groups pushing for changes in the way women are discussed in class.

"We're just starting to define ourselves as women rabbis," says Karen Reiss, head of a women's group at JTS. "Students are trying to create the groundwork, a foundation, so

there is a place to turn to for every issue . . . We're trying to create a network," she says.

Many of those interviewed - including the deans of the schools - bemoan the lack of women faculty at all three rabbinical schools. There is one full-time female professor at each of HUC's three campuses; eight at JTS, though five of those teach Hebrew, which the school does not consider an academic subject; and three at RRC.

Sherri Blumberg, the lone woman on the HUC faculty in New York, says her female students in particular clearly appreciate her presence there. "At the beginning, I was an adviser to both men and women. Then, more women asked for me," says Prof. Blumberg, who teaches the education course. "A lot of women wanted someone to talk to. They don't always feel comfortable talking to men about relationship issues, or about when a congregation asks them about pregnancy or sexuality."

JTS offered a course last summer on Jewish feminist thought, given by Professor Tikva Frymer-Kemsky. Yosef Abramowitz, one of only three men in a class of 28, describes it as "one of the most invigorating classes ever. Judaism is stale today and here I saw life."

Prof. Frymer-Kemsky, who also teaches at RRC, says she hopes this kind of course will become part of the regular curriculum and not "marginalized in the summer." Her course on women in the Bible is scheduled to become part of RRC's curriculum next fall.

### New Writings

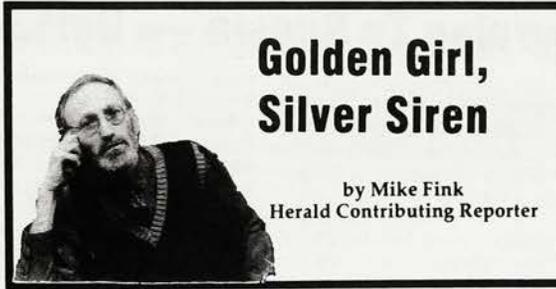
In the schools and in their pulpits, women in all three movements are currently engaged in writing new works of liturgy and new midrashim (allegorical interpretations of the Bible) to shed new light on ancient texts; others are reclaiming the lost traditions of their mothers. Rabbi Nina Cardin, director of research and institutional grants at JTS, recently completed a translation of an 18th century Italian prayerbook for women. *Out of the Depths I Call to You: Prayers for the Married Woman* (Jason Aronson, publisher) includes prayers that a woman can recite before going to the ritual bath, upon finding out she is pregnant, and upon delivery of a child.

"Women, out of their experience of exclusion in Judaism, know the power of texts," says Rabbi Tucker.

They bring this experience of exclusion to the pulpit, as well. Many of those interviewed point to today's rabbis as a new breed - more inclusive, more informal, more accessible than their predecessors.

It is a more "feminine" rabbi, they say, shaped by the forces of the 1960s, the

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## Golden Girl, Silver Siren

by Mike Fink  
Herald Contributing Reporter

I was typing my story at poolside among parrots and hummingbirds, at the seaside hotel in Barbados. I had flown down to the Guyanas and the Caribbean islands in search of Sephardic synagogues and also scarlet ibises, a culture, and a species of bird both rare, nearly forgotten, now secluded and secret. A lively lady watched me working away at a noisy old-fashioned typewriter and asked to see my pages.

This cheerful person said all the right things about my travel story. I was teaching at Swain School of Design in New Bedford and trying to publish a textbook. She was an actress pushing to get a big role - as the mother in Harvey Firestone's "Torch Song Trilogy." We were both living in hope. The two of us had a knack of drawing people together. When that tropical sun went down and the moon came up, we had formed a nice little group of carousers, including the hotel help. We hit the nightspots and drank fancy daiquiris till the next day's sun peeked over the purple sea. The island itself, like a Gan Eden, seemed to bring all peoples together in peace and harmony.

We all exchanged postcards for some seasons after our Barbadian blast. That eager and energetic Long Island bombshell, she called me en route to the Cape at my home and said she and her family wanted to get together for a reunion rendezvous. The Gittleasons - that was their name then - met me at the old Crawshaw's Diner at the Red Bridge between Waterman Street and Waterman Avenue.

Estelle was all excited. She got the lead part in the Broadway play and told me, "I don't know where I'm going, but I

know I have a brilliant future. Maybe you'll write a play for me one day."

I lost track of Estelle Gittleson and I can't put my hands on her letters. I went my own way among my familiar people and places. I still see her though, in my own house, on my TV. She turned into Estelle Getty of "The Golden Girls." My kids laughed at her pistol-packing ways in the film "Stop or My Mom Will Shoot." They thought I was putting them on when I told them she had been my chum.

By now I bet that silver siren "Sophia" has forgotten who I am. I could have hitched my wagon to her star. But I can still be found sitting by a hotel pool - the Providence Marriott - and I still batter away at some old typewriter trying to pull my thoughts and images together. I still seek my egrets and my shuls.

*Golden Girls concluded its long and very funny run on Saturday, May 9.*

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# OPINIONS

## Jews Are Returning To Russia — Not!

by Rep. Lawrence J. Smith

In the closing days of the loan guarantee debate, the return of Soviet Jewish *olim* (immigrants) to Russia became an object of contention. The usual gang of Israel-bashers portrayed this reverse migration (and declining immigration to Israel) as proof of the failure of Zionism, the unattractiveness of Israel, and the ultimate cost of the settlement policy. But the truth is more complex.

Several thousand recent *olim* indeed have gone back to the former USSR. But those who are actually returning to reestablish permanent residence is small — a few hundred. Most are returning only temporarily to Russia and the republics. The vast majority of the 400,000 Jews who've left the former USSR are building new lives in Israel.

Demographics tell the story: Many of those who have gone back are young men seeking temporary work in order to raise cash to ease their absorption in Israel. Others are fledgling businessmen, who are returning to pursue business

and export-import opportunities in Russia's new capitalist environment. The proof is seen in the small number of families that have returned to the former USSR.

A number of former Soviet Jews are going back in order to claim property that they believe may soon be privatized and thus, convertible into cash. Similarly, many Jews are delaying their departure because regulations governing the privatization and resale of apartments are about to be issued in Russia. Mindful of economic conditions in Israel — conditions exacerbated by the Bush Administration's renunciation of its commitment to assist with immigrant absorption — these would-be immigrants hope that by waiting, they can acquire assets to ease the absorption process.

Ethnic background often determines who goes back to Russia. It is estimated that from five to twenty percent of new *olim* are non-Jews who were married to Jews or had family ties to Jews. It would not be surprising if some decided that life in the in-

tensely Jewish environment of Israel was too much.

This is particularly true for Russian Orthodox Christians who want to experience firsthand the reawakening of Orthodoxy in Russia. (Nonetheless, Russian Orthodox churches in Israel are flourishing as never before. Most Christian *olim* have decided that they can have their religious identity in Israel, and a better lifestyle as well.)

Many of the returnees are doing precisely what past immigrants to Israel — and the U.S. — have done: immigrating in stages. Trips back to the "motherland" have always been a part of the immigration process, and for the same commercial and personal reasons we are witnessing today. People return to take care of relatives, to do business, to deal with a bureaucracy that will

not let go, to recharge their spiritual batteries, to simply be in familiar surroundings.

From the time of Peter the Great, observers remarked on how Russians — Jewish or otherwise — experienced acute pains of separation when away from their homeland. Seven decades of Communism did not affect this cultural attachment.

Moreover, immigration is never successful for everyone. It has been estimated that a quarter, perhaps even a third of the immigrants who came to the United States between 1881 and 1924 ultimately returned to Europe or went elsewhere. Lulled by the romanticized memory of Ellis Island, we often forget that the image of the greenhorn who wanted to go home was ubiquitous during the great immigration wave a century ago.

Finally, it should be re-

membered that the Jews who have come to Israel since 1989 are far less religious and Zionist than their predecessors who came a decade ago. Nonetheless, recent Israeli polls show that 80% of recent immigrants believe that coming to Israel was the right thing to do and would do it again. Most of the remaining 20% say they would have preferred to have gone to another country. Few say that they preferred life in the former Soviet Union.

President Bush has successfully made absorption assistance a hostage to his obsession with settlements. Israel and its citizens will learn to live with that profoundly wrong decision. But even without America's promised aid, these newest Israelis aren't going anywhere. They've come home.

## Anti-Semitism — A Vexing Dilemma

by Ray Eichenbaum

Students of history dealing with the Holocaust period would probably agree that the main causes of this catastrophe were Anti-Semitism and picking on a helpless scapegoat for political exploitation.

Since a constant debate seems to be taking place at the campuses of American colleges and universities about the forms and relevance of present day Anti-Semitism, as a Holocaust survivor and a primary victim of the harsh whip of this ancient scourge, I would like to voice my personal views on this subject.

Firstly, I would like to emphasize to the younger American reader that Anti-Semitism is not a passing fad, or a temporary, ever changing happening. It is already thousands of years old, and it will probably be with us for quite a while yet. It is not like hoola hoops or wide lapels on men's jackets. We can have hopes for diminishing it or making it less pernicious, but the idea of eradicating it completely seems, to me at least, to be a bit naive. For even when the obvious, outward, victriolic signs of Anti-Semitism become less visible all around the globe (and this might also be debatable), the more vicious kind — latent Anti-Semitism — remains imbedded in great numbers of people. This kind

of hatred can only be eliminated by patient education and coexistence of all races, creeds and religions. Only then will this kind of Anti-Semitism begin to recede from generation to generation. Moreover, we have to be very careful of the forms that Anti-Semitism takes and "in what clothes it is dressed" in the present times in the U.S.A.

Especially disturbing to me is the Anti-Israel sentiment now prevalent on the American campus scene and the ones starting to resurface in the halls of Congress. And particularly aggravating are the opinions and the mouthing off of young Jews who mimic the official politically correct (PC) line so popular in the institutes of higher learning in our country. The voices of these Jews are the voices of the inexperienced, whose affluent lives were hardly touched by the lasting plague of Jew hating. Little do these oafs know that the same anti-Israel voicing "lamb" are actually the ever dangerous "wolves" espousing the dogmas of ever present Anti-Semitism.

As a Holocaust survivor with a fairly modernistic and mild point of view on this subject, I would like to warn the young Jewish people on the campuses that following the PC line will only bring them chagrin, disappointment, and

great unhappiness. Recent history, particularly the experiences of the modern, seemingly emancipated German Jewry, teaches us time and time again that "turning the other cheek" and appeasement bring on great punishment and sacrifices in the end. As long as the state of Israel is led by people of conscience and high moral standards, the "poor," great masses of millions and millions of "oppressed" Arabs in the vast, neighboring lands bordering on Israel, have nothing to fear from the small Jewish state. Let them "turn the other cheek" this time, and they might be surprised how beneficial this might be for their well-being.

And above all, young Jews, stand up for Israel, this bastion of democracy amidst the "dark" Middle East, because we finally have a state which will speak for us, and also defend us in need.

As my dear, recently departed friend, Dr. Irving Kaplan of Cranston, whom I loved, and whom I shall miss very much, would say, "Any Jewish cause in this world is my cause as well." In the face of virulent, or latent, Anti-Semitism, we Jews have to "circle the wagons" and stand united to face this faceless, mortal enemy. Let Irving Kaplan's statement be a motto to be followed by young and old Jews alike...

### Rhode Island Jewish Herald SUBMISSIONS POLICY

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RI Jewish Herald  
P.O. Box 6063  
Providence, RI 02940



Or fax to:  
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### RHODE ISLAND JEWISH HERALD

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

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Herald Way, off Webster Street  
Pawtucket, RI 02861  
OFFICE:  
1175 Warren Avenue  
East Providence, RI 02914

Second class postage paid at Providence, Rhode Island. Postmaster, send address changes to the R.I. Jewish Herald, P.O. Box 6063, Providence, RI 02940-6063.

Subscription Rates: Thirty-five cents per copy. By mail \$10.00 per annum, outside RI and southeastern Mass. \$14.00 per annum. Bulk rates on request. The Herald assumes subscriptions are continuous unless notified to the contrary in writing.

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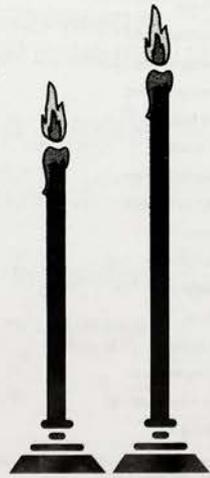
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### Candlelighting

May 15  
7:40 p.m.



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

### Fifty Years Ago This Week In The Jewish Herald

#### Vote for Post War Reconstruction

Chicago — 500 delegates representing 85 communities in 38 states in every section of the country will meet here to plan how best the American Jewish community may contribute to the effort of the United States and the United Nations to win the war and, at the same time, how American Jews may plan for rehabilitation of life for Jews at the end of the war as part of the New World Order.

MAY 16, 1942

#### Forced Labor Will Build Rail Line

Berlin (From German Broadcasts) — Nearly 10,000 Jews will be among 40,000 workmen called upon to build railroads connecting old Bulgaria with newly incorporated territories, the Berlin radio quoted Bulgarian papers as saying this week.

#### R.I. Jews to Redeem 400 Dunams

An attempt to redeem 400 dunams of land in Palestine in the name of Rhode Island Jewry was set in motion this week it was announced by Arthur Darman, chairman of the 40th anniversary celebration committee, which is arranging for a Jewish National Fund dinner here on June 18 at the Biltmore Hotel at which time guests attending will be addressed by Senator Alben W. Barkley.

# WORLD AND NATIONAL NEWS

## Amnesty International: Abuse At Prison Camp

by Larry Yudelson

NEW YORK (JTA) — Amnesty International has charged that human rights violations have occurred regularly in the South Lebanon Army's Khiam prison camp in the Israeli-controlled security zone in Southern Lebanon.

In a 53-page report released recently, Amnesty recounted detailed claims of torture made by former prisoners at the camp, which was set up in early 1985 by the SLA with Israel's assistance and supervision.

Amnesty also condemned the camp for failing to allow inmates, who are generally held without charge or trial, to communicate with relatives or humanitarian agencies such as the International Committee of the Red Cross.

According to Amnesty, Israeli officers were directly involved in interrogating prisoners through 1988. Since then, says Amnesty, the Israeli role has been more limited.

Responding to the report, Israel disclaimed responsibility for the detention camp, which currently holds about 200 people.

"No Israeli personnel are stationed at this facility," said a statement released by the Defense Ministry, which added that inquiries should be addressed "to those responsible for its operation."

According to the Amnesty report, inquiries made to the SLA were not answered.

The report documents various forms of torture, including beatings, electric shocks to sensitive parts of the body, poor hygiene and deprivation of food and sleep.

One detainee reported that after several sessions of torture, "I was taken to the yard and was suspended from a pole by my shackles . . . First they put a stone under my feet when they suspended me, but after two hours of standing like that they pulled the stone from underneath me and I hung for another 12 hours, standing only on my toes. My hands were hurting enormously."

The report also charged that prison officers tortured relatives of detainees who would not confess under direct torture.

One prisoner who had been repeatedly tortured said he was told by his interrogator, "I brought your mother here."

"And sure enough, she was in the next room," the detainee told Amnesty International after his release. "I heard her scream. She is 50 years old. They kept her for three months, I found out later, and they tortured her to put pressure on me. Eventually, when I heard her scream, I confessed to being a member" of a group, the name of which was omitted by Amnesty.

"We are not saying these are prisoners of conscience," said Amnesty spokesman Joshua Rubinstein. "Many of these people may be guilty of violent activity and if Israel brings them to trial, there may be legitimate grounds to hold

them. If they are prisoners of war, or criminals, then bring them to trial and you won't hear from Amnesty International."

The report pointed out, however, that Israel and the SLA have said that release of the detainees is conditional on receiving information regarding missing Israeli and SLA soldiers.

"If they are held exclusively in order to compel others to release detainees or provide information about missing persons, they are to be regarded as hostages, and as such should be released immediately and unconditionally," the report stated.

Amnesty itself has sought information from Syria and Amal militia concerning Zachary Baumel, Zvi Feldman and Yehuda Katz, three Israeli soldiers missing since 1982, and Ron Arad, an air force navigator shot down over Lebanon in 1986.

But the organization said the situation of the missing Israel Defense Force and SLA servicemen "can in no way justify the abuse of the human rights of the detainees held in Khiam."

Israel stated in its response that "to the best of our understanding," those detained "are not innocent persons who have been arbitrarily arrested."

Israel said that on the basis of its good relations with the SLA, it has "over the years been endeavouring to encourage, on an ongoing basis, the establishment of adequate conditions and humanitarian standards for the detainees at (the facility). Israel is, however, not in a position to dictate to the SLA how to deal with threats and anger prevailing in this turbulent region of Lebanon."

Further, the prison camp's conditions "are at least as good as, or better than, those prevailing in other Lebanese detention facilities," said Israel.

## Study Warns Of High Cost Of Jewish Living

by L.E. Scott

Philadelphia Jewish Exponent

PHILADELPHIA (JTA) — It's expensive to be Jewish in America.

That is the finding of a recent report commissioned by the American Jewish Committee. The report, entitled "The High Cost of Jewish Living," estimates that living a fully immersed Jewish life in 1992 will cost a family of five \$18,000 to \$25,000.

That sum includes the cost of a day school for children, memberships in a synagogue and Jewish community center, tuition for Jewish summer camp, as well as a contribution to a Jewish federation.

"To generate that amount of discretionary income, a family must earn \$80,000 to \$125,000 per year," Lisa Hostein, co-author of the report, said at an April 28 news conference here.

Hostein, news editor of the Philadelphia Jewish Exponent, added that "in 1990, according to recent statistics, the median annual income for Jewish families was \$39,000," Hostein added.

Murray Friedman, executive director of the AJCommittee's Middle Atlantic Region, said the Jewish community is being weakened by the cost of Jewish living, a low birth rate, intermarriage, assimilation and indifference among young people.

"This is a quiet crisis," he said. "It's not as flamboyant as rescuing Soviet Jews or as anti-Semitism in this country or that country."

The crisis is exacerbated by the recession, Hostein added.

Typical of those hard pressed financially are Saul and Rachel Greenberg (not their real names), who live in a Philadelphia suburb, have two young children and are struggling to decide whether they can afford to send their oldest to Solomon Schechter Day School in September.

The husband and wife, self-

employed in their own consulting firm, saw their company's revenue drop 60 percent from 1990 to 1991. Their total personal income last year was about \$60,000.

"It's a very heavy question about Schechter versus public school," Saul Greenberg said in an interview. "If money were not an object, Schechter would be the choice hands down. We're committed to Jewish education, provided we can afford it."

He and his wife are leaning toward Schechter in order to provide their children with Torah learning, fluency in Hebrew and knowledge of Jewish history, values and culture.

"These are things we touch on in the home, but we're limited by our knowledge," Greenberg said. "My children would learn more than I know."

"But the whole question is financial. As a consequence of the recession, we've had to deplete our savings, and we have no savings to make a payment to Schechter."

But Jewish education is not the only expense of living Jewishly. There is the high cost of Jewish entertaining.

The Greenberg family usually has six to eight people for Shabbat dinner and always conducts a first Passover seder with an average of 16 people.

"The seder is our choice and our pleasure, but of course it costs several hundred dollars," Greenberg said.

The 12-page AJCommittee report was co-authored by Rabbi Aryeh Meir, program specialist in the AJCommittee's Communal Affairs Department. It includes the major findings of the Council of Jewish Federations' 1990 National Jewish Population Survey, research commissioned by the

AJCommittee's Philadelphia chapter and a national consultation sponsored by the AJCommittee.

The report focuses on three segments of the American Jewish population: Jews who may be opting out of Jewish life because they cannot afford it; those whose involvement is limited by their financial circumstances; and those who are strongly affiliated but at the price of a reduced living standard. The report raises some difficult questions, Hostein said.

"Is living Jewishly beyond the reach of a significant segment of American Jewry? Has exclusion because of cost led to alienation from the Jewish community and Jewish causes?"

"Does this exclusion portend a potential loss of future Jewish leaders and a weakened Jewish community? Is the organized Jewish community, so successful at rescuing troubled Jews around the world and so in-

(continued on next page)

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## Rabbi Urges Pope To Condemn Anti-Semitism

BALTIMORE — At a recent meeting of Catholic and Jewish leaders from around the globe, Pope John Paul II was urged to "publicly condemn the sin of anti-Semitism and acts of anti-Semitism."

Rabbi Henry I. Sobel of Sao Paulo, Brazil, representing the Latin-American Jewish Congress, addressed the 14th meeting of the International Liaison Committee, the body established to deal with relations between the Holy See and the Jewish community. It is composed of International Jewish Committee for Interreligious Consultations (IJCIC), headed by Edgar M. Bronfman, and the Vatican Commission on Religious Relations with the Jews, led by Archbishop Edward I. Cassidy of Australia.

In his address, Rabbi Sobel cited the 1990 declaration adopted by the International Liaison Committee in Prague that declared anti-Semitism to be "a sin against God and humanity."

He appealed to Cardinal Cassidy and the members of the Vatican Commission to share with John Paul II how essential it is "that the new teachings of the Church about the Jewish people, enshrined in the Prague Declaration, shall become the new gospel of the Church."

Noting that he had appeared on Brazilian television with Cardinal Arns, the Archbishop of Sao Paulo, on the eve of Easter to explore the differences and parallels between Easter and Passover, Rabbi Sobel said:

"Imagine if the Pope, who has access to the world media,

would agree to do the same. . . Imagine if the Pope were publicly to condemn the sin of anti-Semitism and acts of anti-Semitism. What an echo would be heard among Catholics all over the globe!"

Noting that the Vatican's Minister of Foreign Affairs had sent a "kind of message of solidarity" after the bombing of the Israeli Embassy in Buenos Aires, Rabbi Sobel asked:

"Couldn't the Holy See have reacted in a way that would have reached the Catholic masses? Couldn't the Pope himself have spoken out categorically against the attack?" He added:

"The Vatican has an important role to play in popularizing Catholic-Jewish dialogue and in combatting anti-Semitism. Just as its highest officials go out of their way to censure a local friar in Brazil because of his Marxist ideology, so, too, should the Vatican make it a point to insure that the new teachings with regard to the Jews, as enshrined in the Prague Declaration, are understood — and acted upon — in every parish throughout the world."

"This is my appeal to you, Cardinal Cassidy and distinguished members of the Holy See's Commission for Relations with the Jews: that you share with Pope John Paul II how essential it is that the new teachings of the Church about the Jewish people, enshrined in the Prague Declaration, will match yours."

While asserting that anti-Semitism in Latin America is "out of fashion," Rabbi Sobel warned that "when the huge

region of 400 million people is beset by a menacingly poor economic climate associated with violence, crime and terror, the need for a scapegoat is more keenly felt and the masses are more likely to lend an ear to false Messiahs."

To protect against any potential outbreak of anti-Semitism, the Jewish community in Brazil has created a National Commission for Catholic-Jewish Dialogue under the sponsorship of the National Conference of Brazilian bishops, Rabbi Sobel reported.

"We have been relatively successful in our interfaith efforts," he said. "Working in close collaboration with the Catholic hierarchy has helped eradicate seeds of prejudice on the continent."

"All these efforts," Rabbi Sobel noted, "have been marked by sensitivity and understanding by leading Catholic officials."

## Cost Of Living

(continued from previous page)  
involved in the upbuilding of Israel, ignoring its own at home?"

Friedman said the crisis in the cost of Jewish living has not been generally recognized by the Jewish community. "It's left to cocktail-party conversation, rather than in terms of organizing resources in attempting the admittedly very difficult task of grappling with these issues," he said.

In an attempt to prompt Jewish communities to address these questions, Friedman said, the report has been sent to Jewish federations throughout the nation, as well as to the various offices of AJCommittee.

The report recommends developing what it calls a "Superfund for Jewish Living," supported by venture capital to

(continued on page 16)



### NATIONAL

NEW YORK — Eli Wiesel, Itzhak Perlman, Perl Lang, R.B. Kitaj and Audrey Skirball-Kenis will be honored on May 14th at the Third Annual Jewish Cultural Achievement Awards. There will be memorial tributes to Joseph Papp and I.B. Singer.

\*\*\*\*

NEW YORK (JTA) — Three members of the all-black 761st Tank Battalion, who liberated Buchenwald, Dachau, and several other concentration camps, were presented with the "Gift of Life" award by the Anti-Defamation League in a tearful ceremony attended by Holocaust survivors and some 200 junior high school students from the city's public schools.

### INTERNATIONAL

JERUSALEM (JTA) — Israel will be the largest Jewish center in the world by the year 2000, Jewish Agency Chairman Simcha Dinitz has predicted. If that prediction holds true, about half the world's Jewish population would then be living in Israel.

\*\*\*\*

JERUSALEM (JTA) — In an effort to bolster sagging aliyah from the former Soviet republics, the Jewish Agency has announced that it will "stress innovative programs for promoting aliyah among young adults and teenagers."

\*\*\*\*

JERUSALEM (JTA) — A lively battle for the haredi (strictly Orthodox) vote seems to be shaping up with Absorption Minister Yitzhak Peretz's announcement that he is creating yet another Orthodox party. It will be called Moriah and will appeal not just to the strictly Orthodox, but to a broader segment of the public, according to Peretz.

\*\*\*\*

VIENNA (JTA) — When 4.7 million Austrians cast their ballots recently, it was an expression of overwhelming relief that Kurt Waldheim will soon be leaving Hofburg Castle, the presidential mansion. Waldheim's departure will likely bring an end to the country's six years of diplomatic isolation, which began when his Nazi past was exposed during his successful run for president in 1986.

## Holocaust Atlas

A new and revised edition of historian Martin Gilbert's *The Holocaust, Maps and Photographs*, is now available through the Anti-Defamation League. The release of the new edition coincides with the observance of Yom HaShoah, the Holocaust Day of Remembrance, around the world.

"Whenever I hear the cynical rejectionism of those who deny the Holocaust or even see the understandable hesitation of most people to confront so difficult a subject," said Abraham H. Foxman, ADL national director, "I am reassured by this graphic reference volume. This unique collection of maps and photographs helps the reader grasp the massive scale of the Nazi assault on European and European-Jewish civilization."

The 64-page atlas, including 23 maps and 59 photographs depicting the fatal journey of European Jewry, is available for \$8.45, including mailing and handling charges. Checks made out to ADL, should be sent to the Anti-Defamation League, Department JW, 823 United Nations Plaza, New York, NY 10017.

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Rhode Island Jewish  
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# ARTS AND ENTERTAINMENT



## ARTS & ENTERTAINMENT BRIEFS

**Rhode Island Philharmonic News....** On Wednesday, May 20th for one hour only, from 6 to 7 pm, the Phil will hold its second annual "Choose your Seat Event" where Veterans Memorial Auditorium is open for prospective subscribers to select their seats. For subscription prices, call 831-3123. AND stick around after selection, because at 8 pm on May 20th, you can hear Dvorak's Symphony No. 9 "From the New World." Tickets start at \$5 for students, \$10 for Seniors and \$25 for "adults."

\*\*\*\*

At CAV, from May 16 through the end of June, a **Walk-In Tent Exhibit and Sale** featuring textile beauty from Anatolia to Central Asia, with handwoven rugs, cushions, wall hangings, eating cloths, and decorative tribal arts. 14 Imperial Place, Providence, 751-9164.

\*\*\*\*

Shh! We're hearing **Rumors** (by Neil Simon) at the Barker Playhouse from May 13 - 17. The plot deals with four couples who arrive separately for a formal 10th anniversary party, only to discover the host has been shot and his wife is nowhere to be seen! Curtain at 8 pm, except Sunday 2 pm. For info, 421-2855.

\*\*\*\*

Rhode Island's Newest Regional Multi-Cultural Art Center, **Arts & Letters League of the Bantu** opens 3 - 7:30 pm Friday, May 15, at 1329 Greenwich Avenue, Warwick. We don't know what this is, so for more information, 732-2767.

\*\*\*\*

City Nights Dinner Theater in Pawtucket feeds us with **Razzle Dazzle** — A Musical Revue, Part II from May 29 through June 27. Fridays and Saturdays, with some Thursdays, and some Sundays. Dinner and a show \$20. For more information and to make reservations, 723-6060.

\*\*\*\*

New Seasons for the **Ocean State Light Opera and Theatre By The Sea**. The OSLO (at the Wheeler School) offers "Christopher Columbus" by Offenbach June - July, "The Gondoliers" by Gilbert & Sullivan in August and Sept. Call (401) 421-6060 or 421-8100. TBTS in Matunuck promises "Hello Dolly," "Annie Get Your Gun," "South Pacific," and "Little Shop of Horrors." For info, (401) 782-TKTS

## A Long-Winded Bikel At Beth-El

by Mike Fink  
Herald Contributing Reporter

Theodore Bikel drew in a full house at Temple Beth-El on May 6. *Le tout* Providence showed up to pack the hall and greet the familiar figure in the spotlight with warmth and good cheer.

The benefactors and the audience got their money's worth from the star. He sat with guitar in his lap and a piano accompanist by his side and sang all the songs he figured we wanted of him.

He did Tevye and Zorba. He reprised his roles from "My Fair Lady" and "Sound of Music." He took us in words and tunes round the world in more than 80 minutes aboard folksongs of Russia, Rumania, Hungary, Latin America, London and Paris, the Wild West and the Holy Land. He did accents like Danny Kaye or your talented cousin. He told



Theodore Bikel

jokes like Jackie Mason. He did a great spiel in Yiddish. His Hebrew resonated. His German marched on. He performed a *doina*, a Gypsy melody, that hushed the house. In a Brel ballad he smoothly mixed Flemish and French.

Bikel introduced a group of war songs he did for the troops in '73 and in the Gulf War.

This reviewer remained reserved, however, when the evening wore on. Bikel gave forth with polish. He told tales with pacing, immense talent and with skill. But the familiar jokes were tired, even exhausted. The old yarns about Jewish mothers palled a bit. He lacked confidence in his public and maybe, alas, in himself,

beneath the bravado, within the charmed circle of the limelight. Dietrich did a similar shtick with old battlesongs. But she rendered the tried and true tunes with complex shadings of anger, regret and sadness. Dietrich knew when to quit the show. She gave you one hour and that was it. She left you shouting "More!" Not, "Enough!" After her hour, you could get up, stretch, go to the

(continued on page 14)

## DINING GUIDE

## Coffee Exchange

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## Together Again!

"I don't look a gift horse in the mouth," said Sid Caesar about his new show with Imogene Coca currently playing at the Charles Playhouse in Boston.

Smiling and nodding at her partner, Coca agreed, "This time it seems to me, it's supposed to be."

The two veterans of "Your Show of Shows," with more than 150 years of life experience between them are rip-roaring and ready to go with a series of sketches from their early television days.

As to how the spry duo keep up the good work, Caesar, 69, does a daily workout of 50 push-ups, 300-500 sit-ups, and 100 chin-ups.

Coca, 82, says, "I watch soap operas."

Sid Caesar & Imogene Coca "Together Again" at the Charles Playhouse through June 7. (617) 426-6912.

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## AROUND TOWN

Story by Dorothea Snyder

## A Study Of Jewish Humor

We all get a kick out of hearing stories about people embarking upon second careers.

Dr. Henry Eilbirt refers to his as "a sort of second career."

He has authored a serious and entertaining study on Jewish humor in *What Is A Jewish Joke? An Excursion into Jewish Humor*.

"Yiddish is probably my first language," he said. "My dad was a great humor aficionado."

"I read Yiddish very early. When I was in public school, I went to Yiddish school, secular schools emphasizing Yiddish, not Hebrew. I continued to go until my second year in college."

"I lost contact and deviated into the general mainstream of America becoming an economics major, ultimately a college professor and dean."

Dr. Eilbirt's interest in Yiddish-flavored humor ranges over a 50-year period. "When I retired, I didn't do anything spectacular except to return to Yiddish, reading Jewish history again. I became director of a Yiddish culture club in Orange County."

Dr. Eilbirt describes his book as an accident. "A friend, president of a Jewish community center, loves to hear me tell Jewish jokes. At one point he said, 'Henry, you've got to do me a favor, please. Do a program for me.'"

"It's one thing to tell Jewish jokes, swap Jewish jokes and stories in a living room, but to stand up before a group on a platform and not make a fool out of yourself, that's something else!"

"What are you doing, Henry? I asked myself. You're not a stand-up comedian, or a gag writer."

"That got me thinking on my subject. What's the characteristic of a Jewish joke? What makes them Jewish?"

Dr. Eilbirt's sister-in-law sent a clipping about an international conference on Jewish humor being held in New York. He submitted an

abstract paper, "The Logic of Jewish Humor."

"It was obviously an academic event with psychology and literature professors attending, and here I am, a professor of business administration. Lo and behold! I'm invited to speak."

"Two years later, another conference is held at Arizona State, and again, I'm invited to speak."

In the audience sat Sarah Blacher Cohen, a well known co-writer of Jewish humor, who expressed admiration for Dr. Eilbirt's good material. She suggested he write a book.

"The bolt of lightning struck!" he exclaimed. "Maybe I ought to think about it. And that's how it all began in 1985."

*What Is A Jewish Joke? An Excursion Into Jewish Humor* was the result of three to four years of research and idea collation. Dr. Eilbirt studied the quality and character he found in old Yiddish texts, German texts, and old jokebooks.

"I remember walking down the street and thinking what makes people laugh? Suddenly, the dawn came! It's one thing to tell a joke, and another to say what happened here, what's underneath the joke, and why does it do what it does? I looked for that characteristic in writing this book."

Each joke is prefaced with an explanation in Dr. Eilbirt's book. "I have hundreds of jokes in files. I asked myself what makes Jewish humor more or less distinctive."

The problem, he said, was organization, "an exercise in inductive logic."

The two main categorizations in his book deal with Jewish history and life, and those that have developed as stereotypes about Jews. "Some obviously overlap between the two."

"Those who write about Jewish humor write as though it's one thing. That's why I have a last section, 'If you Cut Me, I Won't Bleed.'"

"A lot of Jewish humor isn't locally

## WHAT IS A JEWISH JOKE?

An Excursion into Jewish Humor



Henry Eilbirt



Dr. Henry Eilbirt, humorologist, popular speaker, storyteller, and author of *What Is A Jewish Joke? An Excursion into Jewish Humor*.

Photo courtesy of Jason Aronson Inc.

Jewish. Stories told in Yiddish jokebooks have other antecedents. Jokes do travel.

"Imagine when I picked up a Turkish jokebook about a Turkish wit of the 13th century and discovered the same joke by the famous wit of an chassidic Rabbi in the late 18th century."

The book's publisher notes that 'Henry Eilbirt offers a delicious sampling of Jewish jokes, while providing an engaging and insightful analysis of this intriguing phenomenon.'

*What Is A Jewish Joke?* presents a wealth of comic stories and one-liners, exploring how their wit derives from the reality of Jewish existence. It offers a brief, yet informative look at the historical development of modern Jewish humor, tracing its roots to the experiences of the Ashkenazi Jews of Europe and their folk language, Yiddish.

I told Dr. Eilbirt how I'd pick up the book, peruse it for a bit, leave it for awhile, and go back for more fun and more revelations.

"This book should be read the way you're reading it," he replied. "It's not a novel. You don't read it right through to the end. It's a dip into book."

Dr. Eilbirt moved to California in 1976 from New York. He was professor, administrator and Dean of the School of Business and Public Administration at Baruch College, City University of New York.

He and his wife, Jeannette, have two sons. One is a physician in California; the other, a physicist/mathematician in Massachusetts.

His wife, he says, is his severest critic and press agent. "She's been too close to have an objective opinion."

"I'll tell you one thing about Mrs. Eilbirt. I'm not a young man. I've been retired since 1979, so I would guess she's been listening to these stories since the 30's."

"She's had to endure my stories over and over! Not only does my wife listen, she beams, and sometimes she laughs, even though she's heard the joke."

"But sometimes she'll say, 'You've told that joke better!'"

Dr. Eilbirt spoke about his youngest son, "a quiet sort of fella." "You know, Dad," he told me, "that book isn't bad."

"That, I think, is the greatest accolade of all!"

*What Is A Jewish Joke? An Excursion into Jewish Humor* is published by Jason Aronson Inc., 230 Livingston Street, Northvale, New Jersey 07647.

# MILESTONES

## Ablow, Fryefield Wed



Carol and Herbert Ablow of Swampscott, MA, announce the recent marriage of their daughter, Lauren Jill, to Andrew Lee Fryefield, son of Cecile and Robert Fryefield of West Warwick, RI, at Temple Israel, in Swampscott, MA. Rabbi Sanford Shanblatt and Cantor Aaron Marcus officiated at the ceremony.

The bride, a graduate of Brown University, received her Master's Degree from the Kellogg School of Management at Northwestern University and is presently a marketing manager at American Express Travel Related Services, NY.

The bridegroom, a graduate of Brown University, received his Master's Degree in Computer Science from the University of Michigan. He is presently a software development manager at AT&T Bell Laboratories, NJ.

The bride's sister, Linda Youngentob was the matron of honor. Bridesmaids were Mrs. Karen Liner and Miss Wendy Fryefield, sisters of the groom, Dr. Susan Glick, and Miss Jodie Simon.

The best man was Allan Schwedock of Norwalk, CT. Dr. Richard Liner, brother-in-law of the groom, Robert Youngentob, brother-in-law of the bride, Wayne Miller, Andrew Huffman, and Franklin Fite served as groomsmen.

The newlywed's honeymoon destination was Hawaii, and they now reside in Aberdeen, NJ.

## Waldman, McDermott Wed

Mr. and Mrs. Lawrence P. Waldman of Providence, R.I., announce the marriage of their son, Barry Jon Waldman, to Patricia McDermott. The wedding took place on April 12, 1992, at the Quidnessett Country Club, East Greenwich, R.I. Pamela Mactez, Justice of the Peace, officiated.

Patricia is the daughter of Mr. and Mrs. Edward F. McDermott of Cumberland, R.I., and is the granddaughter of Mrs. Gladys McDermott also of Cumberland, R.I., and the late Francis McDermott and the late Linwood and Alice Billups. Barry is the grandson of the late Regina and A. Edward Eisenberg and the late Dorothy V. and Morris S. Waldman.

Christine Oliveira and James Ansaldi were honor attendants. Bridesmaids were Lisa Broadbent, Kimberly Burwell, Eileen Doyle, and Anne Waldman, sister of the bridegroom. Ushers were Robert McDermott, Kenneth McDermott and Edward McDermott III, brothers of the bride and Marc Feldman.

The bride, a graduate of Cumberland High School and

Sawyer School, is employed by New England Advisory Group, Warwick, R.I. The bridegroom, a graduate of Hope High School and the University of R.I., is employed by Ocean State Job Lot.

After a trip to California and Tahiti, they now reside in Cumberland, R.I.

## Shepards Announce Engagement

Mr. and Mrs. Barry Shepard of Summit Drive, Cranston, R.I., announce the engagement of their daughter, Miss Brett Shepard of Cranston, R.I., to Mr. Gary Dressler of Providence, R.I., the son of Mr. and Mrs. Abbott Dressler of Cranston, R.I.

## Rosen Honored For 40 Years At Miriam

The Miriam Hospital Women's Association will hold its Annual Meeting and Installation of Officers on Wednesday, May 27, at Ledgemont Country Club in Seekonk. Luncheon at 12 noon will be followed by the meeting at 1 p.m.

The highlight of the afternoon will be the conferring of the Association's Annual Recognition Award. This year's recipient is Barbara Rosen of Pawtucket.

Mrs. Rosen will be honored for 40 years of continuous volunteer service to The Miriam Hospital and its Women's Association. She began her activities there as a Gray Lady in the pediatric ward when she was a young, single woman, recently out of school and working full-time as a dental hygienist. When she married, she became a Life Member of the Women's Association. She was placed on the Board of Directors immediately and has served on the board ever since, assuming a diversity of responsible positions. Of special note is Mrs. Rosen's work in the Miriam's recovery room for the last 13 years, originally in the main hospital and now in the new Surgi-Center within the Fain Health Centers. Her involvement with the recent Capital Campaign was invaluable; she worked with the organizers of this effort, putting in countless hours. She played a pivotal role in the Women's Association non-event fundraisers and re-



Barbara Rosen

lated phonathons.

Mrs. Rosen is well known for her involvement in many organizations. Indeed, before her Miriam experience, she gave her professional services gratis to the Rhode Island School for the Deaf. She is a Life Member of the Women's Association of the Jewish Home for the Aged, Brandeis University Women's Committee, The Sisterhood of Temple Emanu-El, and Hadasah. In addition to her devotion to The Miriam, she serves The Jewish Home where she is a trustee. She was instrumental in setting up the dental clinic there and volunteered her services as dental hygienist for 10 years. Her work for the Home's Women's Association is legion. Notably, she has been chairperson of their annual donor event for the last three years.

It is evident that for Mrs. person of their annual donor event for the last three years.

It is evident that for Mrs. Rosen the most rewarding pursuits are those which bring her into direct and intimate touch with those in need. This is equally true in her personal life. She is described as "an incredible friend to a great number of people... an unbelievably giving person." Mrs. Rosen shrugs it all off: "I like people. I like working with people. The Hospital has been a large part of my life. I enjoy it — and that's it!"

Mrs. Rosen is married to Herbert ("Rusty") Rosen. They have one son, Max, and a grandson.

Co-chairpersons of the Annual Meeting are Ina Wasserman, Lillian Zarum, and Morrisa Zwetckkenbaum. They are assisted by Grace Alpert, publicity; Hinda Semonoff, reservations; Vice President Joanne Summer, coordinator; and Patricia A. Hairabet, President, ex-officio.

The event is open to the community. Luncheon is \$12.00. Checks should be sent to The Miriam Hospital Women's Association, 164 Summit Avenue, Providence, R.I. 02906. For further information, call 331-8500, extension 2520.

## Goldbergs Announce Birth

Mr. and Mrs. Alan J. Goldberg of Needham, Mass., are happy to announce the birth of their daughter, Michelle Lauren, on March 31, 1992. She is the sister of Jennifer Catherine Goldberg.

The proud grandparents are Mr. and Mrs. Bernard S. Goldberg of Cranston and Narragansett, R.I., and Mr. and Mrs. Irving Paul of New Rochelle, N.Y. The great-grandparents are Mr. and Mrs. Harry Halpern of Pawtucket, R.I., and Boca Raton, Fla., Mrs. Tillie Goldberg of Johnston, R.I., and Mrs. Rose Soshnik of N.Y.

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## The Jewish Home

60th Annual Meeting

Election and Installation of Officers

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7:30 p.m.

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KEYNOTE SPEAKER

M. CHARLES BAKST

Providence Journal Political Columnist



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## Harry Elkin Midrasha Graduation



Front row (left to right): Alan Efreom, Brian Liss, Deann Forman, Jeremy Smith, Lisa Mizrahi. Second row (left to right): Evelyn Brier, Educational Director, Eric Stieglitz, Hilarie Rubin, Naomi Fink, Joshua Schiffman, Sherry Sohn, Jennifer Adler, Deborah Feldstein. Not present: Miriam Greenblatt and Elizabeth Roseman.

The Harry Elkin Midrasha, the community high school of Jewish studies of the Bureau of Jewish Education of Rhode Island, will hold graduation ceremonies for fourteen seniors on Sunday, May 17, at 10 a.m. at Temple Am David, 40 Gardiner Street, Warwick, R.I. Members of the graduating class will conduct Shoharot services. Graduates include: Jennifer Adler, Alana Efreom, Deborah Feldstein, Naomi Fink, Deann Forman, Miriam Greenblatt, Brian Liss, Lisa Mizrahi, Elizabeth Roseman,

Hilarie Rubin, Joshua Schiffman, Jeremy Smith, Sherry Sohn, and Eric Stieglitz.

These students have devoted their time and energy to continuing their Jewish education in an intensive supplementary high school program. In a time when Jews are concerned about the commitment of their young people, it is encouraging to see such dedication. These students will develop into knowledgeable leaders of the Jewish community.

The Harry Elkin Midrasha,

with an enrollment of over 100 teenagers, grades 8 through 12, offers classes twice a week. Among the 40 course topics offered are: Bible, Rabbinics, Jewish history, literature, philosophy and Hebrew. A highly qualified faculty provides depth and excitement to these studies. The Educational Director of the Midrasha is Evelyn F. Brier.

Please join us in honoring our graduates on May 17 at 10 a.m.

## Dr. Stephen Riter Honored

Stephen Riter, P.E., Ph.D., son of Max and Jeannette Riter of Providence, R.I., was honored as Engineer of the Year by the El Paso Chapter of the Texas Society of Professional Engineers during the the annual Engineer's Week Banquet at Vista Hills Country Club.

In 1989, Riter became dean of engineering at UTEP. Under his leadership research expenditures have increased substantially and the college has initiated a major series of programs designed to enrich the quality of undergraduate education and increase the retention of its largely minority student population.

Active in public service activities, he is chairman of the El Paso Public Utility Regulatory Board, member of the Texas Interagency Task Force on Border Health and Environmental Issues and chairman of The Texas Deans of Engineering.

## Brown U. Students Recipients Of Course Fund

The Gourse Family Fund for Travel and Study in Israel, an endowed scholarship program established by the Gourse family of Fall River and admin-

ity. She also coordinates both the Conservative Egalitarian Minyan and the Women's Minyan at Hillel. She will spend the coming year in Israel, studying Talmud, and hopes, eventually, to obtain rabbinical ordination and a Ph.D. in Jewish History.

Pianko has just completed his first year at Brown and is concentrating in Religious Studies and Computer Science. He is a cum laude graduate of Horace Mann High School where he won honors in Science and Computer Science. The summer of 1990 he was a Bronfman Youth Fellow in Israel, a grant which afforded him five weeks there in intensive study, travel and dialogues with educators and prominent political and literary figures. He worked as a coun-



Jane Kanarek

istered by Temple Beth-El of that city, has just awarded two grants for 1992. Mrs. Zeldia F. Gourse, acting for her family, has announced the awardees are Brown University students: Noam Pianko, a freshman, the son of Howard and Rima Pianko of New York City and Jane Kanarek, a graduating senior, the daughter of Doctors David and Anna Kanarek of Brookline, Mass.

Kanarek, a junior Phi Beta Kappa recipient and an undergraduate secretary for the society, has concentrated in History and Judaic Studies and is eligible for honors in Judaic Studies. Also, in her junior year, she received the Samuel C. Lamport Prize in International Understanding for a paper entitled, "From Russia to America With Confusion: The Jewish Immigrant Experience As Viewed Through The Literature of Abraham Cahan." She has been active in the Brown/RISD Hillel Chapter throughout her college years and was a founding member of the Community Relations Committee (CRC) which focuses on building positive coalitions with other groups on campus, such as the Third World Community. The CRC has become a model for campus relations committees throughout the country and recently won the prestigious Haber Award. Ms. Janarek is a contributor to and editor of *Mahberet*, a progressive Jewish journal for the Brown/RISD Jewish commun-



Noam Pianko

sellor at Camp Ramah New England in Palmer, Mass., and as a Youth Advisor for Kadima and Junior USY Chapters at Temple Emanu-El in Providence. At Brown his campus activities are varied. He is treasurer and a member of the Executive Board of the Jewish Student Union which oversees all of Brown Hillel's activities. He is liaison to the Executive Board for the Campus Israel Coalition, the Community Relations Council and the social events committee.

Both Jane and Noam are happily anticipating their sojourn "to our beloved Israel" as have thirty other Gourse scholarship winners since the Fund's inception in 1978.

## Greg S. Levin Receives Doctorate, Delivers Valedictorian Address

Graduation ceremonies were held May 17 where Greg S. Levin, son of Mr. and Mrs. Irving L. Levin of Cranston, received a Doctorate of Optometry from The New England College of Optometry in Bos-

ton. The ceremonies were held at the Berklee Performance Center in Boston where he delivered the Valedictorian Address to fellow graduates, faculty, family, and friends.

Dr. Levin is a graduate of Cranston High School West and completed his Pre-Medical Studies at the University of Rhode Island. Clinical externships were completed at the Providence VA hospital, the Newport Naval hospital, and the Dorchester House Clinic in Massachusetts. Recently married, he and his wife Lisa reside in Cranston.

## Glucksmans Announce Birth

Mr. and Mrs. Mark Glucksmann of Brooklyn, N.Y., an-

nounce the birth of their first child and son, Samuel Joseph Glucksmann, on April 13, 1992.

Maternal grandparents are Mr. and Mrs. Martin Leiber of Englewood, N.J., and paternal grandparent is Dr. Albert Glucksmann of Warwick, R.I.

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# LOCAL NEWS

## 8th Annual R.I. Jewish Athletic Hall Of Fame, May 24

The William Gates Cutler Olympic Club, Jeff Kent, Bruce Phillips and Sydney Cohen will be honored and recognized for their athletic prowess and contributions to sports during the Eighth Annual Rhode Island Jewish Athletic Hall of Fame, Sunday, May 24, in the Social Hall of the Jewish Community Center of Rhode Island, 401 Elm Grove Avenue in Providence.

The William Gates Cutler Olympic Club was founded in 1927 by eight young boys; Louis Yosinoff, Jack Jacobson, Joslyn Presser, Nat Schwartz, Erolle Haas, Haskell Wallick, Ira Stone and Jack Rotenberg.

By 1930, these men were playing organized baseball and basketball in intra-club competition in the Center. Each of the Olympic Club members were prominent players in baseball, basketball and football representing the JCC in competition not only against Jewish community centers in the area, but other athletic clubs and school teams in Rhode Island. Many Club members were "all-state" basketball and baseball stars of Hope High and Central High schools. Others went on to star in basketball and football at the University of Rhode Island and Boston University.

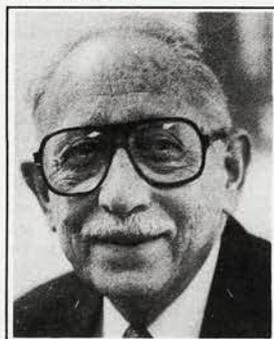
Erolle Haas played semi-professional football on the Rhode Island South County League. Maurice "Moe" Zarchen served as the athletic director of URI. As time went on, members of the Club maintained their connection to sports and the Center by becoming coaches and managers of youth teams here. As inductees in the Veteran's Division, the Olympic Club serves as a wonderful reminder of how the love of sports can be a lifelong source of pride, friendship and enjoyment.

University of Rhode Island Rams basketball center and team co-captain, Jeff Kent, and competitive tennis player, Bruce Phillips, will be inducted into the Hall of Fame's Contemporary Division. Kent is second-team, all-conference all-star and the League's second best rebounder. During his high school years at LaSalle Academy, Kent was an all-state, all-division performer.

Phillips, now a resident of Georgia, was the first Cranston High School West student and the first Met B player to be named the number one all-state singles tennis player. During his high school years, he won the Rhode Island Junior Open and the New England Junior Championships. He also won all of his 50 straight matches in the Rhode Island Interscholastic Tennis League schedule. As a senior at William and Mary College, Bruce was co-captain of the tennis team.

Sydney Cohen's love of sports has been seen on the softball field and in the papers. It was his words that helped start the movement that brought Little League to Providence. For thirteen years, he

wrote a column for the *Rhode Island Jewish Herald*, covering sports and sponsoring the paper's annual golf and bowling tournaments. He was publicist for the William Gates Cutler Olympic Club Bowling League and the Rhode Island Jewish Softball League. He also played, umpired, and served as commissioner of that softball league.



Sydney Cohen

Baseball continues to be an important part of Mr. Cohen's life. As an active member of SABR, the Society for American Baseball Research, he was instrumental in bringing the organization's 1984 national convention to Providence for the centennial celebration of the first actual World Series. He helped recreate the 1884 victory of the Providence Grays over the New York Metropolitan in a game at McCoy Stadium, complete with period style uniforms. It is only befitting that Mr. Cohen be inducted into the Hall of Fame, Service to Sports Division.

Cohen is an active member of Jewish and community life. He is a member of Temple Torat Yisrael's board of trustees and operates a charity fund for children. He is vice chairman of Volunteer Services for Animals, a statewide animal protection organization. He also volunteers at the Cranston Animal Shelter and Adoption Center.

Radio sports talk show hosts, Dave Abrahamson and Dick Higgins, will be masters of ceremonies, and Governor Sundlun is expected to attend this special event. A reception and brunch will begin at 10:30 a.m. and the induction ceremony at 11:30 a.m. Tickets are \$15 per adult or \$150 per tables of ten. Children accompanying a paying adult are welcome free of charge and will be able to get Jeff Kent's autograph.

All proceeds will benefit the Health and Physical Education Department of the JCCRI. For further information, call Elliott Goldstein at 861-8800.

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## David Gitlitz To Speak At Temple Beth-El

David Gitlitz, Professor of Spanish at the University of Rhode Island, will speak at Temple Beth-El on Friday, May 15, at 8:15 p.m. Dr. Gitlitz is a gifted teacher who has a scholarly interest in the expulsion of Spanish Jewry from their homeland 500 years ago in 1492. His talk is entitled: "Jews and Crypto-Jews — Survival of Tradition." David Gitlitz is a scholar-administrator who, over the last two decades, has divided his time between research on Sephardic topics and on Spanish Golden Age literature and university administration and teaching. A graduate of Oberlin College and Harvard

University, Gitlitz has taught at Indiana University, the University of Nebraska, SUNY-Binghamton (where he also served as Dean of Arts and Sciences at Harpur College) and the University of Rhode Island (where for three years he also served as Provost).

Gitlitz is the author of *La estructura lirica de la comedia de Lope de Vega* and numerous articles on Spanish Golden Age poetry, prose and theater as well as topics related to the Spanish Jews. His *Songs of Love and Death and In Between* is the most extensive translation of the poetry of Francisco de Quevedo into English, and his

translations of Calderon's *Beware of Still Waters* and Lope de Vega's *Fenisa's Hook* or *Fenisa the Hooker* have been widely acclaimed.

Dr. Gitlitz' appearance is made possible through the generosity of the Dr. George F. Meissner Memorial Fund which each May sponsors a Shabbat Evening featuring a local scholar. Dr. Meissner was a distinguished physician/teacher and had served as chief of pathology at Rhode Island Hospital.

Members of the community are welcome to attend. Call 331-6070 for more information.

## Temple Emanu-El's Gala Committee



(l to r) H. Alan and Eleanor Frank, Hershey Rosen, Judith Levitt, Richard Kumins, Susan Kahn and Myrna Rosen. The event will be held at the temple, located at 99 Taft Avenue, Providence on Sunday, May 17.

## Cranston-Warwick Group Of Hadassah

Shirley Schreiber, President, announced that the Cranston-Warwick Group of Hadassah is planning a most exciting day in Boston to see a performance of the long-playing, popular musical revue "Forever Plaid."

This event will be held on Thursday, June 18, at the Park Plaza Hotel.

Price of admission will include bus fare, lunch, and the show. Tickets are going rapidly and it would be advisable to call for reservations to insure a bus seat by contacting the chairpersons, Fran Sadler or Goldie Greene.

Lorraine Webber will be the newly elected President at a combined installation of all groups of Rhode Island Hadassah which will take place on June 14 at Temple Emanu-El in Providence.

## Jewish Historical Association Announces New Officers

by Kathy Cohen  
Herald Associate Editor

Speakers at the recent meeting of the Jewish Historical Association included Judy Cohen, author of the R.I. Jewish Historical Association's newsletter, *Historical Notes*; Eleanor Horvitz, archivist, and Jerry Fixler, secretary.

Geraldine S. Foster, chair of the nominating committee, announced the newly elected officers as follows: President,

Stanley Abrams; 1st Vice President, Bernard Kusnitz; 2nd Vice President, Aaron Cohen; Secretary, Ruth C. Fixler; Associate Secretary, Milton Lewis; Treasurer, Dr. Alfred Jaffe.

Nominated for a two-year term (1992-1994) as Members-at-large of the Executive Committee are as follows: Herbert Brown, Jeremiah J. Gorin, Rosalind Gorin, Sidney Long, Toby Rossner, Alvin Rubin, Lillian Schwartz and Samuel J. Stepak.

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## R.I. Rabbis Join SCA Mobilization Voter Registration Campaign

Responding to the alarming information that close to 1,000,000 American Jews are not registered and therefore cannot vote in any election, the Synagogue Council of America has launched a national Community Mobilization Voter Registration Campaign with the issuance of a carefully researched 28-page manual on *Getting Out The Vote*.



Rabbi Leslie Gutterman

The manual is now being sent to Rabbis, Presidents, Executive Directors and Social Action Chairpersons in 2700 synagogues which are affiliated with the Conservative, Orthodox and Reform movements. In addition, the manuals will be distributed to major Jewish organizations, Federations and Jewish Community Councils.

Rabbi Leslie Gutterman, of the Central Conference of American Rabbis and Temple Beth-El, Providence and Rabbi David Rosen, R.I. Board of Rabbis and President, Temple Torat Israel, Cranston are among a panel of outstanding Jewish leaders assembled by the Synagogue Council of America to be available as local resource people on the subject of Jewish Voter Registration.

According to Rabbi Jerome K. Davidson, SCA president, "we expect the message of Jewish voter responsibility will penetrate into every Jewish household in America." Rabbi Davidson sounded a strong

call to action: "Whether everyone believes our 1,000,000 number is correct, or whether the figures released by some other groups are more acceptable, the problem still cries out for serious attention and response. We intend to draw on our vast reservoir of human power residing in our congregations and Jewish secular organizations to encourage, persuade and motivate all American Jews, through our nonpartisan Campaign to fulfill their civic duty by registering and voting."

Rabbi Henry D. Michelman, SCA Executive Vice President, indicated that several voter registration studies have "shattered the myth that all Jews always vote. This may have been true several decades ago, but it is no longer true today, largely because newly enfranchised young (18 to 25-year-old) voters and the elderly, notably senior citizens who have relocated, are not listed on the voting rolls. Because this is a watershed year for the Jewish domestic and Israel agenda, we must pull out all the stops to regain our once acknowledged political clout."

The Synagogue Council initially will be distributing a total of 25,000 manuals. In addition, SCA intends to make available 1,000,000 "Your Voice Counts... Your Vote Counts" educational folders which synagogues and organizations can mail to their memberships. In the words of Irving I. Silverman, Coordinator of the Campaign, "we expect that every one of the 1,000,000 American Jews who are unregistered will be touched in one way or another by our educational material. If a person receiving the material is unregistered, they will be motivated to register, and if they are already registered, they will be enlisted to spread the word to anyone and everyone who is not registered."

In commenting on the Campaign, Rabbi Stanley M. Davids, Associate Executive Vice President, acknowledged that "many people may view the statistics as 'unbelievable,' until they begin talking to their friends, relatives, business

acquaintances and even their children who are of voting age. And not everyone is willing to tell the truth because they are embarrassed about their default."

The SCA Voter Registration Campaign goal is to put the problem on the "high priority"



Rabbi David Rosen

list of every organization serving the Jewish community.

The Synagogue Council of America, founded in 1926, is the only national Jewish religious organization representing the three major branches of American Judaism. Its constituents include the Central Conference of American Rabbis (Reform), Union of American Hebrew Congregations (Reform); Rabbinical Council of America (Orthodox), Union of Orthodox Jewish Congregations of America (Orthodox); Rabbinical Assembly (Conservative), and the United Synagogue of Conservative Judaism (Conservative).

Information on the Voter Registration campaign may be obtained from the Synagogue Council of America, 327 Lexington Ave., New York, NY 10016. (212) 686-8670.

### Eden Garden Club Of Temple Beth-El

The Eden Garden Club of Temple Beth-El invites the public to their annual meeting on Thursday, May 21, at Day's Inn (end of Gano Street) at noon.

Chairperson of Day will be Zara Matzner; guest speaker will be Mrs. Henry D. Sharpe, Jr. who will talk on "A Conversation about the Street Tree Program."

The full course luncheon costs \$10 (includes tax and tip). Reservations are a must! Deadline: May 13. Call Zara Matzner at 331-0506 or Lil Strauss at 884-2903. Guests are invited. Don't forget, your dues of \$10 are payable at this meeting.

Directions: 95 North to 195 East. Exit at Gano Street. Bear left off ramp onto Gano Street. Sign for Day's Inn on left. You turn right into Day's Inn.

## Events At The JCCRI: Week Of May 15-21

The Jewish Community Center of Rhode Island, located at 401 Elmgrove Avenue in Providence, is a valuable resource to members of the community, young and old alike.

The following list highlights activities that will be held during the upcoming weeks. For further information, please call 861-8800 and ask for the person indicated.

### Outdoor Club

The Outdoor and Junior Outdoor Clubs will end the school year with a fun-filled trip to Rocky Point on Sunday, May 24. Youth in grades 7-12 will meet at the Center at 11:30 a.m. and will return at approximately 4:30 p.m. The fee (\$10 for Outdoor Club members; \$15 for all others in grades 7-12) includes admission and all-day rides. Sixth grade students are welcome to join the fun, to meet Outdoor Club members and to find out what the Club is all about. Please bring a lunch and any additional spending money. Registration and payment is required by Monday, May 18. This event is co-sponsored by the Youth Department of the JCCRI and the Robbie Frank Fund. For further information, call Alisa Yanow.

### June Yard Sale

The Center will be holding a yard sale and flea market on Sunday, June 14, from 8 a.m. to 2 p.m. rain or shine. Those wishing to donate items (no clothing, please) can drop them off between May 18 and June 12. Please see Sandy Bass

or Paula Waldman at the reception desk.

### Seniors/Kosher Mealsite

Seniors are invited to join a variety of activities and to share a hot kosher meal at noon at the JCCRI Kosher Mealsite. The doors open weekdays at 10 a.m., with casual conversation in the lobby for an hour. Exercise is scheduled during the week at 11:15 a.m. Seniors can try their hand at bridge on Monday afternoons from 12:30 p.m. until 3:45 p.m. A women's group meets every Tuesday morning from 11 a.m. to 11:45 a.m. Friend to Friend meets Thursdays from 11 a.m. until noon. Bingo is played on Thursdays from 12:45 p.m. until 2 p.m. Shabbat traditions are observed on Fridays. Sundays begin with tea, coffee and hot muffins at 10 a.m., followed by a variety of movies or VCR programs.

**Friday, May 15,** Toby Rosner from the Bureau of Jewish Education will lead the group in writing a Midrash about Abraham. 11 a.m. to noon. **Sunday, May 17,** VCR program, "South Pacific," Part I, 11 a.m. **Tuesday, May 19,** A special trip to Whites of Westport for dinner and a floor show, "Spring Fling." The fee is \$13 for GAC members and \$15.50 for nonmembers. The group will leave the Center at 11:30 a.m. and return by 5 p.m. **Thursday, May 21,** Birthday party with entertainment at noon.

For further information or details, call Sandy Bass.

## Majestic Senior Guild

The next regular meeting of the Majestic Senior Guild will be held on Tuesday, May 19, at Temple Torat Yisrael, 330 Park Avenue, Cranston, at 12:30 p.m.

The nominating committee, headed by chairperson Tillie Orlick and assisted by Sylvia Siegal, Rose Coleman and Nat Eisenstadt, will present the slate of prospective candidates for elective offices for the 1992-1993 season. Please try to attend. Excellent entertainment will be provided by Ernest Coleman and his musical friends and of course refreshments will be served.

Because of the rising costs of operation, we must raise our annual dues by \$1.00. The new annual dues of \$6.00 per person will now be payable before June 1, 1992.

Plan to attend our gala lunch and installation of officers on June 30 at 12:00 noon at the Marriott Hotel, Orms Street, Providence. We promise you a most enjoyable afternoon with a fabulous full-course meal, dancing, door prizes and beautiful entertainment. Don't de-

lay, act today.

It is not too early to plan your summer vacation at The Pines Hotel in South Fallsburg in the Catskill Mountains on August 2 through August 9. This is a fabulous 8-day trip and includes 3 meals daily, nightly entertainment, super deluxe rooms, full use of all hotel activities and facilities and round-trip transportation.

By popular request, we are repeating the 3-day trip to Kelly's in the Pocono Mountains on August 26. The theme is Hawaiian with colorful entertainment, hula dancers and sightseeing.

On September 12, we have a day trip to the North Shore Musical Theatre to see the musical show "Gypsy" featuring the well-known Rita Morena.

On September 16, we have a 3-day trip to the New Showboat Hotel on the Boardwalk in Atlantic City. Included are 2 breakfasts, 2 dinners, 2 night clubs and quarters.

For further information on any of the above trips, please call Pearl Stayman at 738-0225, Bertha Gershman at 944-8209 or Etta Swerling at 463-7166.

## Irving Lake To Receive Temple Am David Men's Club Award

On Sunday, May 24, at 9:30 a.m., Mr. Irving Lake will be presented with the Lester Aptel Man of the Year Award with testimonial and breakfast to follow in the Temple Am David social hall. Admission is

FREE for this event. Mr. Lake has played a vital role in the daily operation of Temple Am David. "Ask Irv," are the two most often used words at Temple Am David.

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# School Beat



## Way Cool Zoo!

by Mark Binder

Imagine going to the zoo, parents and kids out on a Sunday, having a great time, and learning to boot! On Sunday, May 3, around 60 families from Temple Torat Yisrael in Cranston visited the Roger Williams Park Zoo for a Jewish educational sticker safari.

More than 200 people participated, from parents and children to grandparents and babies, and according to all reports, the day was simply wonderful.

"In the book of Genesis, the term *NeFesh Hyah*, a living being or living source, is applied to animals as well as to people..." reads the introduction to the outing workbook written by Hana Berman, the Torat Yisrael Librarian and Media Coordinator, and Lonna Picker, Director of the Religious School. "As you visit the zoo today, think about the Mitzvah of Compassion to Animals, *Tza'ar Ba'alei Hayyim*."

When the families arrived, each was given a bag of materials, including the workbook, flis-

ers on caring for pets, an article on "Judaism and Animal Rights," brochures about the Audubon Society and responsible pet care. Then they went to one of seven stations, where they read about the history of the animal, and did exercises together to learn even more.

At the station of the eagle, they learned about courage, and read aloud passages from Samuel and Psalms. Then, the students worked on designing a commemorative postage stamp using the eagle, or a lion, as a metaphor for courage.

When they visited the elephant, the older children got a chance to invent the P.E.E.L. Society (Please Encourage Elephants to Live), and talked about "the worldwide effect of losing elephants, the economic implications of creating an ivory substitute, and the importance of creating appropriate habitats for elephants in captivity."

After each station, the family was given a sticker to paste into the workbook, and then they went on to the next spot.

And, throughout the day, as the stickers accumulated, Jew-



Jeffrey Davis and daughter have a perfect view!



The Portney, Smoller, and Rosenfeld families stop to exchange greetings, while Mrs. Nagle (right) explains her station.

ish themes were emphasized.

"Many of our families, our kids have the idea that in order to be a good Jew they have to keep kosher, to build a sukkah," Lonna Picker said. "Some of these things, their families may

not do. We wanted to get across to them that these are important things for a Conservative Jew to do, but also the fact that there are many things that people do in their everyday life that are also mitzvot."

And, at the end of the day, each family was presented with a souvenir to encourage further growth; they were given a bird feeder and a blue spruce sapling to start their own wildlife habitats.

## PHDS Sixth-Graders Make A Film



Rabbi Fried and the sixth grade.

The sixth grade at Providence Hebrew Day School recently performed plays about mitzvot. It was then videotaped and edited into a film. One evening, they got together with their parents to watch it. Here are their comments...

"It all started one day when Rabbi Fried came in and said, 'Class, we are going to make a video of the 50 mitzvot in Parshat Kedoshim.' It sounded like fun, but it turned out to be a lot of work. The sixth grade class split up into groups of three or four and made a short skit for each mitzvah.

"After seven weeks of hard work, we were finally finished recording the skits, and the videotape was taken to a professional studio, where the movie

was fixed up and edited.

"Many thanks to our teacher, Rabbi Fried, for organizing this whole project and especially for his patience and making it a success."

—Esther Shafran and  
Reena Schafer

"When we first started to make the plays, I thought we would never be able to make a movie out of it. I was very wrong. I'm happy I was because at the end it was an excellent movie. In the movie we did all 50 mitzvot in Parshat Kedoshim in twenty-five plays. Each play had to bring out the main idea of that mitzvah and that is hard work. As a matter of fact it took us seven weeks until we finally finished it. Then we all gathered at Rabbi Fried's house and we had a siyum. Hot

dogs and hamburgers were served. Then we gathered at Shoshie's house and all of the parents came and we caught the premiere of our movie entitled 'Rays of Holiness.'

—Yehoshua Harfman

"It was early in the school year when Rabbi Fried had a great idea. The idea was to make a video of all the mitzvot in Parshat Kedoshim. We did this to teach ourselves how important these mitzvot are and how we can apply them to our lives, and for others to learn from. It took us almost two months' worth of work to act out all the mitzvot in detail. There were funny plays as well as serious plays. That's the way our sixth grade is."

—Aryeh Donowitz

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Teacher Hana Berman pauses at the end of the day as materials are returned.



Susan Sugerman works at the Donkey Station.



Observing sheep was part of the station that taught about Kashrut.



The Pepper family stops for a photo at the Elephant Station.

# OBITUARIES

**REBECCA "BETTY" BERGER**  
PROVIDENCE — Rebecca "Betty" Berger, 79, of 928 Hope St., a registered nurse in the Jane Brown unit of Rhode Island Hospital for 28 years before retiring in 1977, died Friday, May 8, 1992, at home. She was the wife of Peter J. Berger.

A lifelong resident of Provi-

dence, she was a daughter of the late Morris and Anna (Block) Marks. She was a member of Congregation Beth Shalom, and Temple Young Israel in Deerfield Beach, Fla.

Mrs. Berger was a member of the Providence chapter of Hadassah, the Providence Hebrew Day School, the Jewish Home for the Aged and the

Providence Hebrew Free Loan Association.

Besides her husband, she leaves a son, Barry Berger of Agawam, Mass.; two daughters, Sheila Kaplan of Providence and Leslie Goldberg of Potomac, Md.; three brothers, Reuben Marks, Abraham Marks and Jacob Marks, all of Providence; two sisters, Molly Seigal and Miriam Goldstein, both of Narragansett; and eight grandchildren.

The funeral was Sunday, May 10, at the Max Sugarman Memorial Chapel, 458 Hope St., Providence. Burial was in Lincoln Park Cemetery, Warwick.

**BENNETT H. BLOCH**

WARWICK — Bennett H. Bloch of 471 Roundhill Court, a telemarketing specialist for the past two years, died Sunday, May 10, 1992, at Rhode Island Hospital. He was the husband of Anna (Stone) Bloch.

Born in Brooklyn, N.Y., a son of the late Morris and Becky (Kaplan) Bloch, he lived in Warwick for 12 years. He previously lived in Cranston and Providence.

Mr. Bloch attended the City College of New York. He was previously a sales representative for the City Tire Co.,

## UNVEILING

An unveiling for the late Marion Blumenthal Brown will take place on Sunday, May 31, 1992 at 12 noon at Congregation B'nai Israel Cemetery, Mendon Road, Woonsocket, RI

Providence, for 30 years. He was a member of the Touro Fraternal Association, Roosevelt Lodge F & AM, and the Majestic and Cranston Senior Guilds.

Besides his wife he leaves a daughter, Arline Plotkin of Warwick.

The funeral service will be held May 12 at Mount Sinai Memorial Chapel, 825 Hope St., Providence. Burial was in Lincoln Park Cemetery.

**DR. PHILIP GOLDFARB**

CRANSTON — Dr. Philip Goldfarb, 81, summer resident of 424 Park Ave., died Tuesday, May 5, 1992, at Humana Biscayne Hospice in Miami, Fla. He was the husband of the late Florence (Silberman) Goldfarb.

Born in Boston, a son of the late Charles and Ida (Rubinstein) Goldfarb, he had been a resident of Cranston for many years. He was a winter resident of North Miami Beach, Fla., for the past four years.

He was a 1934 graduate of Massachusetts College of Optometry and maintained an office in Cranston for many years. He was a World War II U.S. Army veteran. He was a member of the Majestic and Cranston Senior Guilds, the Social Seniors of Warwick, the Hope Link of Order of Golden Chain, Knights of Pythias and Post 23 of Jewish War Veterans.

He is survived by his daugh-

ter, Ina Storer of Cranston and two grandchildren.

Graveside funeral services took place at Sharon Memorial Park at Sharon, Mass., on Friday, May 8. Services were coordinated by Mount Sinai Memorial Chapel, 825 Hope St., Providence.

**BENJAMIN OSTROWSKY**

PROVIDENCE — Benjamin Ostrowsky, 73, of the Jewish Home for the Aged, 99 Hillside Ave., who worked 10 years for American Screw Co. before retiring 10 years ago, died Wednesday, May 6, 1992, at Miriam Hospital. He was the husband of the late Nina (Engle) Ostrowsky.

Born in Romania, he was a son of the late Abraham and Sarah Ostrowsky. He lived in Providence 22 years, and previously had lived in New Bedford for three years. He had lived in Israel many years before coming to the United States.

Mr. Ostrowsky had been a plant manager for more than 40 years.

He leaves two sons, Jacob Ostrowsky of Framingham, Mass., and Avi Ostrowsky of Chicago and four grandchildren.

A funeral service was held on Friday, May 8, at Mount Sinai Memorial Chapel, 825 Hope St., Providence. Burial was in Lincoln Park Cemetery, Post Road, Warwick.

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## Bikel

(continued from page 7)

toilet or the cafe. Theodore Bikel more than sang for his supper. He just about sipped his breakfast coffee and munched rolls as well.

I slipped backstage to take a snapshot and to try out a brief chat. But I felt I knew too much already, Bikel talked so on stage. I asked him, "Dietrich died today. Did you ever meet her?" (I thought he might have dedicated a song to her memory. It would have been a gallant thing to do.) He answered, "Yes, of course I knew her. I starred in a remake of her first film, 'Blue Angel.' She came backstage and told me, 'My old film, it brings you some luck, eh?' 'She had a sharp tongue. She kept an edge of irony,' I added.

I asked Bikel if he had hunted for some old French songs from the Jewish streets in Paris, leftover from the occupation and the postwar. I sang him the lyrics in French of "The Last Rose" and "The Street of the Olivetrees." I got even with him for being long-winded. I made him listen to me for a bit.

Just before the last series of songs, Bikel's accompanist grabbed the mike and shouted, "Shut up!" Did anybody else mutter to himself, "I wish I'd said that?"

I happened to say some of these harsh words to somebody from among the Beth-El fans, the next morning, on a downtown street. I said, "I hate hearty people. Give me a minor key any day." He gave me a look and said, "You're just getting old." Let's leave it at that.

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# CLASSIFIED

## Rabbinate

(continued from page 3)  
feminist movement, and the search for spirituality that marks contemporary American life.

"The nature of a woman's rabbinate is one of facility and access to the tradition. This has had a tremendous impact on congregational life," says Rabbi Norman Cohen, dean of HUC's rabbinical school. "The whole community is getting caught up in participation — everyone should be able to learn Torah on their own, to pray on their own," he says.

"The image of the rabbi and how one interacts with a rabbi (has changed)" as a result of having women rabbis, says Harvard's Rabbi Sally Finestone. Women "have made the

rabbi a more accessible figure. . . They have removed some of the obstacles that separated the rabbi from his congregation."

And this new image has benefitted both men and women, Rabbi Finestone and many of her colleagues note. "Having women in the rabbinate frees many of our male colleagues to be more vocal about family issues, about spirituality in the synagogue," says Rabbi Susan Grossman of Congregation Genesis Agudas Achim, a Conservative synagogue in Tuckahoe, N.Y. "Women have no role models, which is bad, but it also frees up the rabbi in general. And it allowed men who were concerned with spirituality to come out of the closet," says Rabbi Grossman. (Concluded Next Week)

## Jews Rebuild L.A.

(continued from page 2)  
line" that he had seen boys with yarmulkes looting a liquor store. The remark has been greeted with puzzlement and was not reported by any other source.

Steven Windmueller, executive director of the federation's Community Relations Committee, said the Jewish community would play a major role in a

citywide effort to rebuild the areas hardest hit by the riots.

"This isn't a race or ethnic issue, but a class issue between the haves and have-nots," said Windmueller. "I believe the Jewish community will raise its stake in the urban agenda. We can't live in a society that's torn apart."

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Hoooh Ha! Mark your calendars for the 3rd annual **Big Easy Bash** at the Stepping Stone Ranch in Escoheag, Saturday & Sunday, June 27 and 28. Perpetuating the Bon Temps of their Memorial Day Cajun and Bluegrass Fest, Franklin Zawacki (Za Wackiest promoter in RI) will be serving up a deep dish of C.J. Chenier, Charmaine Neville, and the Voodoo Rhythm Kings. Hot Cajun, New Orleans, and Swamp Beat Boogie until you drop! Tickets are \$25 for 2 days, \$17.50 for Sat., or \$12.50 for Sunday. Camping is available. Write to Cajun Music, 151 Althea Street, Providence, RI 02907 or call (401) 351-6312.

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## Cost Of Living

(continued from page 6)

provide grants to institutions and low-interest loans for families who want to participate in Jewish educational programs.

It also suggests convening national and local task forces on the affordability of Jewish living; sensitizing communal leaders to the economic realities of Jewish affiliation and education; and encouraging every board member of a Jewish organization to name a Jewish organization as the beneficiary of a life insurance policy.

The report suggests that the cost effectiveness of institutions be evaluated with an eye toward reducing costs, and that a pool of capital be established through a network of Jewish free-loan institutions. Those who wish to invest in the future of the community could buy low-interest bonds, similar to State of Israel Bonds.

## ANC Leader Addresses Jewish Group

by Suzanne Belling

JOHANNESBURG (JTA) — South African Jewry took a step closer to forging ties with Nelson Mandela's African National Congress when the prestigious Jerusalem Club was recently addressed for the first time by a black speaker.

Cyril Ramaphosa, secretary-general of the ANC, told a capacity audience here that "there are long roads to walk together to shape the future of this country."

The Jerusalem Club is sponsored by the joint Israel United Appeal-United Communal Fund Campaign. Its chairman, Tony Leon, a member of Parliament of the opposition Democratic Party, extended the invitation in what was described as a post-apartheid outreach effort.

Ramaphosa described the squalor of black squatter camps where there could be one water faucet for 15,000 people. "I'd

like South African Jews, all of us true South Africans, to give them assistance to lead a decent kind of life," he said.

The ANC official also spoke of violence in the black township of Alexandra where hundreds of families have been left homeless.

If such conditions existed in an upscale white suburb, the entire defense and police force would have been summoned to apprehend the perpetrators, he said.

"The gross imbalance will have to be attended to in an active, principled and sensitive manner, in consultation with all those concerned in the creation of a new, non-racial, non-sexist South Africa," Ramaphosa said.

"There will be no law to separate people on an artificial basis. The cycle of domination on the grounds of ethnicity will have to come to an end," he declared.

## Computerized Physics Dictionary Developed By ORT

Puzzled by E=MC<sup>2</sup>?

You might not have to be any longer. The Research and Development Department of ORT (Organization for Rehabilitation through Training), the worldwide Jewish network of technical and vocational schools, is developing a physics dictionary for use on IBM and IBM-compatible computers. The dictionary, which will be available next year within the ORT network (in America, ORT has schools in Los Angeles, Chicago, and New York and programs in day schools in Atlanta and south Florida), will not only define terminology for students but will also list related concepts, all in a "user-friendly" format.

"The physics dictionary is the latest instance of soft-

ware developed by ORT in its long-time pursuit of superior pedagogical tools for modern students of science and technology," said Sandy Isenstein, national president of Women's American ORT. "Over the years, ORT has developed hundreds of different software packages to teach everything from computer-aided design to Jewish studies, and translated these packages into different languages for use in ORT schools around the world."

Women's American ORT, an organization of 1000 membership chapters across the United States, has been in the vanguard of social and humanitarian action for 65 years, building schools and training students in Jewish communities around the world.

## Housen To Speak At Hadassah Installation

Marjorie Housen of Boston, Mass., will be the guest speaker and installing officer at the first statewide installation for Rhode Island Hadassah Chapter and local groups, to be held on Sunday, June 14, 10 a.m. at Temple Emanu-El, Providence.

Housen is a National Associate and past National Vice President of Hadassah. Currently, Mrs. Housen is National Chairman of the Nominating Committee, Organizational Consultant, Membership, Organization, Leadership Development to the New England Co-op, and is an Area

Founders Chairman for the National Major Gifts Department. She is a former President of the Western New England Region, and has been involved on the Regional level for twenty-five years holding several portfolios.

A graduate of Brandeis University, Marjorie taught Elementary School, and was a teacher of Conversational French. She is currently the Special Events Coordinator for Uncommon Boston, a convention planning company in Boston. She is involved in Federation, Technion, Weizman Institute and A.J.C.

Co-chairing the installation are: Audrey Hirsch and Ruth Blustein. Their committee members are: Elaine Kroll, Frances Sadler, Gertrude Max, and Norma Friedman. A continental breakfast will be served prior to the installation.

Hadassah is the largest American Zionist Jewish Women's organization, with programs servicing medical, education, youth and elderly, locally and in Israel.

To make your reservations for the breakfast, please call (401) 463-3636 no later than June 1.

## PHDS To Hold Amudim Event

Dr. Alex Mandel, President of the Providence Hebrew Day School/New England Academy of Torah in Providence, R.I., announced that Jerome and Virginia Baron will be the recipients of the institution's prestigious 1992 Amudim Award which recognizes exemplary service on behalf of Jewish education and the community. The first Alumni Recognition Award will be presented to two brothers, Murray and Joel Gereboff, both distinguished graduates of the school. The awards will be pre-

sented at a gala reception to be held on Sunday evening, May 31, at 6:30 p.m. at the Providence Marriott. The proceeds raised from the event and the *Journal* produced in conjunction with honoring the Barons and the Gereboffs benefit the school's scholarship campaign.

In addition, in recognition of the services of David Hassenfeld, a legal consultant for many years to the school, there will be a posthumous awarding of a Torah cover to his family.

## Social Seniors Of Warwick

The Social Seniors of Warwick will hold a meeting Wednesday, May 20, at 1 p.m. at Temple Am David, Gardner St.

There will be a mystery auction. Toby Seigel will be the auctioneer. Refreshments will be served.

Wednesday, May 27, members will go on a trip to Pleasure Island, Swansea, Mass. There will be a chicken barbecue. Entertainers will be from the Poconos. Theme is "A Day in the Island." Contact Estelle Miller or Sally Goldman.

## Pawtucket Group Of Hadassah

The Pawtucket Group of Hadassah will hold a garage sale on Monday, May 17, at Jan Ziegler's garage, 58 Wilcox Avenue, Pawtucket.

Please take this opportunity to clean out your basements, closets and garages. No clothes, please, household items, shoes, boots, furniture, books, dishes, towels, sheets, etc. Dispose of things you no longer need and help Hadassah. Money raised will go to H.I.E.S.

If you need to have things picked up from your home, please call Ruth Shein (272-4845) or Jan Ziegler (726-4535).

## 'Back To The Future' Walton H.S. Reunion

The Class of '58 of the all-girl Walton High School in The Bronx, New York is searching the country as best they can. One step is enlisting friends and relatives across the country to help. News of former classmates — some good, some sad — has already begun to dribble in.

However, locating 600 people "lost" since 1958 is truly a Herculean — perhaps Amazonian, in this case — task. The committee is seeking to get the news of the upcoming reunion to anyone who was in the class or knows classmates. People seeking information or with information should call Linda Riback Anderson at 203-281-0335.

## Dvorah-Dayan Club Of Na'Amat/USA

Dvorah-Dayan Club of Na'Amat/USA will meet on Monday evening, May 18, at 7:45 p.m. at the home of Jackie Teverow, 400 Narragansett Parkway.

Plans will be firmed up for our Annual Installation Dinner on Tuesday, June 16.

We again turn to our many friends in the Rhode Island community who in the past have been so generous with saleable items for our Annual Giant Yard Sale. The date is yet to be announced — all hinging on the amount of merchandise which will be collected. If you have any items for which you no longer have use, please call Ceil and Seymour Krieger at 351-2139.

## Flea Market At Torat Yisrael

Temple Torat Yisrael's Spring Flea Market will be held on Sunday, May 17, from 9 a.m.-4 p.m. Admission is free and the public is invited.

Flea Market selection will include all kinds of new and used merchandise, white elephant,

furniture, jewelry, gift items, and hardware as well as shades and rods. Refreshments will be available at the snack bar.

The program for this meeting will be a review of the book, *Deborah Golda and Me* by Letty Cottin Pogrebin. The theme of the book is "Being Female and Jewish in America." Our reviewer will be our own Doris S. McGarry.

L'Shanah Tovah cards may be ordered now from Roslyn Hirsch by calling 274-1156.

The temple is located at 330 Park Ave., Cranston. For information, call 785-1800.

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*The Rhode Island Jewish Herald*

# Health and Fitness

Special Issue

May 14, 1992



# HEALTH *and* FITNESS

## Breast Cancer: Prevention & Early Detection

by Arnold H. Herman,  
MD, FACS

In 1992, 180,000 American women will be told they have breast cancer and over 40,000 women will die of breast cancer. All women can take an active role in both preventing breast cancer and in helping their doctor detect the breast cancer as early as possible.

Women cannot choose the genetics of their family, avoid a history of breast cancer in a close relative or always decide if and when to have children. The known risk factors worry most women, but 80 percent of all women who have breast cancer have none of the risk factors that are known now.

### PREVENTION

Breast cancer is most common in countries that traditionally have a lot of fat in the diet, such as the United States and Europe. Asian countries have a much lower incidence of breast cancer but Asians who emigrate to the United States develop a much higher incidence of breast cancer. Their children have the same rate of breast cancer as do American women.

The type of fat in the diet may also be important. Northern Europeans have more breast cancer than southern Europe-

ans. In the north most dietary fat comes from animals and in the south, most comes from vegetable oils.

The total amount of calories in the diet may also contribute to breast cancer development.

A high-fiber diet seems to protect against most cancers including breast cancer, perhaps by reducing the amount of time an environmental carcinogen (cancer-producing chemical) remains in contact with the body.

There is some evidence to implicate alcohol as a cause of breast cancer. Although these findings are still controversial, a woman who has four drinks a day doubles her incidence of breast cancer.

A new study is being started to learn if the anticancer hormone tamoxifen can prevent breast cancer in women at high risk. This chemoprevention study potentially will establish a means of reducing the frequency of breast cancer.

Until then, the prudent woman will reduce the fat in her diet as much as possible, selecting the non-fat or low-fat alternative, and avoiding fried foods. She will follow a controlled-calorie, high-fiber diet and limit her alcoholic intake.

### EARLY DETECTION

By the time a breast cancer

becomes detectable as a shadow on a mammogram or as a small lump that can be felt, it already has one billion cancer cells and has access to the blood vessels and lymph glands which help spread the tumor. In spite of this, breast cancer can still be controlled and cured if found in its earliest stages.

Only by early detection can breast cancer be cured.

The three available methods for early detection are breast self-examination, physician examination and mammography.

Many women do not do self-examination because they claim it frightens them, that they find lumps and that their breasts are too tender to allow examination. Ninety percent of all lumps that can be felt are found by the woman herself. If she does self-examination regularly, she has the ability to find a lump the size of a pea. If she does not do self-examination regularly, the

lump will be the size of a cherry tomato when found. Treatment results are directly related to the size and stage of the breast cancer at the time of discovery — the smaller the tumor, the better the outcome.

Self-examination should be done at the same time each month, preferably when the menstrual period has finished. This is the time that the breasts are the least tender and lumpy. If a woman has had a hysterectomy or is past menopause, she should pick a definite day of the month for her exam (her birthdate, the first of the month, or the day the telephone bill arrives, always the same day each month).

All women have lumpy breasts and the amount of "lumpiness" is affected by the basic glandular pattern, the amount of caffeine in the diet (coffee, tea, colas, chocolate and caramel), stress and salt intake. After the menopause, the breasts

will become gradually less lumpy even if the woman continues to take replacement hormones.

Each woman must learn her own breast texture and compare this month's examination to previous ones. Most "lumps" are in reality only prominent areas of breast glandular tissue.

Women should remind their physicians to include a careful breast examination in the annual physical and should insist on having mammography done at appropriate intervals.

Only if women take an active role in their own breast health care can we expect to reduce the incidence of death from breast cancer.

*Arnold H. Herman, MD, FACS is a surgeon whose practice emphasizes treatment of breast diseases. He is Medical Director of Breast Health in Providence and Clinical Associate Professor of Surgery at Brown Medical School.*

## Mammography

by Arnold H. Herman,  
MD, FACS

Modern mammography enables us to detect breast cancer earlier than ever before. Although slightly uncomfortable, it is a safe and effective technique which should be utilized more often by women and their doctors.

A larger percentage of Rhode Island women have mammography performed than anywhere else in the United States, but this is still only 35 percent of those in whom the x-rays are recommended. This is due in part to readily accessible x-ray offices and the Department of Health screening mammography program that makes mammography available to all women regardless of their health insurance.

The American Cancer Soci-

ety and all other leading medical groups recommend that all women should have an initial baseline mammogram between ages 35 and 40. From ages 40 to 50, x-rays should be obtained every one to two years depending on each woman's personal history. After age 50, an annual mammogram is recommended.

Mammography is usually not helpful in young women due to the thick, dense breast glandular tissue. It is also thought that the younger woman's breast tissue is more susceptible to radiation injury. A more appropriate method of evaluation for the younger woman is an ultrasound examination which does not require x-rays.

Modern mammography is performed on dedicated, low-dose machines designed specifically for making high-quality images of breast tissue. When performed by qualified and registered mammography technologists, the x-ray pictures obtained are clear and include all the breast tissue. (A woman with large breasts should confirm that the x-ray facility they use has the larger x-ray grid attachment so that all of her breast can be included on one x-ray film).

All x-ray machines are inspected and certified by the state. The American College of Radiology encourages high quality mammography by its accreditation program. An x-ray facility accredited by the ACR has passed rigorous testing and evaluation of its mammography machines, its technologists, its developing techniques and its radiologists. Although this accreditation is not required, the certificate confirms that mammograms of the highest quality are produced and interpreted. A list of ACR accredited mammography offices is available from the American Cancer Society, 400 Main Street, Pawtucket, 722-8480.

On the day of the mammography, the woman should not use powder, perfume or deodorant since the metallic content of these products may be misinterpreted as calcifications within the breast. If a skin mole is present over the breast, the technologist may mark it so that it is distinguished from a shadow within the breast.

The interpretation of a mammogram requires a careful review of the current x-rays and comparison with any previous studies by a radiologist. His special skills allow him to detect tiny specks of calcium or distortions of the tissue which might be the very earliest signs of a breast cancer. Fortunately most x-ray abnormalities turn out to be due to benign disease.

Regardless of how good the machine, the technologist and the radiologist may be, a certain number of cancers are not seen on mammography. Some of these may be hidden in the dense breast tissue and some may be at the edge or the back of the breast and not be included on the x-ray film. For this reason, it is important for every woman of every age to examine herself each month and to have regular examinations by her physician.

Modern low-dose mammography helps to detect breast cancer at a very early stage when breast conservation is possible. The woman can then choose between lumpectomy and radiation as her treatment or a mastectomy as she wishes with the same long-term results. Mammography saves breasts. More importantly, mammography saves lives.

*Arnold H. Herman, MD, FACS is a surgeon whose practice emphasizes treatment of breast diseases. He is Medical Director of Breast Health in Providence and Clinical Associate Professor of Surgery at Brown Medical School.*

**ON THE COVER:** *The Harvard Health American Heart Walk, May 9, at Colt State Park. Joining in the walk is WJAR-10's Jim Taricani.*

**The Staff of the  
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wishes to thank all  
of the health-care  
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# HEALTH *and* FITNESS



## Tips for Maintaining Healthy Skin

by Lori E. U. Herman, MD,  
FAAD

Much of what we have learned about skin care over the past decade points to the importance of the interaction of your skin with its environment. Just as all living things are affected by their surroundings, so is your skin influenced by stress, diet, exercise, exposure to the sun, makeup, and how well you take care of it.

Your skin is your most visible organ and reflects your state of well-being. The basic characteristics of your skin are inherited from your parents and are reflected by its texture, elasticity, pore size, oiliness, and your degree of natural protection from the sun.

### SEASONAL EFFECTS

Seasonal changes have a marked effect on your complexion. Winter's bitter cold and dry temperatures tend to dry the skin while the heat and humidity of summer causes the skin to become even more oily than usual. Both extremes are unhealthy for your skin. In addition, air pollution is a year-round hazard that continuously exposes your skin to harmful particles and chemicals.

The key to maintaining a good complexion year-round is to adjust your skin care regimen to the seasonal conditions.

During the colder, drier months of winter, take care not to overwash your face: once in the morning and once in the evening are sufficient. Avoid alkaline deodorant soaps (Dial, Coast, etc.). Instead use superfatted soaps (Dove, Tone, Basis, etc.) and lukewarm water. Hot water tends to strip the skin of its natural protective oils and can lead to eczema. Limit your showering to once a day or once every other day and protect your skin by moisturizing it regularly.

The best time to apply a moisturizer to the face and body is while the skin is still damp after bathing. An effective moisturizer should be absorbed quickly and not leave a greasy residue.

## Over-The-Counter Itch Relief

The growing stock of itch-relief medications on drug store and supermarket shelves may leave consumers confused about what product to pick for what problem. Hydrocortisone or benzocaine? Cream or ointment? Self-medicate or see a doctor?

Earlier this year, the U.S. Food and Drug Administration approved over-the-counter sales of products containing one percent hydrocortisone, a drug that relieves itching, skin irritations, rashes and minor inflammation.

As a result of the FDA action, consumers can more easily obtain prescription-strength hydrocortisone preparations. Preparations containing 0.5 percent hydrocortisone have been on the market since 1980, and many of these compounds will still be available.

Products that contain phospholipids have been demonstrated to effectively relieve dry skin problems and may be helpful.

During the summer months avoid oil-based makeup and use a lotion rather than a cream-based moisturizer.

### DIET

Contrary to popular belief the eating of certain foods such as chocolates, fried foods, nuts, caffeinated beverages and dairy products like ice cream does not cause or aggravate complexion problems such as acne. Acne can be made worse, however, by eating large amounts of foods high in iodine such as shellfish and some table salts. Everyone's skin is different and some individuals may find that certain foods may make their skin break out. The best advice for everyone's skin is to drink plenty of fluids (about 6 to 8 glasses of water daily), eat a balanced diet, and avoid those foods to which you are sensitive.

### COSMETICS

Taking care when choosing and applying makeup can go a long way toward maintaining a healthy complexion and preventing the development of skin problems. Choose a makeup that agrees with your skin type and one that is non-acnegenic and non-comedogenic. In general oil-free cosmetics are well tolerated by all skin types. While oil-based makeups tend to clog pores and encourage plugging of hair follicles, oil-free products have been tested and shown not to cause blemishes including blackheads and whiteheads. These makeups also generally contain a high percentage of water which is also beneficial to your skin.

Many makeups now also contain sunscreens which are beneficial for maintaining a healthy complexion. The best sunscreens are those that protect you from both ultraviolet B (UVB) rays as well as ultraviolet A (UVA) rays. UVB rays are primarily those that lead to sunburns and eventual development of skin cancers; UVA rays

are responsible for wrinkling and sagging of the skin. Although you will probably not find this type of broad spectrum sunscreen available in makeup, many brands now contain sunscreens with an ultraviolet B sun protection factor of 15. This is adequate for daily use.

Other additives, sometimes considered "puffery," pose a tougher challenge to the consumer. With the exception of colors and a small number of prohibited ingredients, cosmetic manufacturers may use essentially any raw material in their products and market them without prior approval from the Food and Drug Administration.

Among the more common ingredients, aloe vera, a tropical cactus plant, has anti-inflammatory properties that have been recognized since before the time of Cleopatra. It is listed as an ingredient in many skin care products. It would take much more aloe vera than most of these cosmetic products contain, however, for the anti-inflammatory properties to work and it would be prohibitively expensive.

Human placenta is one of a number of biological ingredients that has raised consumer concern. The placenta is the lining of the uterus that nourishes the fetus and which is shed after birth. Initially advertised for its hormone content and as a promoter of tissue growth and remover of wrinkles, these claims were withdrawn after the FDA declared them to be ineffective.

The challenge from the FDA effectively changed the strategy of those marketing human placenta who now claim that all hormones have been extracted and that their product is merely a source of protein.

Although an extract of human tissue, placenta in cosmetics is chemically washed and processed, rendering it free of any harmful viruses or bacteria.

There are many products on

the market that claim that topically applied collagen (the protein substance found in the supporting structure of the skin) can lead to decreased wrinkling and increased youthfulness of the skin. In skin care lotions and cosmetics, collagen has been proven to be an effective moisturizer. It binds water but it is not water soluble. There is no convincing evidence according to the FDA, however, that collagen can penetrate the skin and therefore no evidence that it has any effect below the surface on the supporting structure of the skin.

### SKIN CARE

The quest for maintaining a youthful appearance can best be achieved by establishing a healthy balanced approach to skin care.

Abuses from too much sun, poor skin care, improper diet and smoking can begin to take their toll by age 25.

Smoking has been shown to contribute to wrinkling of the

skin both by the repeated sucking motions of the lips and crinkling of the eyes and by the restriction by nicotine of blood flow to the skin. In contrast, regular exercise helps to increase blood flow to the skin by enlarging the blood vessels that feed the skin which helps to prevent premature wrinkling.

The key is moderation. Developing good skin care habits in your teens and early twenties will minimize problems you may encounter later in life and help maintain a healthy complexion.

(The products named in the above article are mentioned as examples. No endorsement of any product is intended.)

*Dr. Lori E. U. Herman, a Fellow of the American Academy of Dermatology, is Assistant Professor of Medicine in Dermatology at The University of Massachusetts Medical School in Worcester, Mass., and is in the private practice of pediatric and adult dermatology in Providence.*

## "Tips For Maintaining Healthy Skin"

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Fellow of the American Academy of Dermatology

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# HEALTH *and* FITNESS

## Low-Fat Diets

by Matthew M. Clark, Ph.D.  
Senior Psychologist,  
Miriam Hospital

The effects of a low-fat diet on body weight and body composition were studied by Dr. Prewitt and colleagues at the University of Illinois at Chicago, Bowman Gray School of Medicine, and Washington University in St. Louis. Eighteen women aged 20-48 years, ate a high-fat diet (37% fat) for four weeks, followed by a low-fat diet (20% fat) for 20 weeks.

Meals were prepared in the Nutrition and Metabolism Research Laboratory at the University of Illinois at Chicago. The meals were served in the laboratory dining room and at least two of the three meals per day were consumed at the lab. The third meal, usually lunch, was a take-out meal. Similar foods were prepared on both diets. Skim milk replaced whole milk, meatless spaghetti sauce

replaced sauce with meat, and jelly replaced butter (replacements that all of us can make).

Physical activity was monitored throughout the study. Subjects were generally sedentary, and six of the eighteen subjects were obese.

Subjects maintained their weight during the 4-week high-fat diet. However, following the 20-week low-fat diet, subjects experienced a 3% decrease in body weight, an 11% decrease in body fat, and a 2% increase in lean body weight (muscle). Even more interesting is that during the low-fat diet, subjects ate more: 19% (351 calories) more per day than on the high-fat diet.

The implications of this study for weight maintenance are important. These results provide further evidence that by following a low-fat diet you may be able to consume more calories, compared to a high-fat diet, and still maintain your weight.



## Cholesterol Levels May Improve During Weight Maintenance

by Vincent Pera, Jr., M.D.  
Medical Director  
Weight Management,  
Miriam Hospital

Significant weight loss has been shown to be associated with improvement in many health-related areas such as cholesterol, hypertension and diabetes. Many of the patients that participated in The Miriam Hospital Weight Management Service Optifast Program have happily noted significant improvements in cholesterol as they proceed through the fasting phase of the program. For most of these patients, improvement in cholesterol persists as they move into the maintenance phase of their treatment. Unfortunately for some patients, this significant improvement has been short-lived because, with the re-introduction of food, cholesterol levels have again elevated. It has been especially concerning to note that for some patients showing cholesterol elevation during refeeding, cholesterol levels obtained at the end of the 26-week core program have actually been higher than those

obtained prior to the patients' participation in the program.

Stephen D. Phinney, M.D., at the School of Medicine, University of California at Davis, has looked at cholesterol levels in the time period subsequent to participation in the very low-calorie diet. The study went on to look at cholesterol levels in patients who had entered into the maintenance phase of their weight management program and followed these readings after active weight loss, as the patient's weight stabilized over time.

The general findings of this study showed serum cholesterol levels fell significantly from baseline during the fasting phase of the program to a low point which generally occurred at one to two months into the fast. Cholesterol levels then began to rise even prior to the end of fasting in some of these patients. For some patients, the rise resulted in a cholesterol level at the end of the core program that was slightly higher than that noted prior to fasting. These patients were then followed into their maintenance period, and it was shown that cholesterol

levels again began to diminish as the patients followed a weight stabilizing low-fat maintenance diet. This gradual lowering of cholesterol during maintenance took place over a two to three month time period. The net effect of the major weight loss including the weight maintenance period was a modest improvement in serum total cholesterol concentrations.

For those patients that did show a significant increase in cholesterol after having reached a low point in the cholesterol reading during the fast, an overall improvement was noted after waiting a time period of approximately three months from the end of active weight loss. Dr. Phinney's study is good news for those individuals in whom this pattern of diminishing cholesterol and elevating cholesterol during weight loss has been noted. This study also points out the importance of holding off on initiation of lipid-lowering medications until a period of weight stabilization of at least two to three months has taken place subsequent to active weight loss.

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## Smoking Cessation And Weight Gain

by Barrie J. Guise, Ph.D.  
Psychologist

Cigarette smoking is the single most important preventable cause of death and illness in the United States. Deaths from smoking per year (about 1/2 million) outnumber those attributed to alcohol, all other addictive drugs, accidents, and suicide combined. Despite these facts, many smokers are discouraged from trying to quit smoking for fear of weight gain. Many who do try relapse to smoking in the face of small weight gains, fearing that the pounds will continue to mount. Learning about the relationship between body weight and cigarette smoking is clearly important so that indi-

viduals concerned about body weight can feel comfortable quitting smoking.

The research in this area is new. It has been only in the last five to 10 years that scientists have looked closely into the relationship between body weight and smoking. Therefore, most of what we know is tentative. However, three important pieces seem fairly certain.

(1) Many people gain weight when quitting smoking; (2) the amount of weight gained is usually small, about 5 lbs; (3) the health benefits of quitting smoking are far greater than the health consequences of gaining a small amount of weight.

Why do people gain weight when trying to quit smoking?

The answer is not quite clear because the relationship between the various chemicals in cigarette smoke and body weight is complex. Some of the theories being examined include (1) nicotine increases energy expenditure, either by increasing metabolism or the energy consumed when cells perform their daily functions; (2) nicotine influences caloric intake either by stimulating insulin production or more centrally in the appetite centers of the brain, perhaps contributing to increased craving for sweet foods or carbohydrates. It may be the case that some combination of these or other factors account for weight gain when quitting smoking. The theory with the most empirical support involves increased eating when quitting smoking, probably due in part to biology and in part to habit. Many people substitute food for cigarettes, especially in the early weeks of quitting and begin to gain.

How can you quit and keep weight gain to a minimum? Address that concern in your quit smoking plan. Substitute relaxation or exercise for cigarettes in the early stages when cravings can be difficult, monitor calorie intake for awareness, or ask your doctor to prescribe nicotine gum to add to a behavioral program. Self-help brochures with tips to avoid weight gain and several professional programs are available. There is a Stop Smoking Program available here at The Miriam Hospital Center of Behavioral Medicine, 861-0876.

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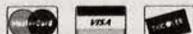
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# HEALTH *and* FITNESS



## Food For Thought... Fiber and Sugar

by Terry Jerominek, R.D., The Miriam Hospital

### FIBER

Dietary fiber is complex carbohydrate that cannot be digested by humans. A diet high in fiber and low in fat may protect against some forms of cancer, diabetes, heart disease, and obesity. Fiber also:

- provides bulk in the diet.
- gives one a feeling of fullness.
- lowers blood cholesterol (soluble fiber).
- controls blood sugar (soluble fiber).
- prevents constipation (insoluble fiber).

The National Cancer Institute recommends 20-35 grams of fiber per day. Increase fiber gradually. Rapid increase in fiber intake may result in bloating, gas, diarrhea, and general discomfort. Also increase your fluid intake at the same time to avoid constipation.

There are two types of fiber, soluble and insoluble. **Soluble** fiber is found primarily in fruits, vegetables, oat bran, oatmeal, barley, rye, and dried beans. **Insoluble** fiber is primarily found in whole grains, wheat bran, seeds, popcorn, brown rice, and whole grain breads, cereals, and pasta products. Fruits, vegetables, and dried beans also contain some insoluble fiber as well as soluble fiber.

Guidelines for increasing dietary fiber are:

- Eat 3-5 servings of fresh fruit and vegetables per day.
- Look for 100% wheat or whole wheat on bread and cereal labels.
- Do not rely on fiber pill supplements.
- Chopping, peeling, pureeing, overcooking, and processing food decreases fiber content of foods.

Foods high in fiber content include:

Food Item	Fiber Content Per Serving	Size of Serving	Calories Per Serving
VEGETABLES			
Asparagus	3.5	1/2 Cup	18
Broccoli	3.5	1/2 Cup	18
Carrots, raw	3.5	1/2 Cup	15
Kidney beans	9.7	1/2 Cup	94
Peas, canned	6.7	1/2 Cup	63
Acorn Squash	7.0	1 Cup	82
FRUITS			
Blackberries	6.7	3/4 Cup	40
Raspberries	9.2	1 Cup	42
Strawberries	3.1	1 Cup	45
BREADS & CEREALS			
Whole wheat bread	1.3	1 Slice	59
All bran (100%)	8.4	1/3 Cup	70
Wheaties	2.6	3/4 Cup	73
Shredded wheat	2.8	1 Biscuit	70
Popcorn	3.0	3 Cups	62
Brown rice	1.6	1/3 Cup	72

### SUGAR

The average American consumes about 100 lbs. of refined sugar per year. This translates to 20-30 tsp. per day, an amount far greater than we visibly use in foods such as coffee and cereal. There are substantial amounts of refined sugar "hidden" in a wide variety of foods. Large amounts of refined sugar are present in foods such as sodas, fruit drinks, cakes, cookies, desserts, and confectionery products. Peanut butter, ketchup, nondairy coffee whiteners, flavored yogurts, and literally thousands of other processed food products are less obvious sources of refined sugars.

Why worry about refined sugar in the diet? Refined sugar provides calories without any nutrients hence the term "empty calories." Too many refined foods in the diet displace foods that are healthful, such as fresh fruits, vegetables, complex carbohydrates, low fat dairy products, and protein sources which provide nutrients essential to good health. A diet that contains too many refined sugars may also promote tooth decay.

USDA Dietary Guidelines for Americans (1990) recommend that the consumption of refined sugar decrease from 20% to 10% of total daily calories. This translates to a 50% reduction of refined sugar per day. The amounts of sugar found in common snack foods are:

Food	Teaspoons of Sugar
2 oz. Candy bar	6
3 regular Life Savers	1
1/12 Cake with icing	12-15
1/6 of 9" Apple pie	6
1/2 cup of Ice Cream	3-6
8 oz. sweetened yogurt	6
12 oz. soft drink, Kool-aid, Tang	7-8
1 Tbsp. jam, jelly, syrup	4-7
1 Cookie	1-2

## Thinking About Nutrition? Think Stress Management!

by Ronald Theberge, Ph.D.

In the absence of good stress management, proper nutritional habits are hard to establish and maintain. Negative habits to which we return usually include what is least troublesome, most familiar, or most satisfying in the shortest period of time.

When it comes to food, we tend to return to poor lifestyle habits such as eating problem foods, eating without planning, preparing, or monitoring, and responding only to what feels and tastes good right now. Fortunately, the old habits may be changed and these new habits can become as automatic and as comforting as the old unhealthy habits.

Stress management can go a long way toward helping to establish new and healthy food habits. In general, managing stress means using behaviors that minimize the negative influences of hassles, both ordinary and extraordinary varieties, while promoting positive and constructive ways to achieve long-term goals. The first step is to take an inventory of the types of hassles, feelings, thoughts and situations that usually lead to those old habits.

Once you know what the trouble spots are, you can develop strategies for dealing with them. If you don't do this step first, the trouble spots will blindsides you until you are ready to give up. So even though it may be difficult to acknowledge problem areas, your success may depend on it.

Here are some common stress-related nutrition problems:

1. Feeling depressed and turning to food for comfort
2. Feeling anxious and compulsively eating whatever is around
3. Feeling angry and "eating with a vengeance"

4. Feeling bored and eating to entertain oneself

5. Feeling obligated to eat what is served, rather than what is sensible, in order to avoid hurting someone's feelings

6. Feeling embarrassed to ask for special service at a restaurant.

7. Feeling too lazy or too hassled to select and prepare appropriate foods

8. Shopping on an empty stomach because of scheduling problems and buying everything that might taste satisfying

9. Having no time for lunch and bingeing as soon as the time allows.

Some of these problems may seem familiar and no doubt others come to mind. It is important to identify the trigger and take positive action using problem-solving techniques. Try asking yourself these questions if you are chronically feeling stress or responding in stressful ways:

1. Is there a way to *remove* the source of stress?

2. Is there a way to *prevent* or *stay away* from the source of stress?

3. Is there a way to *build up* my *resistance* to the source of stress?

4. Is there a way to *change myself* to reduce the impact of the stressful situation?

5. Is there a way to *look at* the *situation differently*?

6. Is there a way to *change my reaction* to the stress even if it

continues to happen?

You might find that you generate helpful strategies of your own, once you ask the right questions. In some cases, it may be worth consulting a stress management specialist, especially if you are having limited success in managing stress-related problems on your own. Either way, managing your nutritional habits means managing what influences them, and that means managing stress!



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# HEALTH *and* FITNESS

## Q & A: Weight Management

From the *Weight Management Monitor*, Miriam Hospital

**Q.** Are there foods that have cholesterol and no fat?

**A.** No, cholesterol is found only in animals and all animal products contain some fat. Some examples are listed below.

Tuna, 3 oz.: 6.2 g. fat, 37 mg. cholesterol

Egg, 1: 5.6 g. fat, 218 mg. cholesterol

Skim milk, 8 oz.: 0.6 g. fat, 5 mg. cholesterol

**Q.** What recommendations can be made for exercising on an uncomfortable bike seat?

**A.** Purchasing a lambskin or gel bike seat cover may provide some comfort. We highly recommend buying padded biking shorts or pants.

**Q.** How many calories are in DEL'S Regular Lemonade and DEL'S Light Lemonade?

**A.** DEL'S Regular has 13 calories per ounce and DEL'S Light has 8 calories per ounce.

\*a small DEL'S = 4 OZ.

**Q.** What is the success rate of OPTIFAST patients who are no longer with the program?

**A.** Long-term results are important in the study of obesity treatment; however, we have been unable to gather significant follow-up data. We recently sent questionnaires to 180 randomly selected OPTIFAST graduates to help us answer this question and learn more about strategies

for successful weight maintenance. We are awaiting return of these questionnaires. In the future, with your cooperation, we will know our long-term results.

**Q.** Can over-exercise cause a reduction in metabolic rate?

**A.** Yes. Patients who work out excessively, greater than the recommended frequency, intensity, and/or duration, are at greater risk of reduced metabolic rate. Physiological causes for the reduction include breakdown of muscle tissue and adaptation to other physiological needs.

**Q.** In terms of sufficient calcium intake, will equal amounts of non-fat yogurt or skim milk supply the same amount of calcium?

**A.** No. There is less water in nonfat yogurt than in skim milk for the same volume and thus there are more milk solids and calcium in the nonfat yogurt.

**Q.** Are short bouts of exercise effective in weight management?

**A.** Ten-minute bouts of exercise three times per day may provide some benefit in burning calories and reducing the risk of colon and heart disease.

**Q.** Why is it important to keep food records?

**A.** Research has demonstrated that food records are a major predictor of weight loss and weight maintenance. On a personal note, many of you have reported that taking the time to complete food records is a crucial component of a successful weight management plan.

## Lose Inches, And Still Have Fun: A Testimonial

by Mark Binder  
Herald Associate Editor

The red cover blares like one of those fad books, *Diets Still Don't Work!* Oh no, you think, not another diet book.

Well, sort of. "I've lost over 2,000 pounds and spent twenty-four years in my health spas helping thousands of people lose weight," writes author Bob Schwartz. "In the process I've discovered something you probably suspected all along — *diets don't work...* The *Washington Post* reports that out of every 200 people who go on a diet, only ten lose all the weight they set out to lose. And of those ten, only one keeps it off for any reasonable length of time."

This is an alarming statement to read anywhere, let alone on the first page of a book about weight loss.

Schwartz decided that it was time to stop studying fat people, and start asking thin people how they treated food.

The answers were simple, "Naturally thin people eat only because they're hungry... [they] eat exactly what will satisfy them... exactly what will satisfy them... eat consciously and enjoy every bite... [and] naturally thin people stop eating when their bodies are no longer hungry."

Sounds simple, right? Ok, you know the concept. Now do it.

The remarkable accomplishment of Bob Schwartz is that while diets don't work, his system does.

I know, because I began in February at 215 pounds dressed, with size 38 (tight) jeans, and now I weigh 198 pounds (still dressed), and wear size 36 (baggy) jeans.

And I didn't diet. Nope, not at all.

What I did do was every exercise in Schwartz's book. I made lists about "specific situations and times that I go unconscious and automatically over-eat," and "things that I am afraid to do or say until I am naturally thin."

I had a wonderful friend whom I spoke to every week, and made specific promises regarding the exercises in the book.

Sounds like a diet? Not really.

The beauty of Schwartz's system is you can eat whatever you want, (and here's the caveat,) as long as you're hungry. There's no deprivation here, no sense of starvation.

Interestingly enough, the *Diets Don't Work* mentality has begun to gather quite a following. *The New York Times* had a front page article on the topic, and even the American Heart Association, Rhode Island Affiliate recently held a seminar

called "Are You A Starver, Stuffer or Skipper?" led by C. Wayne Calloway, M.D.

To help you out, Schwartz suggests you work with a partner. I personally recommend doing every exercise in the book. It took me two passes, because sometimes I didn't want to answer the questions.

Over time, I found it more and more difficult to lie to myself about whether or not I was hungry. And I've noticed that I've been eating smaller portions at more frequent meals.

Eating like a thin person might not be easy, largely because it requires the willingness to change your relationship with food, which could very well be your entire life.

By the time you're finished with the book, Schwartz hopes that you have some ability to decide whether you're even interested in being a thin person.

And if you are, the choice is up to you. Starve, binge, lose, gain, whatever your particular cycle might be.

Or start eating like a thin person. Just keep moving through the book, and see what happens.

*Diets Still Don't Work!* by Bob Schwartz, Breakthru Publishing, \$9.95. The book is available at many bookstores, or call (713) 522-7660.

## Body Composition

by Susan I. Feder, M.S.

The body is composed of two basic elements: lean tissue and adipose or fat tissue. Lean tissue is comprised of muscle, bone, and all other tissues that are not fat.

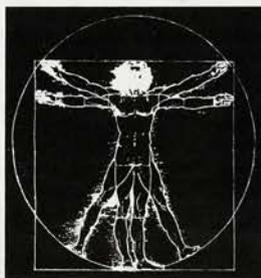
Adipose tissue makes up the remainder of the body. Health ranges in the form of percentages have been established for males and females. 15%–18% body fat is the recommended percent for males, and 20%–25% is the recommended percent of body fat for females. These percentages are based on healthy norms for cardiovascular, cholesterol, and diabetes parameters.

Body composition is assessed by skinfold measurements. Skinfold calipers are used to measure skinfold thickness in

millimeters, at certain points of the body dependent on your gender. The sites for men are: the chest, abdomen, and front of the thigh. The sites for women are: the triceps, the top of the hip bone, and the front of the thigh.

Percent of body fat is then determined based upon the measurements, age, and gender. Skinfold measurements provide an accurate assessment of goal weight.

The maintenance of a recommended percent body fat and lean tissue will depend upon the amount of calories you expend during exercise and other activity. By exercising, calories are burned and lean body mass is maintained or increased. This helps keep your percent body fat within the required limits.



## Suggestions For Decreasing Sugar Intake

- > Cut down on cookies, candies, and other sweet foods.
- > Satisfy sweet cravings by eating more fresh fruits, 100% fruit juices, and canned fruits packed in their own juice.
- > Decrease sugar in recipes by 1/4 – 1/3. Add more vanilla and spices because both enhance the impression of sweetness.
- > Read labels. A product is likely to be high in sugar if any of the following terms appear as a first or second ingredient: sucrose, brown sugar, honey, raw sugar, glucose (dextrose), fructose, lactose, maltose, corn syrup, and fruit juice concentrate.
- > Choose desserts only a couple of times per week and make them count nutritionally (pudding, yogurt, baked apple).

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# HEALTH *and* FITNESS



## Arthritis Discriminates Against Women

Two out of every three Americans who have arthritis are women, reports the Arthritis Foundation, Rhode Island Chapter. That is 24 million people and an additional 600,000 women who develop arthritis each year.

Although scientists have not yet discovered why many forms of arthritis affect more women than men, current research indicates a combination of genetic, hormonal and other factors.

"The effects of arthritis on women are significant beyond the statistics," said Stuart Schwartz, M.D., rheumatologist and member of the Arthritis Foundation's Public Information and Education Committee. "There are more than 100 different forms of arthritis and some of them can cause serious and unique problems for women."

Rheumatoid arthritis, which affects women two to three times more often than men, can cripple and deform, and can often inflame and damage many body tissues including the skin, joints and internal organs. Although rare, it can also damage the kidneys, central nervous system and cause death.

"Most forms of arthritis are unpredictable — symptoms can fade or flare up spontaneously," said Schwartz. "As a result, a woman may be stiff in the morning, limber and comfortable in the afternoon, then tired and in pain that night."

Beyond the physical problems caused by arthritis are the emotional ones. Coping with

arthritis is difficult, requiring sensitivity, patience and understanding from those with the disease, as well as from their family members and friends.

The Arthritis Foundation recommends that women with arthritis take the initiative and discuss the effects of the disease with those closest to them. Women who are caring for someone with arthritis should encourage that person to talk about the problems and concerns associated with the disease.

Although arthritis is a serious problem, it is not insurmountable. Early diagnosis and prompt treatment make it possible to control the disease and its symptoms.

The Arthritis Foundation recognizes the special problems of women with arthritis. The Rhode Island Chapter provides women with the latest medical information. In addition, it conducts workshops and support groups which address such concerns as pain, depression, self-esteem, sexuality, mothering and care for dependents with arthritis.

The Arthritis Foundation is dedicated to supporting research to find the cures for and preventions of arthritis and to improving the quality of life for those affected by arthritis.

For further information about arthritis or the services provided in your area, contact the Arthritis Foundation, Rhode Island Chapter at 865 Waterman Avenue, East Providence, RI 02914 or 434-5792.

## Gardening Tips from the Arthritis Foundation

Gardening often is physically difficult for many of the 37 million Americans with arthritis. However, a survey by the Arthritis Foundation shows most people with arthritis enjoy gardening more than any other activity and that gardening can be made easier and more productive for people with arthritis with proper planning and adaptive tools.

Although arthritis pain and limited joint mobility often make gardening difficult, a variety of tools and adaptations can be used to help make the process easier and protect joints from further damage. Some of the simple changes the Arthritis Foundation suggests are:

- > Sit on a small stool rather than kneeling to reduce stress on joints;
- > Plant in small raised garden beds or planting containers for less bending and stretching;
- > Avoid gripping or grasping tightly for very long periods. Divide the work to be done into smaller segments over longer time periods; and
- > Use the strongest or largest joint possible to do the work.

In addition, many tools are available to help people with arthritis protect joints and conserve their energy while gardening. Several examples include:

- > Basic gardening tools, such as a trowel or hoe, with extension handles to reduce bending; and
- > Swivel-handle attachment for shovels and a two-hand attachment for rakes, hoes and pushbrooms to help prevent back strain.

Information about where these types of tools are available, their cost and ways to cope with arthritis can be found in the *Guide to Independent Living for People With Arthritis*, published by the Arthritis Foundation. To learn more about making gardening and other areas of your life with arthritis easier, contact the Arthritis Foundation, Rhode Island Chapter at 865 Waterman Avenue, East Providence, Rhode Island 02914 or (401) 434-5792.

*The Arthritis Foundation is the source of help and hope for an estimated 37 million Americans, including 153,000 Rhode Islanders, who have arthritis. The foundation supports research to find the cures for and prevention of arthritis diseases and seeks to improve the quality of life for people of all ages affected by arthritis.*

## What Is Periodontal Disease?

by Denise M. Shapiro, D.D.S.

Periodontal disease is a process which attacks and destroys the tissues responsible for holding teeth firmly in the jaw. Often the disease is not painful and is free of any signs or symptoms obvious to its victims. As the disease progresses, teeth become loose and may eventually fall out or require extraction. After age 35, over 75% of tooth loss is due to periodontal disease.

Periodontal disease affects 70%-80% of the adult population. Swelling and redness of the gums, bleeding upon brushing, or a bad taste or bad breath, are common signs of periodontal disease. Recession, migration of teeth, and looseness may also be present.

One of the most important tools in detecting periodontal disease is the periodontal probe. It is a measuring instrument that is placed between the teeth and gums in order to measure what is called the sulcus or pocket depth. In addition, gum quality, recession and looseness of teeth are evaluated. X-rays are important to evaluate the quality of bone present.

The most important factor in the development of periodontal disease is the presence of plaque and tartar. Plaque is composed primarily of bacteria, which we all have living in our mouths. The plaque that collects along the gumline builds up and may try to get deeper under the gums. With time, the plaque becomes hard and is called tartar or cal-

culus. Plaque and calculus irritate the gums and may cause the gums to get red and puffy, or in other instances, the gums may recede. Often, teeth are sensitive to cold or touch, or food gets wedged between the teeth.

With time, chronic inflammation can lead to bone loss with tooth mobility and migration. The disease can affect a single tooth or be generalized throughout the mouth.

Often, phase I treatment for periodontal disease consists of removal of plaque and tartar by deep cleaning, called scaling and root planing. Usually a local anesthetic is used to numb the area, and multiple visits may be required. The gums are then re-evaluated to determine the need for further therapy.

Often your dentist will recommend that you see a periodontist for periodontal treatment. A periodontist is a dentist who has had more training about periodontal disease, and only treats the gums and supporting structures.

*Dr. Denise Shapiro is a graduate of Emory University and Columbia School of Dental and Oral Surgery. She completed a residency at Long Island Jewish Hillside Medical Center before doing her post-graduate periodontal training at Boston University School of Graduate Dentistry. Before starting her own practice, located at 370 Ives St., Providence, she was associated with several excellent practices in Rhode Island.*

## A High-Risk Season For Lyme Disease

Beginning in spring and continuing until September is the high risk season for Lyme Disease. As Rhode Islanders, we spend much time outdoors in the summer. Because Rhode Island has a growing population of the tick which transmits Lyme Disease, we're putting ourselves at risk if we're not taking proper precautions.

The Arthritis Foundation offers these suggestions:

- > Wear protective clothing;
- > Check yourself, children and pets for ticks; and
- > Clear away brushy or grassy areas near your home that attract ticks.

"People and pets who live or work near or in wooded or marshy areas are most at risk," said Frank DeLuca, R.N., health educator and member of the Arthritis Foundation, Rhode Is-

land Chapter's Public Information and Education Committee. "These areas are home to the deer tick, the tiny tick that can carry a special kind of bacteria. When these ticks bite, they can pass along the infection that causes Lyme Disease."

Early signs of Lyme Disease include flu-like symptoms out of flu season, an expanding skin rash and joint or muscle pain. If left untreated, Lyme Disease can cause serious nerve or heart problems as well as a disabling type of arthritis. Early treatment of Lyme Disease symptoms with antibiotics can prevent these more serious medical problems.

In order to help reduce your risk of getting Lyme Disease, contact the Arthritis Foundation at 434-5792 for more information or to request a copy of the brochure on Lyme Disease.

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# HEALTH *and* FITNESS



## Skin Cancer Screening Saves Lives

Practicing "Safe Sun" may prevent you from getting skin cancer, says the American Cancer Society, R.I. Division.

You may already know some of the simple things you can do to minimize your chances of getting skin cancer: cover up when the sun's rays are strongest and use sunscreen.

What you may not know is whether or not you have skin cancer. One easy way to find out is by taking advantage of a free skin cancer screening which is open to the public at the Veterans Affairs Medical Center (VAMC) on Saturday, May 16, from 9 a.m. to noon.

The free screenings are scheduled to coincide with National Melanoma/Skin Cancer Detection and Prevention Month, sponsored by the American Cancer Society, R.I. Division, in

conjunction with the American Academy of Dermatology and the VAMC.

The Academy's national detection and prevention program is in its eighth year. In 1992 over 600,000 cases of skin cancer will be diagnosed nationally. Of these, the vast majority will be curable if detected early. That's why screening your skin for cancer is so important. The most serious form of skin cancer is melanoma. About 32,000 people will be diagnosed with this form of skin cancer this year and about 8,800 people will die as a result of melanoma; that means 23,000 people will continue to live because of early detection.

Last year at the skin cancer screening at the VAMC 23 cases of suspected skin cancers were found; 17 suspected basal cell carcinomas, 4 suspected squa-

mous cell carcinomas, (both less serious forms of skin cancers), and 2 suspected cases of melanomas. All 23 of these people were referred to their physicians for follow-up care.

Dr. Marty Weinstock, Director of Dermatology at Veterans Affairs Medical Center and staff physician at Roger Williams Medical Center is the volunteer Chairman of the American Cancer Society's R.I. Division Task Force on Melanoma and a member of both the American Academy of Dermatology and the R.I. Dermatological Society.

Dr. Weinstock says, "It's important to know the warning signals of skin cancer. Look for any unusual skin condition, especially a change in the size or the color of a mole or other darkly pigmented growths or spots. Scarring, oozing, bleed-

ing, or a change in the appearance of a bump or nodule; the spread of pigmentation beyond its border, or a change in sensation, itchiness, tenderness, or pain are all warning signs of melanoma. If you notice anything unusual see your doctor immediately."

Assisting Dr. Weinstock in coordinating the skin cancer screening are Dr. Marla Angermeier, M.D., affiliated with R.I. Hospital and Women and Infants Hospital; and Dr. Seth Feder, M.D., affiliated with Roger Williams Medical Center, R.I. Hospital, Cranston General, Butler Hospital and Women and Infants Hospital. These doctors, along with about seven other dermatologists, all members of the R.I. Dermatological Society, will assist in the skin screenings.

Appointments for local free

screenings are available now, so call 1-800-ACS-2345 to reserve yourself a time. Spaces are limited.

The American Academy of Dermatology, which has headquarters in Evanston, Illinois, represents physicians who specialize in the practice, diagnosis and treatment of disease and disorders of the skin, hair and nails.

The American Cancer Society is the nationwide voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives from cancer, and diminishing suffering from cancer through research, education and service.

For further information on cancer or the many programs and services offered by the American Cancer Society, call the cancer information line at 1-800-ACS-2345.



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## How To Be A Good Sport... With Allergies

You can be a good sport, even with allergies. Consult the following list to determine which activities are best for you.

- **Bowling** — Although not an endurance sport, bowling requires skill and is a popular group activity.
- **Billiards/Pool** — These are also activities in which skill, not strength, is the key to success.
- **Aerobics** — Aerobics—high or low-impact—builds strength, cardiovascular endurance and burns fat.
- **Weight Training** — With a carefully set program, you can increase your muscle-to-fat ratio and contour your body.

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**WATER SPORTS**  
Water sports are ideal for allergy-prone athletes: they involve virtually no exposure to plant allergens.

- **Swimming** — Laps, water volleyball, or just splashing around all provide a total body workout; as a bonus, there's no stress on the joints.
- **Sailing/Power Boating** — The primary value is to get away from it all, although sailing—especially racing—does build arm muscles.
- **Water-Skiing** — Here's a sport that improves balance and tones leg muscles.
- **Canoeing/Kayaking/Rowing** — All of these build upper body strength and aerobic endurance.
- **Windsurfing** — A great endurance-building sport that offers good all-over body strengthening.
- **Fishing** — Try this favorite get-away-from-it-all sport—go deep-sea fishing, or just cast a line from a rowboat.
- **Snorkeling** — This sport provides the same total body workout as swimming, plus a great view.

**SPORTS TO ENJOY... WITH SPECIAL PRECAUTIONS**

- **Running** — Running outdoors exposes you to allergens. Use an indoor track, or switch to swimming April-September and resume running outside from October-March. If you crave an occasional outdoor run during pollen season, avoid running in the morning (5-10 a.m.) when pollen counts are highest.
- **Tennis** — Clay courts can

be dusty and, along with hard courts, are often surrounded by greenery which is menacing for allergy sufferers. Locate indoor courts in your area.

- **Bicycling** — The best alternative for cycling enthusiasts is to set up a stationary bike in the house. Save your outdoor trips for the fall.

**SPORTS TO AVOID**

- **Camping/Hiking** — Nature is nice, but camping means 24-hour exposure to all types of allergens—from pollens to molds.
- **Horseback Riding** — Horseback riding is difficult for people who are sensitive to animal dander. In addition, hay and products used to groom horses and maintain stables can be irritants to allergy-prone individuals.
- **Football/Golf/Baseball/Soccer** — Played on grass fields/courses, all of these sports can leave you sneezing and wheezing.

**SPORTS MEDICINE**

Whether you're a weekend jogger or an aerobicing wiz, you can still lace up those running shoes, don the leotard, and hit the gym by following this checklist for allergy-free workouts.

- Visit your family doctor or allergy specialist. He or she can determine the type of allergy you have and can map out the best course of treatment.
- There are many allergy medications (prescription and over the counter) available. Depending on the frequency and

severity of your symptoms, your family physician or allergy specialist can prescribe medications, such as cromolyn sodium, which can prevent symptoms from occurring, antihistamines and/or steroids. These products can help alleviate your discomfort.

- Avoid early morning exercise (5-10 a.m.); this is the time when plants produce the most pollen.
- Wear a surgical mask or bandanna over your mouth and wear glasses or sunglasses while working out to keep exposure to allergens at a minimum.
- Breathe through your nose, not your mouth. The nose warms, humidifies and filters outside air. Mouth breathing can draw irritants to the bronchial tubes and lungs, making your exercise program less effective.
- If you're running, stick to pavement or a dirt path. Running near freshly cut lawns can be an allergy sufferer's nightmare. Also avoid areas where there is a lot of traffic—exhaust fumes from cars can cause allergic reactions too.

• If you work out at a gym or follow along with a videotape at home, stay away from open windows and doors. Make sure air conditioner filters are changed frequently.

• If you take aerobics at a studio with hardwood floors, wipe the area around your space with a damp cloth to remove dust. If the floors are carpeted, use a mat for floor work—carpeting is a haven for dust mites, animal dander and dust, all key allergy triggers.

• When you're done with your workout, wash your hair and hands and rinse your eyes with cool water to remove clinging pollen or other allergens.

• If you're having an allergy attack—or the pollen counts are especially high—take it easy.

For additional information about allergies, including a new brochure, *How To Be A Good Sport... With Allergies*, call: The Allergy Information Center and Hotline, 1-800-727-5400. The hotline is available 24 hours a day.

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So, if you or someone you love has difficulty with day-to-day hearing, call Jane — all she can do is help.

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# HEALTH *and* FITNESS



## Weight Management And Type 2 Diabetes

by Matthew Clark, Ph.D.  
and Judy DePue, Ed.D.

Diabetes mellitus is a major health problem, affecting more than 10 million people in the United States (NIH Consensus Conference on NIDDM, 1987). The most common form of diabetes is noninsulin dependent diabetes mellitus (NIDDM), also called Type 2 diabetes; this form accounts for 93% of diabetes cases (Carter Center, 1985). Between 70% and 80% of individuals with Type 2 diabetes are overweight. Not only does obesity increase one's chances of acquiring diabetes, but if the disease has developed, obesity increases one's chances of developing high blood pressure, high blood cholesterol, and premature cardiovascular diseases (NIH Consensus Conference on NIDDM, 1987). Weight loss is commonly recommended for these individuals because weight loss will reduce blood sugar levels, increase their own insulin's effectiveness, and reduce other heart disease risk factors (Wing et al, 1991). Therefore, weight loss is one of the most effective therapies for obese Type 2 diabetic patients (Henry & Gumbiner, 1991).

As our readers know, it is difficult for all individuals to lose weight and maintain weight loss, and researchers have suggested that diabetic patients may have even more difficulty losing weight than nondiabetics. In reviewing the research, one study found that diabetic patients were less successful at caloric restriction than non-

diabetic patients (Wing et al, 1987), leading investigators to examine the use of a very low-calorie diet (VLCD) for obese Type 2 diabetic patients.

In a study recently reported by Wing and colleagues (1991) diabetic subjects were randomly assigned to a 20-week behavioral therapy program or to a 20-week program which included behavioral therapy and an 8-week VLCD. The VLCD program produced greater decreases in fasting blood sugar and glycosylated hemoglobin (HbA1) and greater weight losses at 20 weeks. At a one-year follow-up, subjects from the VLCD program still had greater reductions in fasting blood sugar and HbA1, but weight losses were similar, compared with subjects in the behavioral therapy alone program. The authors state that the improved blood sugar control following the VLCD may be due to increased insulin secretion, but further research is needed to confirm this speculation. Our own research at The Miriam Hospital Weight Management Program has shown that diabetic and nondiabetic patients were equally successful with a VLCD program. At an average 10-month follow-up, however, more diabetic patients seemed to have difficulty maintaining their weight losses and improvements in fasting blood sugar, despite many successes among individuals who attended our maintenance program (DePue et al, 1991).

It is unclear at this time

whether weight loss or weight maintenance treatment for obese diabetic patients should differ from obese nondiabetic patients, and further research is needed. However, the studies described above indicate that while for some diabetic individuals, weight loss may be more difficult than for someone without this disease, the benefits of weight loss for diabetic patients are many.

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## Discover The Benefits of Massage

Rayna A. Pass  
Licensed Massage Therapist  
of Cranston

Massage is a healthy pleasure. Consider its techniques and benefits for relaxation and you may decide to try it today!

When was the last time you asked someone to rub your sore back? If you are like most of us, it probably wasn't too long ago. What you probably didn't realize was that you were, in effect, practicing one of the oldest and most reliable forms of therapeutic health care known to man.

The art of massage therapy has endured since the earliest Chinese and Middle Eastern civilizations. These cultures developed a natural and scientific technique for the promotion of healthy relaxation of both body and mind. Massage therapy is a scientific therapeutic treatment designed to promote and maintain a balanced circulation within the body, by the systematic manipulation of the body's muscles and soft tissues.

In its simplest form, massage involves the combination of heat and pressure to relax tired and aching muscles. Since mental tension and muscle tensions are often intertwined, a good massage can serve as a tool to relax both mind and body.

Several different massage techniques are employed by therapists today, most of which are derived from the "Ling System" more commonly known as Swedish massage. Swedish massage is characterized by effleurage (long, smooth muscle strokes) and petrissage (firm,

kneading strokes on the large muscles).

Massage rids the body of toxins and even causes a surge of endorphins, the brain's personal pain killers.

On the *physical* level, many people report a feeling of deep relaxation, the alleviation of muscle tension and stiffness, deeper breathing and even relief from tension headaches and eye strain; and of course improved circulation. Benefits on the *mental* level can include reduction of stress and an increased capacity for clearer thinking. On the *emotional* level people report reduced anxiety, greater ease of emotional expression and an enhanced self-image.

Many people think of bodywork as just for relaxation. But physical and psychological issues leave residues in the body — the body is not just something that lugs the mind around. *Regular* bodywork is important as part of a general health regime. Massage therapy is very effective, especially with chronic muscular tension and spasm. The manipulation frees up the tissue planes and stimulates circulation which is good for healing.

Given all its benefits, massage is moving quickly from the category of *luxury* to that of *necessity*. Massage and bodywork practitioners are popping up in medical clinics, health clubs, spas, hospitals even workplaces. People of all ages and all types are enjoying massages on a regular basis. You may want to join them.

## Surprising Facts On Exercising And Eating Right

Does one serving of tortilla chips go straight to your thighs? Can five minutes of exercise possibly help? With all the noise these days about exercise and eating right, it's hard to figure out fact from fallacy.

The Aerobics and Fitness Association of America has done some legwork to help dispel, a few common myths. The following facts should help you get started on the way to total body fitness.

• **Fallacy:** A calorie is a calorie. One hundred calories of nacho-flavored tortilla chips is the same as 100 calories of nacho corn cakes.

• **Fact:** All calories are not created equal. Almost half the calories in nacho chips come from fat, which is more likely to be stored as body fat.

Rice and corn cakes are comprised primarily of complex carbohydrates, which are converted easily into body energy. At 40 calories, nacho corn cakes feature the taste and crunch of nacho corn chips, but with one-third the calories and no fat.

• **Fallacy:** Cellulite is the most difficult type of fat to lose.

• **Fact:** The word cellulite was coined to refer to dimpled fat; however, it is *just plain fat*.

The only way to get rid of it — dimpled or not — is through regular aerobic exercise, combined with a reduced-calorie, low-fat diet.

• **Fallacy:** Exercise can turn fat into muscle.

• **Fact:** You can't turn apples into oranges, and you can't turn fat into muscle. They are two different types of body mass that can change in volume, but not in substance.

• **Fallacy:** Exercising only twice a week is wasted effort.

• **Fact:** A sedentary individual who begins a well-rounded fitness program will benefit from exercising, even as infrequently as twice a week.

• **Fallacy:** Repeated leg-lifts will eliminate saddlebags.

• **Fact:** Leg-lifts help strengthen thigh muscles. "Flab" and excess fat is reduced by doing aerobic exercise, and by decreasing fat in the diet.

• **Fallacy:** The only reason to do sit-ups is to flatten the stomach.

• **Fact:** By toning abdominal muscles, sit-ups help create a supportive, girdle-like effect. Left untoned, abdominal muscles may not provide adequate support for internal organs, which in turn can contrib-

ute to lower backache.

The benefits of a healthy lifestyle reach far beyond fat loss — to improved stress management; better overall health; and increased energy, flexibility and strength.



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# HEALTH *and* FITNESS

## Stepping Up To Fitness

by Delaine Wright, B.S.

If you have not stepped up to the hottest trend in fitness, you may want to reconsider. Step training has swept the fitness industry, bringing with it new enthusiasm as well as a number of safety considerations. This new aerobic training modality involves stepping onto and off of a bench 4, 6, or 8 inches high. Moving your body weight in a controlled manner against gravity while simultaneously performing arm movements provides an excellent aerobic workout, with emphasis on the thighs and buttocks.

Recent studies have found the metabolic cost of bench stepping to be between 6 to 11 METS\* (Metabolic Equivalent), dependent on the bench height. This is approximately equivalent to jogging 5 to 7 miles per hour, an

8.5-12 minute mile pace. However, stepping is unique in that despite its moderate to high intensity, when done correctly, stepping has no more foot impact than walking 3 miles per hour. For your first class, start with the lowest bench height, usually four inches. Keep your eyes on your own platform as much as possible until you are accustomed to your range of foot placement. Ignore the arm patterns and concentrate on the steps. If you begin to tire, get off the bench and do the movements on the floor. Alternate step aerobics and marching on the floor until you build up your endurance.

While stepping, be aware of proper body alignment; keep your back straight, chest up, shoulders back, and abdomen and buttocks tight. Avoid bending from the hips. Be sure that the entire foot lands on the

bench, with the heel bearing your body weight. Keep your knees aligned over your feet and avoid locking them at the top of the step. Also, stay close to your bench as you step down.

As with any workout, proper shoe support is a primary factor in injury prevention. Look for a cross-training or aerobics shoe with adequate heel lift to accommodate stresses on the Achilles and calf.

Just a reminder: if you have not been exercising regularly, consult your physician and exercise physiologist before starting your exercise program. Pay special attention to proper technique and you should find step training to be a fun and effective aerobic workout.

\*1 MET = Rest  
2 MET = Walking at 2 miles per hour

## Fitness For Life

by Judy Fernald, P.T.  
Director,  
Rehabilitation Therapy

Fitness for life begins with the birth of our children — a commitment to raise them in the healthiest environment that parents can provide. However, fitness for life can also begin at any age, and it is the silver-haired Americans that I would particularly like to address. How does one embark on a physical fitness program when up until now most of our physical activity has been centered around home, family, and job?

A most important first step is to check with your physician regarding any medical problems.

The greatest hurdle to embarking on any fitness program is committing the time to do it. Everyone can find one half hour of every day to physically improve their minds and bodies. There are limitless possibilities for finding that time — getting up one half hour earlier, lunch break, skipping one half hour of TV, skipping the cocktail hour, meeting a friend for exercise instead of lunch, or one half hour before dinner.

Once time is found, choices must be made to gear a program to personal interests and abilities.

There are three important elements to any fitness program: flexibility, strengthening, and cardiovascular activity. An example of a very simple home program could be ten minutes of stretching exercises every other day followed by a twenty-minute walk; and on alternate days, ten minutes of stretching followed by a twenty-minute strengthening program utilizing small weights. Today there are numerous opportunities for both personal and group exercise programs. These include health clubs with weight training and aerobics, community centers and swimming pools, programs at Senior centers, the colleges, and even home exercise videos.

It generally takes about two weeks before you will begin to notice that "you just feel better." Some of the benefits of regular exercise would be as simple as feeling more alert, a decrease in shortness of breath, a decrease of aches and pains, improved skin color, decreased stress, looking thinner, and a general overall sense of well-being.

Most importantly, set attainable goals. Do start with giving yourself the gift of just one half hour a day toward building a healthier body and mind.

## Make Your Computer Easier On Your Eyes

- Don't take a vision problem to work. VDTs do not cause vision problems, but they can aggravate existing problems — even minor ones. An annual eye examination is a must to keep vision functioning efficiently and to maintain eye health.
- Be sure your prescription glasses meet your job's vision demands. Tell your optometrist about your job tasks and measure your on-the-job seeing distances. You may need special

occupational glasses to reduce vision stress.

- Take rest or alternate-task breaks. Generally, you should take a break whenever your eyes feel tired.
- Minimize reflected glare from windows with shades, drapes or blinds.
- Cut overall room lighting in the VDT area in half by removing some light bulbs. Use desk lamps for other deskwork.
- Place reference material as

close to the VDT screen as possible and at the same distance as the screen. This helps avoid frequent head and eye movements, as well as having to change focus when looking from one to other.

## Choosing The Right Fitness Program

by Rick Provost

When selecting a fitness activity and deciding what will be most effective the F.I.T.T. principle is appropriate. What is the F.I.T.T. principle? It is made up of four components. They are Frequency, Intensity, Time and Type.

Let's discuss frequency. Frequency is defined as the number of times per week participating in a workout session. Intensity is defined as the level at which you are training. For instance, in cardiovascular training, intensity is determined by the rate at which your heart beats per minute during exercise. Your training level should not exceed 80% of your maximum. A training zone of 60-75% of your heart rate is necessary for

any cardiovascular benefit to occur.

In strength training, intensity is based upon a percentage of your maximum lift for a specific exercise. For example, if your maximum bench press is 200 lbs., 50% of your 1 Repetition Maximum would be 125 lbs. If you are looking to build mass, a greater percentage of 1RM would be necessary. If you were looking to develop muscular tone, a lower percentage is proper.

The third component is Time. Time or duration is obvious enough, the length of time the session should last. For cardiovascular benefit, a minimum of twenty minutes is necessary. For weight loss, 45-60 minutes at a lower intensity is suggested. For strength training, time is not very important. Quality and intensity of training are much more of a factor in producing results. Time may be considered a factor in determining if an individual is overtraining. Even the world's elite athletes are not

able to maintain high levels of training for durations. Train harder and briefer for best results!

The last component contained in the F.I.T.T. principle is Type. Type is defined as the mode of activity. For weight loss, activities should consist of large muscle group activity such as walking, cross-country skiing, rowing, stair climbing, etc. In choosing the mode or type of activity for general fitness, choose an activity that you enjoy. Cross-training alleviates boredom and breeds results. Change activities often and enjoy yourself!

Fitness is a way of life. Start now by practicing the F.I.T.T. principle.

Rick Provost has a B.S. degree in Exercise Science from Springfield College and is the owner and Executive Director of Suburban Fitness Center. Suburban Fitness has two locations, 387 Charles St., Providence, and the Scituate Village Shopping Center on Hartford Ave., Rt. 6, on the Johnston/Scituate line. Rick can be reached at 934-2040 or 331-2030.



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# HEALTH *and* FITNESS



## Coping With Quitting— Advantages Of The Patch

by Jeanette Hidalgo  
Rhode Island Jewish Herald

I was twelve years old when some "good" friends of mine brought me into the woods and taught me how to smoke cigarettes. When I could finally inhale without choking I thought I was so sophisticated.

Now it's eighteen years later and I'm trying yet another way of quitting this horrible habit I acquired in my teens. I've tried several times over the years, but haven't succeeded yet. I never had the willpower to quit "cold turkey." When the going got tough (usually within 24 hours of quitting) I went to buy cigarettes.

Miriam Hospital started a study of women smokers about a year ago in which I got involved. For a couple of months I went to regular smoking cessation clinics and some very interesting wellness lectures. While I gathered a lot of information and helpful hints from Miriam, and I did change to the lowest tar and nicotine brand there is, I still did not quit. Today I'm wearing one of the latest inventions to rid smokers of the habit, the Nicotine Transdermal Patch.

Two weeks ago I decided once again it was time to quit, saw my doctor, and got a prescription. I am happy to say that today I am not smoking.

When I started using the patch I still wanted to smoke occasionally. Despite the adamant warnings on the package not to smoke while using the patch, when the kids started to drive me crazy, I would sneak out to my car and light a cigarette, then immediately throw it away. It's not the nicotine I miss so the cigarette didn't taste good.

What's left now is the habit of smoking at certain times of the day. Driving the car was when I smoked the most.

Now, instead of a cigarette in my hand, I have a straw. There are straws in my car, in my house, in my desk, and just in case I wind up some place where there are no straws I keep a spare in my pocketbook. The first week I kept a straw in my mouth almost all day, this week I haven't needed the straw nearly as much.

I don't crave cigarettes at all anymore and I hope I'll feel the same when I don't have a patch on in a few weeks. The need to fill that void is still there though the straws are okay in the car, but after I cooked dinner was a ritual relaxation time for me. I would sit by myself and have a cigarette. Now I have to fill the void with washing dishes or going for a walk. It isn't the same but I'm sure I'll adjust. I have been a little irritable lately, but I'm not always the nicest person anyway and that will stop I'm sure.

When making a change like this in your life, you can't expect it to be entirely easy, though I have to say it is so much easier than I thought it would be. I found that if I drink decaf-

feinated beverages I'm not nearly as irritable, and I don't miss smoking as much. I was worried about gaining weight, but there haven't been any big changes in my eating habits. If anything, I eat less.



### Some Facts About the Nicotine Transdermal Patch

According to Dr. M. Serpil Kislalioglu, Associate Professor of Pharmacy at U.R.I., cigarette smoking is a learned behavior and unless you have really decided to quit, psychologically you won't succeed with the patch or any other method.

There are two advantages to using the patch, says Dr. Kislalioglu. The first is that you receive a low dose of nicotine, sufficient enough to minimize the craving for cigarettes, but not so much that it is dangerous. The second advantage is that you are not inhaling all the toxic fumes from cigarettes.

There can be side effects including irritability, lack of sleep, diarrhea, headaches, nervousness, indigestion and people who are hypersensitive to nicotine may have an allergic reaction. There could be an increased incidence of side effects if you smoke while using the patch.

There are three different brands of nicotine transdermal

patches on the market today. The kind I am currently using is called Prostep. Prostep comes in 22 mg. and 11 mg. patches. On the Prostep program a doctor prescribes the 22 mg. patch for 8 to 10 weeks then the 11 mg. patch for a few weeks after. The other two brands are called Nicoderm and Habitrol. These come in 21, 14 and 7 mg. patches. The 21 mg. is used for 6 weeks, 14 mg. for 2 weeks, and finally the 7 mg. for 2 weeks.

People who are underweight, have thyroid problems, are insulin dependent diabetics, have an active ulcer, malignant hypertension, have had a recent heart attack or have any skin disorders such as psoriasis, may have to start the program on a lower dose patch and should make their doctor aware of their condition.

Women who are pregnant or nursing should not use the patch because no studies have been done on pregnant women. The patch should always be kept away from children. Nicotine can be very toxic in small children.

I have had luck with the patch so far and have recommended it to several friends who are doing as well as myself. If you're serious about quitting, the patch may be right for you. A doctor must prescribe the patch and most prescription insurance plans pay for it. Try it, all you have to lose is a bad habit.

## Fish Facts

Good nutrition incorporates a variety of factors to include food, shopping, cooking, eating and moderation.

Today let's focus on protein and its role in the American diet. Protein is an essential nutrient found in every cell of the body. Proteins are made of amino acid compounds which make up our muscle mass, enzymes and hormones. So they are an important nutrient in the body, which is one of the reasons we must replace them daily through animal (or vegetable) food sources.

Lean meats, fish, poultry and vegetable proteins, i.e., legumes and beans are the dietary means by which one can obtain protein.

Fish is a very low-fat protein source. Although, there are some types of fish that have higher fat levels than others—for example, salmon has a higher fat content than haddock—the overall total is substantially lower than most meat sources. The fat found in higher levels are omega-3 fatty acids. Current research associates this fat with actually lowering blood cholesterol levels.

Fish is easy to cook. Yes, and easy to prepare. It is recommended to cook fish for 10 min. per inch in a hot 450° oven. Broil, grill, bake, poach and stir-fry are all ways one can incorporate

variety when preparing fish.

Prepared condiments, spices, sauces, marinades and breadings are all ways to increase flavor and attractiveness of seafood.

Some quick and easy low-fat ideas when preparing your fish dinner:

- Top it with salsa
- Spread honey, soy and grated ginger over it
- Spicy mustard
- Lime or lemon juice
- Dry herbs, basil, dill, parsley, rosemary
- Low-fat plain yogurt
- Chef Paul Prodhomme's spices
- Cornmeal breading
- Flavored breadcrumbs
- Tomato sauce
- Marsala and garlic.

Overall, some general dietary hints for a healthy body:

- Eat low-fat dairy products
- Trim all visible fat
- Increase complex carbohydrates
- Eat seafood twice a week!
- Consume adequate fruits and vegetables
- Strive for variety and moderation
- Read labels.

This segment was written by Shirley Eros, Registered Dietitian and owner of Off the Dock Seafood, 748 Hope Street, Providence, RI 02906.



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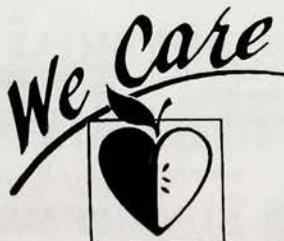
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# HEALTH *and* FITNESS

## A Closer LOOK

BUSINESS PROFILES

### Health Care In The Home

When someone becomes ill, a hospital can be a scary place, and often the best place to heal and recuperate is at home. Nursing Placement Home Care, Inc. provides exactly the kind of health care support that home-bound individuals need.

"The company was founded to provide home care services to home-bound individuals who are in need of medical attention," said Nancy Nitsche, RN, Director of Clinical Services.

As a certified, licensed health care provider, Nursing Placement Home Care offers skilled nursing, physical therapy, occupational therapy, speech therapy, medical social work and home health aid services that are designed to support a patient, and follow a specific physician's health plan.

"These are for individuals

who are under the care of a physician and who require part-time and intermittent care," Nitsche explained.

Patients are often referred to Nursing Placement by their physicians, or hospitals, or even by friends. When they, or a family member, first call up, Nursing Placement will collect as much data as possible from the caller, and then contact the physician to obtain orders.

Each patient is assigned a primary nurse, who is responsible for admitting clients for services, assessing patient's home care needs, developing a plan of care, coordinating services with the patient, family and others, as well as providing direct nursing care in the home.

To this end, Nursing Placement employs Registered Nurses to assist clients from

Woonsocket to Westerly, and throughout Massachusetts.

Nitsche stressed that following a physician's health plan is key to the services provided by Nursing Placement. But in addition to therapy, administration of medications, and assistance with household tasks, the staff from Nursing Placement strives to include family members in the health care of the sick loved one.

"Much of our role is really to get the people to be as independent as possible," Nitsche said, "and to direct family members as to how to care for someone who is in the home."

Working in a cooperative relationship with infusion companies and physicians, the Registered Nurses from Nursing Placement can teach family members how to maintain Total Parenteral Nutrition (intravenous feeding).

"Since we are Blue Cross and Medicare certified, we can often do a lot of billing for supplies, which is [financially] helpful."

As a small agency, Nursing Placement also offers close personal contact between the company and the client, as well as a rapid response that might otherwise not be available.

"We're not so large, so we're often able to see patients on a faster basis," Nitsche said.

Furthermore, a low administrative overhead means that the company's primary focus is on health care.

A majority of the work Nursing Placement does is through third party reimbursement, which means that everything that is billable to Medicare, Medicaid, or Blue Cross is fully covered. That could reduce or eliminate extra costs for supplies like dressings, surgical supplies, or even durable medical equipment such as walkers. Often, all an individual client needs to do is sign the time card, and the company will handle all the paperwork, billing, and follow-up.

Nursing Placement Home Care, Inc. is committed to the highest standards of service to help people heal at home, in a happier and far less disruptive environment for all concerned. They promise skilled supervi-

sion, highly trained (and often bilingual) professionals, as well as ongoing assessment and communication to make sure that quality, health and happiness are maintained.

Nursing Placement Home Care was founded by Marcia Bigney and Maria Barrows as a branch of Nursing Placement, Inc. The parent company has more than 16 years of experience with both pediatric and adult patients. It offers private duty nursing, with the option of round-the-clock coverage, in hospitals or in the home, in addition to companion-type services.

Nursing Placement Home Care, Inc., Providence (401) 453-4474 and North Kingstown (401) 885-6070, and Brookline, MA (617) 738-5030.

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## PARENTS' PLIGHTS & RIGHTS

### Education And Medication

Dear Dr. Imber:

We have an eight-year-old son who has difficulty in school. At times, he is distractible. He continues to experience difficulty in reading. He also acts up in class on occasion. For the past year, he has participated in special and regular education classes. His teachers suggested that medication might improve his concentration and his behavior. We are not comfortable with "drugging him" just so that he might be a little easier to handle in school. What do you think?

—Reluctant

Dear Reluctant:

I understand your reluctance to consider medication as an appropriate intervention strategy. Your son's teachers might have brought their concerns to the multidisciplinary team (MDT) which conducted his special education evaluations. Perhaps, observations might still be conducted by the school psychologist, educational diagnostician, school nurse, or guidance counselor. Ultimately, the recommendation might be to

use behavior rating scales or checklists for a period of time, to modify certain aspects of his academic program, or to alter behavioral interventions before initiating a recommendation for you to consider medication.

Although it is possible that your son's teachers are simply concerned with ease of management, they may have his best interests at heart.

The decision to employ medication is almost always made by a child's parents in close consultation with the child's pediatrician. When medication is used, the child has often been seen by additional specialists including pediatric neurologists, clinical psychologists, behavioral specialists or social workers.

It is important to consider the child's need first and foremost. Reviewing his current individualized educational program (IEP), examining learning and behavioral strategies, as well as his present level of performance is usually a prerequisite to a thorough medical evaluation. Some pediatric specialists utilize rating scales to compliment their physi-

cal examinations, neurological tests, and parental interviews.

A number of studies have been done during the past twenty years which indicate that in some instances, medications such as Ritalin, Cylert, or Dexedrine may improve attention to task, behavior, and performance. Many physicians, psychologists, and special educators believe that medication, when carefully monitored with the assistance of cooperative parents and teachers, may be one important component to treatment of attentional and behavioral difficulties. However, most professionals agree that medication, when used, should be employed along with other intervention strategies such as increased classroom structure, behavioral modification techniques, and alterations in learning programs should be accomplished.

Ask the chairperson of your son's MDT for a review of his IEP. Consult your son's pediatrician as well as other specialists if necessary and make an informed decision. Explore possible side effects of various medi-

cations with your son's physicians as well. The decision of whether to employ medication is a very complex one. Do your homework. Ultimately, whether medication is employed at this time or not, continued evaluation and monitoring will prove to be critical.

*Dr. Imber is a Professor of Special Education at Rhode Island College, a Past President of the Inter-*

*national Council for Children with Behavioral Disorders, a member of the Professional Advisory Board for the Rhode Island Association for Learning Disabilities and a President of Psychoeducational Consultant, Inc. Questions about learning or behavioral problems may be directed to him at 145 Waterman Street, Providence, Rhode Island 02906 (401) 276-5775. All communication will be held strictly confidential.*

## Year-end report card blues?

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