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 COM-MEMORATE 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, CUL-MINATING 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 Simcath 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, "Sto1 talking about food. I eat like a bird,"

They echoed in unison, "A vulture"

"No, I don't," I protested, I'll I did I wouldn't be invited to so many showers, weddings, Bar Mitzvas, and banquets."

Estelle muttered, "From the lips of the hips."

"Ture," Hannah said as she popped a chocolate cream in her mouth, "Nothing vultured nothing gained," She grinned, "The only time I lost five pounds was when I when I misplaced a box of mints,"

Everyone laughed wacept Estelle, I gazed at her thoughtfully. She was the only girl of our group who wore a size seven and could still get into her wedding tress,

"Estelle," I said, "You go to more meetings, luncheous, and dinners than all of us put together, how do you have such will power"

Estelle winked. "I count calories, My motto is es, don't

Hannah wailed, "If I counted calories, what would I get "" Estelle retorted, "A balanced diet,"

The cantor's wife declared, "You're right, Let's look at it this way, take it easy on the food look and feel better. and if will make feasting on Yom Kippur that much easier,"

Happy New Year



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