

**ROSH HA SHANAH FEATURE**

IN HONOR OF ROSH HA SHANAH, JEWISH NEW YEAR OF 5729, THE LAS VEGAS ISRAELITE WILL PUBLISH A SERIES OF STORIES TO COMMEMORATE THE HOLIDAY WHICH FALLS ON THE FIRST TWO DAYS OF THE MONTH OF TISHRI, MON., SEPT. 23, AND TUES., SEPT. 24. ROSH HA SHANAH MARKS THE BEGINNING OF THE 10 DAYS OF REPENTANCE, AWE-INSPIRING DAYS, CULMINATING AT YOM KIPPUR, ON WED., OCT. 2.

**DIET FOR YOM KIPPUR**

By Elaine Neren

As we devoured blintzes and sour cream at our Monday Minyan, between bites I told about my daughter fasting on Yom Kippur when she was seven years old. The man seated behind her in the synagogue was so impressed he asked, "What do you get for fasting?"

She murmured, "Hungry!"  
Hannah chuckled, reached for a third helping of blintzes, and said, "My grandmother says it's easier to fast if you don't eat too much before sundown."  
Estelle, our Hadassah president, nodded approval,

and continued to sip a cup of tea.

The cantor's wife chimed in, "So what if we fast one day a year? Look how much we have to eat the rest of the time."

"Right!" Leah concurred, "Kein anora for Simchat Torah - kasha, goose, stuffing, hezel, roast potatoes, and sponge cake."

Shirley piped in, "and for Hanukkah, potato latkes and sour cream...Purim, kreplach and Hamantaschen." She paused for breath and added, "For Passover, matzoballs, popovers, chremslach, and..."

The hostess interrupted, "You've got to try my cheese cake. It's a new recipe."

Hannah took a large portion gushing, "This would be perfect for Shavouth." She smacked her lips, "I live milchige dishes."

Estelle chided Hannah, "You love food period...even the preparation."

I asked the girls, "Have you ever been to Hannah's for Friday night dinner?"

Shirley smiled, "You bet! Just think, she makes her own Ohallah." She sighed "Did you ever drop over to Hannah's on Saturday for cholent?"

I pleaded, "Stol talking about food. I eat like a bird."

**Happy New Year**

*Standard Surgical Supply Of Nevada*  
SALES

Complete Line of Physicians Equipment and Sickroom Supplies

— RENTALS —

FREE DELIVERY  
FOR SERVICE CALL

**382-9675**

SAME DAY SERVICE

HOURS —  
8:30-5:00 Weekdays  
Saturday till Noon

1778 INDUSTRIAL ROAD - LAS VEGAS

**Happy New Year**

TO ALL OUR FRIENDS

LOVELAND'S

**Somerset**

In The Somerset Shopping Center  
Convention Center Drive

MARKET

**COUNTRY FAIR**

No. 1 - 25th & Bonanza - Open 24 Hours!  
No. 2 - 206 E. Lake Mead Blvd. - Daily 8 AM to 10 PM

**Happy New Year**

to All our Friends



**SUPER MARKETS**

TO THE  
**Jewish Community**

BEST WISHES  
FOR THE

**HOLIDAY SEASON**

CROW'S  
**RADIATOR SERVICE**

SPECIALIST IN AUTOMOTIVE COOLING SYSTEMS  
TRUCKS - COMMERCIAL & INDUSTRIAL EQUIPMENT

— RADIATORS —  
• CLEANED & REPAIRED  
• NEW & USED • NEW CORES  
FREE PICK-UP & DELIVERY

"Radiators Our Only Business"

30 YEARS - SAME LOCATION

**382-2345**

NITES CALL - 382-6828  
221 S. MAIN (Downtown) LAS VEGAS

**HAPPY NEW YEAR**

To Our Friends and Customers



**Charleston Plaza Shopping Center**

NEVADA'S LARGEST SHOPPING CENTER  
ALL UNDER ONE ROOF

1800 E. Charleston Blvd.

384-0981

RICHARD W. GOLDSWORTHY,  
PRES., CHARLESTON  
PLAZA MERCHANTS ASSN.