

SAJAC  
P.O. Box 13608  
La Jolla, CA 92039

Mr & Mrs N Levy  
3109 Morning Way  
La Jolla, CA 92037

Bulk Rate  
U.S. Postage  
**PAID**  
Permit 1075  
La Jolla, CA



**SAJAC BOARD OF DIRECTORS**

**EXECUTIVE:**

PRESIDENT - RUTH SCHORR  
VICE PRESIDENT - SARAH TROCKI  
TREASURER/PAST CO-PRESIDENT - DENISE SNEAG  
PAST CO-PRESIDENT - MERLE GAYLIS  
SECRETARY - HAROLD SHAPIRO



**BOARD MEMBERS:**

CAROL ABRAMOWITZ  
ILANA ACKS  
MANDY CHALMERS  
EVELYN EDELSTEIN  
MARK FRIEDMAN  
GERALD KANE  
SYLVIA KANE  
SHELLEY SASS  
ROY SILVER

MICHELLE ABRAMOWITZ  
FELICIA BELCHER  
MERLE DATNOW  
RENEE FRANK  
ANDI FURMAN  
DANIELLA LEWIS  
STEVE SCHRAIBMAN  
BARBARA STARR  
JOAN WASSERMAN

*The articles and opinions in this publication are for general information only and are not intended to provide specific advice or recommendation for any individual. We suggest that you consult your attorney, accountant, or financial advisor with regard to your individual situation.*

*The views expressed in this newsletter are not necessarily those of SAJAC or its board.*

**PUBLICATION COMMITTEE**

COORDINATOR & ADVERTISING: SARAH TROCKI  
BRIAN MARKS  
NAOMI RUDICK  
PAM NATHAN  
MARCELLE SAMAKOSKY

*We are always eager to receive articles for inclusion in our publication. Please contact Sarah Trocki at 623-9280 to make further enquiries. Thanks to our advertisers who with their advertising, generously support our Publication.*

**SAJAC**

**GENERAL INFORMATION**

**Change of Address/New Address:**

SAJAC has a postal address for ALL correspondence:  
P.O. Box 13608, La Jolla, CA 92039-1360  
Please direct all SAJAC mail to this address

**Moving:**

Please advise Ilana Acks of your change of address. Ilana can be reached at 793-5361 or mail your change of address to P.O. Box 13608, La Jolla, CA 92039-1360

SAJAC uses Bulk Mail Third Class for its mailings. Third class mail is not required to be for forwarded under regular forwarding orders.

Unless you notify us of your address change, you will not receive your mail.

**Reporter Announcements:**

Please advise Felicia Belcher 552-1185 or Merle Datnow 456-1046 of all announcements, such as births, Barmitzvahs, Batmitzvahs, weddings, illnesses and deaths. This will ensure publication in the next issue of the Reporter.

**Newcomers:**

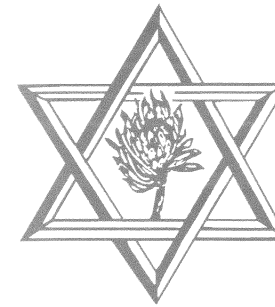
Please advise Shelley Sass at 689-2310 or Joan Wasserman 793-8985 if you hear of any newcomers to San Diego, so that a welcome can be arranged.

**Friendship:**

Please advise Felicia Belcher 552-1185 or Merle Datnow 456-1046 if you hear of anyone requiring meals or help due to illness or tragedy.

**Membership:**

Please call Ruth Schorr 454-2261, Ilana Acks 793-5361 or Daniella Lewis 546-0887 for information about SAJAC Membership.



**SAJAC REPORTER**

The Publication of the South African Jewish American Community of San Diego

Volume 3, No. 4

Celia Levy

FALL 1997

**SHANAH TOVAH**

SHANAH TOVAH

**YOM KIPPUR**

*Forgiveness*

**SHOFAR**

**ROSH HASHANAH**

**NEW YEAR**

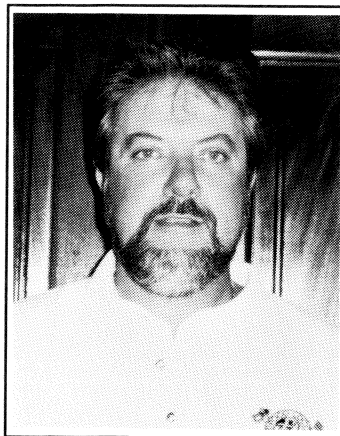
**ATONEMENT**

**YOM TOV**

**SHALOM**

**KOL NIDRE**

**SWEET NEW YEAR**



**Marcos Lipkovicus**

YOUR SOUTH AFRICAN CONNECTION

EX-BERLIN CAR RADIO JOHANNESBURG

**ALL WORK FULLY GUARANTEED**

• ALIGNMENTS

• FRONT END

• BRAKES

• SHOCKS

• STRUTS

• TUNE-UPS

• CLUTCHES

• WATER PUMPS

• BATTERIES

• ALTERNATORS

• TIMMING BELTS

— 2 LOCATIONS —

MIRAMAR - 558-8562

MIDWAY - 223-2248

# SUSPENSION PLUS

## FULL SERVICE CENTERS

**FOR ALL YOUR AUTOMOTIVE REQUIREMENTS**

### SUSPENSION PLUS FULL SERVICE CENTERS FOREIGN & DOMESTIC

**Brake Special \$49.95** AS LOW AS  
 Includes resurfacing drums or rotors!  
 12 mo./12,000-mile Warranty. Includes: Replace Pads or Shoes, Resurface Drums or Rotors, Check Hardware, Check Wheel Cylinders, Check Lines, Hoses and Seals, Semi-metallic Extra, 4x4, L1 Trucks & 4-wheel Disc Extra. Lifetime Warranty Available.

**FAST FRIENDLY SERVICE**

**Timing Belt \$79.95**  
 Plus Parts, A/C Extra. Most Cars Recommended Every 60,000 Miles to Avoid Costly Repairs.

**New Clutch**  
 Call for low price.

**Radiator Service \$24.95**  
 Most Cars. Drain, Refill Up to 2 Gallons Coolant. Pressure Test For Leaks. Inspect Radiator Hoses, Belts, Water Pump & Fan Clutch.

**CV Boot SPECIAL \$49.95**  
 Most Cars. Includes Boot and Labor. Expires 1/31/98.

**MIRAMAR 558-8562**  
 (Miramar Auto Center) 6696 Miramar Rd., Suite 1  
**SPORTS ARENA 223-2248**  
 (Midway & Rosecrans) 3112 Midway Dr., Suite D

**Computerized Wheel Alignment \$24.95**  
 Thrust Angle '32.95  
 4-Wheel Alignment '39.95  
 No Dealers Please  
 Most Cars • Set Caster, Camber & Toe to Manufacturer's Specifications. (Shims & Cams Extra.)

**30K, 60K, & 90K Service Special**

- ✓ Install New Spark Plugs
- ✓ Change Engine Oil
- ✓ Change Oil Filter
- ✓ Lubricate Chassis
- ✓ Inspect Fuel Filter
- ✓ Inspect Air Filter
- ✓ Rotate 4 Tires
- ✓ Balance 4 Tires
- ✓ Check Suspension
- ✓ Tighten & Inspect Belts
- ✓ Check Ignition System & Timing
- ✓ Clean Battery Terminals
- ✓ Adjust Emergency Brake
- ✓ Inspect & Adjust Brakes
- ✓ Check All Hoses, Radiator and Radiator Cap
- ✓ Drain & Refill Cooling System
- ✓ Flush Brake System
- ✓ Inspect Differential Fluid
- ✓ Check Manual Transmission Fluid
- ✓ Adjust Idle to Factory Specs
- ✓ Road-test Vehicle

**4-cyl. \$149.95**  
**6-cyl. \$169.95**  
**8-cyl. \$189.95**  
 Does Not Include Timing Belt, Air, Fuel Filters or Platinum Spark Plugs. 4-cylinder 8-valve Engines Extra. Automatic Transmission Kit Extra (if Required). Most Cars & Light Trucks. Some Trucks & 4x4 Slightly Higher.

**Oil Change SPECIAL \$14.95**  
 Includes Lube and EPA Disposal Fee. Up to 5 Qts. Valvoline Oil and Oil Filter. Most Cars.

**MAINTENANCE Tune-up \$24.95**  
 4-cyl.  
 Install New Plugs, Adjust Idle Speed, Set Timing, Check Filters, Check Under-hood Components. Most Cars/Light Trucks, Transverse V-6 and V-8s Extra. \*Where Applicable. Additional Parts and Service Extra.

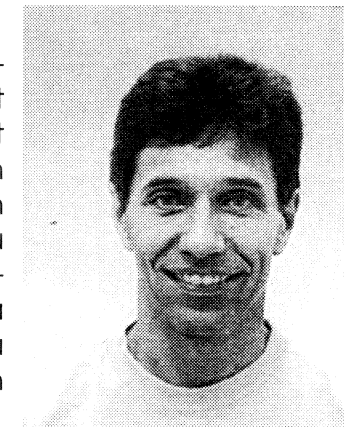
**LOWER YOUR CAR!**  
 Give your car a new look with lowered springs. Starting at **\$199.95** parts plus installation.

Monday-Friday 8 am-6 pm • Saturday 8 am-5 pm • Please call for an appointment

**\* FEEL STRONGER \*  
 \* MORE ENERGETIC \*  
 LESS STRESSED \* MORE TONED  
 \* IDEAL WEIGHT \***

By Gary Lewis (Health & Fitness Motivational Training)

You can become robust, alive, vital ... in short ... you can develop a zest for life. You can learn how to take the most from this wonderful world. You can internalize that desire to live life in such a way so as to make you the most healthy person you can possibly be.



So lets get started on that topic that is all the rage ... Nutrition!!! Let's get you lean and mean for those fun-filled days at the beach.

What to eat, how much to eat, do we diet, do we starve .... What's the answer?

If you want to be strong, alert, slim and make your very being spring forth with joy and enthusiasm ... Here is the answer ... EAT, EAT, EAT.

"WHAT!!!" I hear you crying. "How can that be! I have always gone on a starvation diet every time I needed to lose weight".

Starve the body so that I put in less calories". You murmur as you take another bite of that lekker chocolate log.

Diet, diet, diet .... is the same old answer you have given every time you want to lose weight. Then why "Oh wise One" are you in this predicament once again? Why has your weight yo-yoed up and down ever since you left high school?

Simple!! Because the human body must take in food on a regular basis. We need to have fuel so we can make it through the day.

Chase the kids, prepare food, work, sport, worry .... This all takes energy. And it is only the combination of food and oxygen that creates energy in our system.

So eat, eat, and eat ... and of course ... breathe! That's very important. But I don't mean little tiny breaths, I mean BREATHE. Take in that oxygen in gulps.

Now believe it or not, the essence of life giving nutrition is not chocolate, ketchup, salad dressing, Big Mac's, soda's, cookies and all those other high fat, high sugar, high salt foods that you keep pushing down your throat.

It's fruits and vegetables. WOW! What a far out statement. When last did you take in four fruits and four vegetables in a day. Can't remember???

To be strong and healthy to fight illness and maintain your ideal weight, you have to learn to eat right.

Eating a meager breakfast, starving yourself for the entire day, and returning home after a hard day's work like a ravenous bull, makes it impossible to maintain a healthy weight.

You must take in calories throughout the day. For example:-

Breakfast Eat a wholesome cereal (low fat, low sugar)

Snack 10:00 am eat some fruit or vegetable

Lunch time have a sandwich. Hold back on the mayonnaise. You don't need it. All foods have their own taste. Acquire the taste for good nutritious food.

Snack 3:00 pm eat some fruit or vegetable

Dinner Whatever you eat. Just hold back on the ketchup, butter and oil

Your dinner should be no later than 3 hours before you go to sleep. If you must still snack before going to sleep ... munch a carrot.

And drink lots of water throughout the day.

That's it for today folks. Just a simple step to help you on your way to achieving total good health.

By changing our attitudes, we can overcome our bad eating habits once and for all ... and remember ...

One that makes a mistake, and repeats that mistake ... is making another mistake.



**EasiRun USA, Inc.**

6404 Nancy Ridge Dr.  
 San Diego, CA 92121-2248  
 USA

**David L. Roth**  
 CEO

Phone: (619) 587-0467  
 Fax: (619) 587-0466  
 email: droth@easirun.com

## MAILBAG

We'd love to hear your views and comments! Please write to us at..

SAJAC Mailbag  
P.O. Box 13608,  
La Jolla, Ca. 92039-1360

Publication of your letter is at the publisher's discretion and is limited by the space available in any issue.

## EMPLOYMENT CORNER

Are you looking for staff? Are you looking for work?

Please contact Roy Silver at 456-6666 or Fax your resume to him at 456-7888. We offer free advertising for those looking for staff and those looking for work. If you are interested in advertising in this column, please contact Roy at the numbers provided above.

Please note that such advertisements are at the publisher's discretion.

## Position Vacant

## Administrative Assistant

## Responsibilities

Screens calls and visitors.  
Interface with professional and lay leadership  
Arrange meetings and staff travel  
Correspondence

## Qualifications

Secretarial experience  
Word processing skills especially WordPerfect 6.1  
Interpersonal skills  
Ability to work independently  
Organized

The position is with the Council of Jewish Federations.

Health and other benefits offered.

Please contact Deena Feinman at 299-5200 to arrange an interview. Fax #: 299-5297

THE SAJAC BOARD OF DIRECTORS  
WISHES ITS MEMBERS AND THEIR FAMILIES  
A HAPPY NEW YEAR  
AND  
WELL OVER THE FAST

## MAZELTOV TO:

Jerry & Neala Moch on the birth of their son  
Woolfie & Evelyn Moch on the birth of their grandson  
Ian & Adina Aires on the birth of their son  
Noami Aires on the birth of her grandson  
Selwyn & Barbara Lurie on the birth of their grandson  
Neville & Leah Levin on the birth of their grandson  
Barry & Avra Kassar on the birth of their grandchild  
Charlotte Kassar on the birth of her great-grandchild  
Norman & Cheryl Abelowitz on Ryan's Barmitzvah  
Neville & Pam Berman on Adam's Barmitzvah  
Irene Joffa on her grandson Adam's Barmitzvah  
David & Claire Ellman on Daniel's Barmitzvah  
Marty & Barbara Gluck on Elliott's Barmitzvah  
Leonard & Shul Lazarus on Darrens Barmitzvah  
Les & Robyn Edelstein on Stacey and Ashleigh's Batmitzvot  
Caryn & Alan Lurie on Sarah's Batmitzvah  
Jack & Esme Berghaus on their granddaughter Sarah's Batmitzvah  
Alwyn & Aliza Gordon on Tali's Batmitzvah  
Vivienne Koz on her engagement  
Diane Marks on her engagement to Howard Schachat  
Nate & Celia Levy on Diane and Howard's engagement  
Gavin & Zara Sclar on their marriage  
Selwyn Moss & Sue De Jong on their marriage  
Peter & Arlene Sacks on the marriage of their son Gary  
Len & Val Belonsky on the marriage of their son Neil in Toronto

## DEEPEST SYMPATHY TO:

Len Wasserman on the passing of his brother in Johannesburg  
Andrea Hermer on the tragic and untimely passing of her father,  
Dr. Willie Smith  
Lynn Silberstein on the loss of her father

## CONGRATULATIONS TO:

Lindy First and Marge Kalmanson on their achievements of medals at the Maccabi Games in Israel, and to the other participants from San Diego.

## DON'T MISS THE OPPORTUNITY TO ADVERTISE IN THE SAJAC REPORTER!

To advertise, please contact Sarah Trocki at 623-9280

## Advertising rates

Business card (3 1/2" x 2")	\$30
1/4 page (3 1/2" x 4 1/2")	\$50
1/2 page (7 1/4" x 4 1/2")	\$75
full page (7 1/4" x 9 1/4")	\$100

Our next SAJAC Reporter will be published in September 1997

Please submit articles, photos community news or a child's writing or art.

Please call Sarah at 623-9280  
or mail to SAJAC Reporter,

P. O. Box 13608, La Jolla, CA 92039-1360

## President's Address SAJAC New Comers

By Pam Nathan

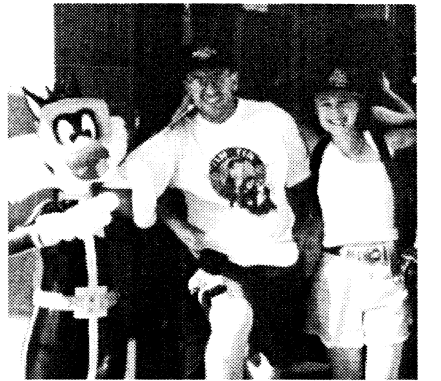
From my earliest childhood memories until this present time, I strongly associate Rosh Hashanah with celebrating with family and loved ones. And this doesn't undermine the religious importance of this significant date in our Jewish calendar. Rather, it highlights it. For what imbues an event in our lives with more meaning than sharing it with those near and dear to us? I treasure memories of Yom Tavim spent at one of the long trestle tables set up in my aunt's lounge, crushed into a small space by cousins, aunts, uncles and other significant members of our lives. The warmth (literal and figurative) of those occasions nourishes me still.

But, like all things we value, family takes effort. We all think about that which they can or "should" give us but how often do we think about how much of ourselves we invest in these relationships? There are very few among us that haven't had the experience of being angered, hurt or frustrated by a family member or close friend (usually about some trivial incident when viewed in the big picture of our lives). So I find especially helpful at this time of the year, when I am asking G-d for forgiveness, to contemplate how I can be more forgiving of those around me. I believe that if we can simply practice acceptance, we're almost there. By this I mean the acceptance of the other person for who they are, what they believe, what they do - whether I agree or not. Of course, this isn't easy, but it seems fair since isn't this what I implicitly ask of those around me: simply to love me while freeing me to be my own person?

In addition to acceptance, no small measure of forgiving is needed. This is a tall order: a large dose of acceptance and forgiving. It will require a lot of work from me in the year ahead. But I can think of no better place to invest my efforts than in my wonderful and special family members and dear friends, the true riches of my life.

May you and your families all be blessed with peace, good health, abundant love and joy throughout this New Year and well over the Fast.

Wayne and Haley Henson (nee Cimring) arrived in San Diego in June 1997. They are originally from Johannesburg and presently living in the UTC area. Wayne is employed by Appleone Employment Agency specializing in job recruitment for the technology market. Haley, a qualified dietitian in South Africa, is in the process of registering with the American Dietetic Association. They immigrated to the US after Wayne was fortunate enough to have been a lucky winner in the 1995 'green card lottery'. They can be reached at 784-0269.



Wayne and Haley Henson

Dave and Liz Lieb have arrived in San Diego from Cape Town. Actually, Liz, who was born in New York, met Dave in Israel and they fell in love. She went back to finish school and once she graduated went to meet Dave in South Africa where they married and now have 3 children. Laurie (10), Mati (7) and Abigail (3). Liz is a Spanish Teacher having spent many years in Puerto Rico. She is currently recovering from back surgery. Dave is president of a cosmetic company whose offices are on Madison Avenue, NY. They supply private labels to a variety of retail stores.

## YOUR NEIGHBORHOOD OPTOMETRIST

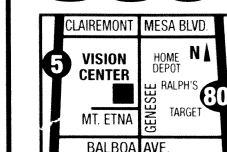
## ADULT &amp; PEDIATRIC OPTOMETRY

- CONTACT LENSES (all types)
- Children's Perceptual Evaluation
- Vision Therapy
- Computer Related Visual Problems
- Low Vision Aids & Magnifiers
- Over 1000 Quality Frames
- In-House Laboratory
- 1 Hour Service Available
- Open Evenings & Saturdays

Dr. Gary Sneag O.D., FCOVD, Dip. Optom

Member American Optometric Association  
Fellow College of Optometrists in Vision Development

VISION CENTER  
560-5181



INSURANCE PLANS WELCOME  
INCLUDING MEDI-CAL & MEDICARE



4310 Genesee Ave. #101 Across from The Home Depot, next to El Pollo Loco

©'94 IMAGE ONE

# LOOK like a million.... without spending one!



Hélène DeLavie

*Always Fabulous*

DESIGNER COLLECTIONS AT  
**DISCOUNT PRICES EVERYDAY**

Escada • Donna Karan • Chanel • Armani Lagerfeld •  
L. Feraud • Mugler • C. Klein • St John • DKNY •  
Ralph Lauren • Valentino • Mondri • *and More...*

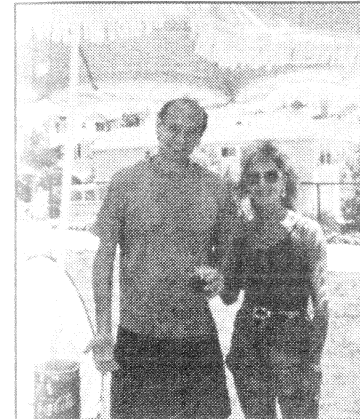
**EXTRA 10% OFF TO  
SAJAC MEMBERS**

(619) 481-8866

1217 Camino Del Mar • Del Mar  
(Between 12th & 13th street on the east side)

## "Can I see your boerewors?"

A report back on a recent young families barbecue -  
By Steven L. Schraibman



Michael Edelstein & Gila Silver

On a balmy Sunday in late May, more than a dozen 'young families' got together at Carmel Creek Park in Del Mar, to celebrate the age old art of braaing American style.

Families arrived and after a brief chit-chat, the serious task of getting the food out and preparing the braai began.

Everyone knows that the first challenge is to get a decent fire started, well in anticipation of the sacrificial lamb (and other animals) that were about to be offered. This is a task which usually separates the 'wanna be's' from the real craftsmen.



Evelyn Edelstein, Steve Schraibman & Michele Abramowitz

This time, however, a team effort prevailed and soon two roaring fires heralded the triumphant "teamsters".

Another brief chance to chat and then onto the serious task of braaing the franks, with Basil, Mark and Steven competing for 'top dog' honors! Meanwhile Evelyn, Michelle and Rachel amongst others laid out the salads and sodas.



Joanne Edelstein

All too soon the familiar Jewish war cry of "come and get while it's still here" was heard. All thoughts of breaking out into chorus singing "Die Stem", "Nkosi" and other stirring songs were abandoned to the wind, while the aroma of cooked franks wafted through the air.



Oh, what a lovely picnic - Basil Abramowitz, Gary Levinson, Rachel Rosin, Beverly Burland, Shelley Sass, Steven Sass, & Jody Levinson.

The familiar sounds of South Africans enjoying the sunshine, sausages and reminiscing could be heard. And for a brief moment in time, Carmel Creek Park could have been a walled fortress in Sandton, or "Plett" in December (or even Del Mar Beach for that matter).

For many of the parents it was a chance to reconnect, pick up on yesterday's conversation or revive long lost friendships, from a different time and place. For the kids, many of whom were meeting for the first time, less complex, but no less meaningful connections were made.

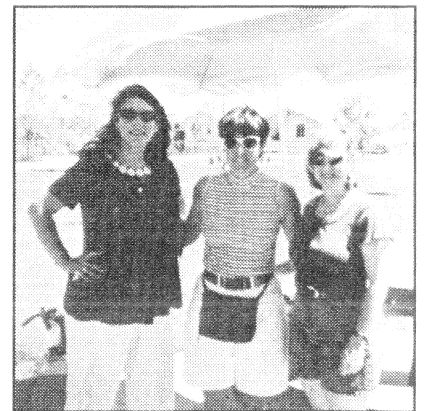
With the last frank finding a happy home, it was soon time to pack up and leave. Several young families had now shared a common activity in their new homeland. So it really doesn't matter whether you call it a braai or a barbecue, boerewors, or franks - as long as you're there.



Steve Schraibman & Sydney Rosin

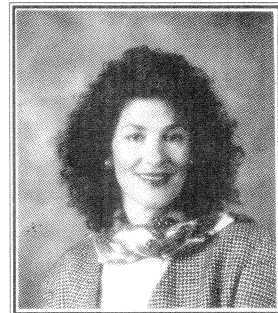


Riva & Mark Meyerson



Evelyn Edelstein, Michelle Abramowitz & Rochelle Rosin

# RENEE GILD



Licensed Since 1977

A TOP REAL ESTATE AGENT WITH  
THE #1 COMPANY

**TO BUY OR SELL**

**A HOME...CALL RENEE!**

459-0505

ext. 232 or

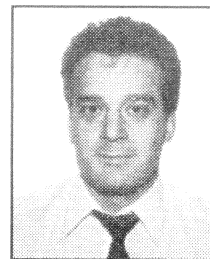
450-0700



California Realty

1299 Prospect Street  
La Jolla

**Servicing all your tax needs!**



Allan Legator, CPA  
(619) 558-7308



Edward R. Hull, EA  
(760) 414-2033

**Business & Personal Tax Services**

Consulting and preparation of individual, corporation, partnership & trust returns.

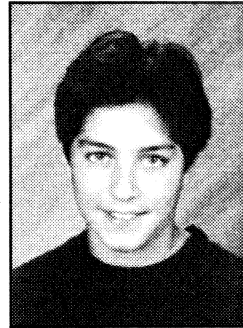
Professional & Personal Service  
in your home or office.

10% off on all new business.

**BBYO INTERNATIONAL CONVENTION AUGUST 1997**

Wayne Sneag

As this journey began, I learned the privilege of independence. As soon as the flight took off headed to Dallas/Fort Worth, myself and my traveling companions, Dave Feldman and Sam Orlansky, exchanged Marc Chagall AZA trivia. We discussed the upcoming adventure. We were headed to International Convention, which was to take place at the BBYO Perlman Camp in Starlight, Pennsylvania and we were to spend a week together with delegates from all over the world and the rest of the United States.



For me, this was the first time I had undertaken a journey across the country without a family member. BBYO, and especially AZA has given me the opportunity to experience life as a young adult, making my own decisions without adults continuously down my back.

We traveled by bus from La Guardia Airport to the camp in Starlight. On the bus there were people from all over the world, the United States and Canada. We were all from different regions and chapters, but we

all got along surprisingly well. The surprising thing was that we all seemed to have the same taste in music. The usual "ska" or Dave Matthew's Band. We traveled past some "famous" sights on our way to the campground like the Yankee Stadium, the Empire State Building and the project homes.

When we arrived at camp, we saw all the AZA'ers and BBG'ers (the girls group) from all over the world. Some were sleeping, while others had more energy than you could imagine. One thing that amazed me was the beautiful scenery. The endless greenery and occasional streams flowing through the camp.

We were to sleep in dorms on bunk beds. We had meals in a huge dining room and went to business meetings and discussed issues and voted on them. Everybody was involved in some way or another.

It rained for a couple of days, and although it was wet and muddy, it didn't really spoil any of the activities. They had arranged dances and there was a "shuk" where you could purchase all kinds of BBYO gear like T-shirts, pins from the different chapters and also food and candy. We all had duties to perform, like getting the dining room ready for meals, clearing the tables, keeping our own dorms clean, and all the kind of stuff our mothers want us to know for when we go to college!!

There were over 800 delegates and the spirit was fantastic. I hope to be able to go on this adventure again next year and begin to cement relationships with wonderful people from all over the world and my own country.

**WE ARE PROUD TO SALUTE OUR SAJAC MEMBERS WHO SCORED SO WELL IN THE MACCABIAH GAMES HELD IN ISRAEL DURING JULY 1997.**

MARGE KALMANSON - 1 GOLD 2 SILVER MEDALS\*

LINDY FIRST - 1 GOLD\*

\* Marge Kalmanson - Master's Division - gold medal - mixed doubles. Silver Medal - Singles, Silver medal - ladies doubles

\* Lindy First - Junior Under 17 Division - Gold Medal - Mixed doubles

Harold Krasner, Lindy First's uncle, reached the quarter finals in the Men's singles, over 45 Division

**CONGRATULATIONS TO YOU ALL!!**

**SOUTH AFRICA - OF OLD???**

By Sharon Segal

What is the concern of man?

A big house that shadows his conscience

With walls that enclose and separate him from reality.

Or is it a burning police station,

A tin shack bath.

Or the bruised neck of one

Who dared to protest

Because the walls of his conscience had crumbled.

**ARE YOU A LEFTY? NOT POLITICAL OF COURSE, BUT LEFT-HANDED.**

Then you are in great company with .....

Albert Einstein, Gerald Ford, Ronald Reagan, George Bush, Bill Clinton, Pablo Picasso, Leonardo da Vinci, Michaelangelo, Raphael, Lewis Carroll, Julius Caesar, Napoleon Bonaparte, The Queen Mother, Queen Elizabeth II, Prince Charles, Prince William, Fidel Castro, Paul McCartney, Tom Cruise, Nicole Kidman, Robert Redford, Marilyn Monroe, Oprah Winfrey, John McEnroe, Martina Navratilova, Monica Seles, FW de Klerk, Desmond Tutu.

**L'SHANA TOVA**

שנה טובה



**ROSH HASHANAH GREETINGS**

The Jewish National Fund extends new year wishes for peace, health and prosperity.

We look forward to your joining with us in Action Plan Negev. Together, we will provide water for Israel's desert for the 21st century.

Happy New Year 5758!

Russell F. Robinson Executive Vice President  
Ronald S. Lauder President

To plant trees in Israel, please call 800-542-TREE (8733)



JEWISH NATIONAL FUND  
YOUR REGIONAL ADDRESS AND PHONE # HERE

Phone:  
287-7306



Fax:  
582-1545

**YOM TOV SPECIALS:**

- Ungers Gifilte Fish \$3<sup>59</sup>
- Galil Leg Quarters \$1<sup>39</sup> lb
- Galil Whole Cut-Ups \$2<sup>19</sup> lb
- Galil Whole Chicken \$1<sup>49</sup> lb
- Whole Lubavitch Chicken \$1<sup>99</sup> lb
- Lubavitch Cut-Ups \$2<sup>19</sup> lb
- Brisket (Call for price)

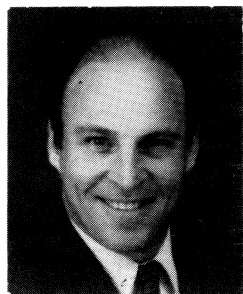
**ALSO AVAILABLE**

- FRUIT PIES
- BABKES
- TEIGLACH
- STRUDEL
- MINI LEMON MERINGUE PIES
- LOAF CAKES
- COFFEE CAKES
- DESSERT CAKES
- AND MORE...

Limited Quantities While Supplies Last  
(Delivery Available)

CHALLAH & OTHER ITEMS AVAILABLE AT:

- RALPH'S LA JOLLA
- RALPH'S RANCHO BERNARDO
- RALPH'S DEL MAR
- ALBERTSON'S LA JOLLA
- ALBERTSON'S ENCINITAS
- STUMPS DEL CERRO
- JONATHAN'S LA JOLLA
- HUTMAN'S CLAIREMONT



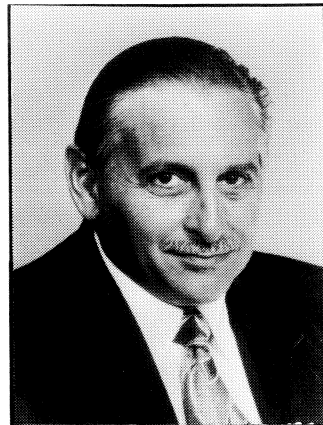
**Ian Smulowitz**

INSURANCE CONSULTANT

- 22 Years of Experience
- Life Member Million Dollar Round Table
- Specializing in Life, Disability & Retirement Planning
- Annuities

8950 Villa La Jolla Dr., #2151  
La Jolla, CA 92037  
Tel: 658-9477  
Fax: 658-9487

**ROY M. ABRAMOWITZ, M.D.**  
REGISTERED INVESTMENT ADVISOR  
TAX MANAGED INVESTING & FINANCIAL PLANNING



5075 SHOREHAM PLACE PH: (619) 646-7640  
SUITE 200 FAX: (619) 646-7639  
SAN DIEGO, CA 92122-5986 E-MAIL: 74543.1441@COMPUSERVE.COM



Securities offered through Titan Value Equities Group, Inc. Member NASD : SPIC

## New Beginnings

By Marlene Hyde  
M.A. (Clinical Psychology)

"Why do you have to postpone moving to a warmer climate where you can swim all year until you are so old that you're afraid of water?"

David Vispott

Obviously, as SAJAC members, we all took the plunge, leaving our familiar shores and we came to a place where swimming is possible all year! However, our story is not quite as flippant as that. Like their forefathers, the South African Jews have had to become a nomadic people, again-leaving their



origins and their loved ones and journeying to distant lands across the seas. As Rosh Hashanah approaches, with its promise of a new year and new beginnings, we look both behind us to recall where we came from and also ahead of us to the hopes of the future. For many, this is a bittersweet time of year, as we remember other Rosh Hashanah's around a large table with all the family and special friends present. We recall most of these relationships with warmth and pleasure. However, some of our relationships are remembered with pain. We may also be living on a day to day basis with a situation that causes pain. We recall again and again how someone did something to hurt us or to make us angry. We let bad feelings get in the way of the relationship. This time of the year offers us a special opportunity to look at that hurt and to consider letting go of those feelings instead of nurturing the grievances. All humans want to feel understood and cared for but we lose our connectedness to each other when we allow these disruptive emotions to come between us.

*How can we let go of these feelings? It takes courage to face the anger and the pain within us. Release from this situation often follows when we are able to forgive the other person instead of harboring destructive feelings. This is sometimes difficult to do and in that case, counseling or other methods may be used to re-process emotions and to change our responses. We can choose to remain injured or to resolve the issue and to live more joyously. Often forgiveness does not start out as a feeling but as a decision. We decide to commit ourselves to the forgiving process.*

Forgiving is not a selfless and self-sacrificing act. Paradoxically, it is quite a selfish act. Using our energy to maintain emotional baggage blocks us off from ourselves and from others. It affects our own quality of life. By re-processing these wounds, we are not only doing it "for" someone else - we are liberating ourselves to walk more freely in the world too.

We owe it to ourselves to examine the part that we have played in causing the damage to that relationship also. It is often helpful to emotionally walk in the shoes of the other person and to experience the situation from their perspective. We may find that we too have wounded another. It then becomes as important for us to be able to forgive ourselves also.

To feel forgiven - by another or by ourselves - is to feel free to step into the future uncontaminated by the mistakes of the past, encouraged by the knowledge that we can grow and change and need not repeat the same mistakes again.

As we dip the apple in the honey, we pray for a good and sweet year. Satisfying relationships add to that sweetness.

## South African Scrapbook

From S.A. Jewish Board of Deputies  
**TEMPLE ISRAEL REACHES OUT**

Temple Israel in Paul Nel Street, Hillbrow has embarked on an inner-city development project. Solly Rametsi advises the Jewish umbrella organization for community upliftment, Tikkun, on the needs of residents. And the well-qualified hand of Louise Ntsudisane guards over the pre-school children in the crèche they set up. Louise says: "These children are wonderfully well-fed, because Score Supermarket is owned by a congregant of Temple Israel, and they donate all the crèche's food." The crèche receives a further subsidy from Temple Israel Tikkun, and that enables single parents to afford to send their children to a crèche of good quality. Louise is well-qualified. "Temple Israel has a congregation of mostly elderly Jewish people from the inner city. We are determined to stay and help the people around us", says Reeva Forman, chairperson of Temple Israel Tikkun, "because we believe that is what religion is about." "Our next project is to offer extra lessons to matriculants in Hillbrow, Berea, Yeoville, Parktown and Killarney on Sunday mornings. The SA Union of Jewish Students have offered their help, says Stan Forman, of Tikkun. "Interested schools can contact David Biltchitz at 786-9938". The beautiful synagogue of Temple Israel dates back from 1936. Says Reeva: "In our hall, we will also offer skills training that can be translated into jobs. We want Hillbrow residents to have pride in their community. Our vision is of a friendly Hillbrow".

REPRINTED FROM: CENTRAL AFRICAN ZIONIST ORGANIZATION — MAY, 1997

### PLEASE NOTE THE FOLLOWING ADDITIONS AND CHANGES TO THE SAJAC DIRECTORY:

#### Babysitting:

ZIP CODE	NAME	AGE	TELEPHONE
92122	Wayne Sneag	15	546-1922
92122	Caryn Padowitz	16	457-0900

#### Change of Address:

George and Molly Lemberg  
7414 Herschel Ave #210  
La Jolla, CA 92037  
Tel: 456-2744

Peter and Maureen Stern  
5735 Caminito Pulsera  
La Jolla, CA 92037  
Tel: 456-2435

Barry Berelowitz  
9565 La Jolla Farms Road  
La Jolla, CA 92037  
Tel: 452-4266

#### New Members:

Reuben & Janie Klass  
245 Coast Blvd #3B  
La Jolla, CA 92037  
Tel: 459-8448

Gordon and Beulah Koz

### Your Financial Planning Specialist

**Hillel Katzeff**



Hillel Katzeff, MBA, CFP  
Registered Investment Advisor

- ▲ Retirement Plans
- ▲ Life Insurance
- ▲ Disability Insurance
- ▲ Investments & Annuities
- ▲ Estate Plans
- ▲ Business Continuation Plans

**550-0425**

◆ 4275 Executive Square ◆ Suite 900 ◆ La Jolla, CA ◆ 92037 ◆

For  
Financial  
Peace  
Of Mind



**When it comes to  
Immigration Law,  
we're your best move.**



Hirson Wexler Perl & Stark is a full service immigration law firm dedicated to your immigration legal needs. Our firm represents employers, corporations and individuals and handles all immigration cases including intra-company transfers, H-1B professionals, investors and family related petitions. We can help you work through the extensive red tape surrounding immigration cases.

- TEMPORARY WORK VISAS
- INTRACOMPANY TRANSFEREES
- PROFESSIONALS & INVESTORS
- FREE TRADE AGREEMENT (NAFTA)
- ENTERTAINERS & SPORTS PROFESSIONALS
- PERMANENT RESIDENCE (GREEN CARDS)
- LABOR CERTIFICATIONS
- CONSULAR PROCESSING
- EMPLOYER SANCTIONS

**H** HIRSON WEXLER  
PERL & STARK  
ATTORNEYS AT LAW  
A Partnership Including a Professional Corporation

For more information contact Gary Perl  
Tel. 619.452.5700 Fax 619.452.1911 E-mail: gperl@immiglaw.com

Also in Irvine and Los Angeles, CA, Phoenix, AZ, and Las Vegas, NV.  
<http://www.immig.com>

# INSURANCE

*Professional attention to all your Insurances*

**Call: IVAN ROSTOVSKY**

MICHAEL EHRENFELD CO.  
2655 CAMINO DEL RIO NORTH, SUITE 200  
SAN DIEGO, CA 92108

phone: 619-683-9990

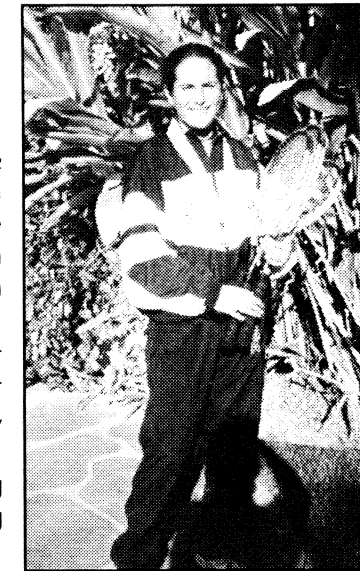
***It's the Service that counts!***

## LINDY: A HIT AT THE MACCABIAH GAMES

*By Lindy First*

My name is Lindy First and I am 14 1/2 years old. I have just come back from the Maccabiah Games in Israel where I played tennis for the USA. I played in the Junior Maccabiah section which included kids from 14-17 years old. There were kids from Canada, Holland, Argentina, England, South Africa, Brazil, Australia and, of course, Israel.

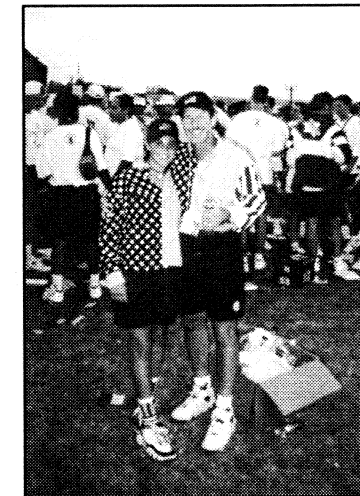
I had the best time of my life playing in the Maccabian Games and going



*Lindy First with her racquets.*



*Lindy and her partner Ross on the podium after receiving the Gold Medals for Mixed Doubles.*



*Uncle & Niece both representing the U.S.A. at the Maccabiah Games, Harold Krasner & Lindy*

to Israel. My trip first started out in New York where I stayed with a fellow team mate. The rest of the American team all came to New York where we practiced at Flushing Meadows. The team consisted of 4 boys and 4



*The First and Krasner families at the Opening Ceremony.*

girls and, of course, our coach Ben Lobe. After a few days of practice, we were on our way to Israel with the rest of the USA team. We got on the specially chartered EL AL plane and after 10 hours, we finally arrived in Israel.

We then went to Kfar Maccabiah (Maccabiah Village), where all the US juniors stayed during Pre-camp. For a week, before the Games started, we were taken to various places in Israel, starting with Jerusalem and ending with the Golan Heights. It was amazing! On the 13<sup>th</sup> July we moved to Zichron Yaakov in a hotel called Havat Habaron. This is where all the Juniors of all the different sports stayed - soccer players, track, swimmers, volleyball, water polo and so on all stayed together. What an atmosphere!

On July 14<sup>th</sup>, an exciting day turned into a tragedy. The opening ceremonies were ruined by the falling of a bridge that killed 4 Australians and injured 47 people. After a day of mourning, the Games carried on. Everyday, all the Junior Tennis players from all over the world would get on a bus and travel 1 1/2 hours to the Jaffa Tennis Center to play tennis.

The tennis was extremely competitive and of a very high standard. I got to the semi-finals of the singles and won a gold medal in the mixed doubles. Throughout the Games, I met tons of amazing people from all over the world. We became so close and had so much fun together. We would have parties and dances and sing along just about every night, but when the competition was underway during the

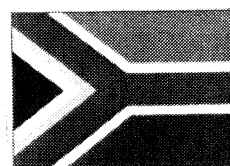
Games, the competition was intense.

The last day of the Games ended with a triumphant march through the streets of Jerusalem. I felt so proud to have been at the Maccabiah Games representing America and being in Israel. I had an amazing time with memories I will cherish for ever and ever.

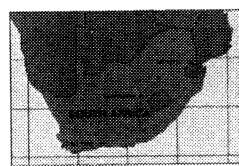
### ENTERTAINMENT .....

#### DID YOU KNOW?

- You can view the magnificent exhibits at the Museum of Contemporary Art both in La Jolla and Downtown. Admission is free on the first Sunday of every month.
- Ever played frisbee golf? It's fun but beware, it's tougher than it looks! At only a few dollars a person, you can afford to take the family. You may want to have a picnic in the lovely grounds when you're done playing.



**SAMSON'S**  
DELICATESSEN RESTAURANT AND BAKERY



**San Diego's Famous East Coast Style  
Delicatessen Restaurant and Bakery**

*Full line supplier of South African products  
\*\*including fresh weekly\*\**

- |   |                 |                 |                    |
|---|-----------------|-----------------|--------------------|
| Biltong   | Droëwors        | Boerewors       | Mrs. Balls Chutney |
| Milo choc. drink  | Appletizer      | Tennis biscuits | Eet sum mor        |
| Bouidoir biscuits   | Romany biscuits | Lemon creams    | Zoo cookies        |
| Ultramel custard  | Peri Peri       | Marmite         | Aeromilk bars      |
| Smarties  | Tex Bar         | Chocolate log   | Lunch Bars         |
| Cadbury Flake   | Crunchie        | Wine Gum        | Fruit Rolls        |
| Cadbury Top Deck, Dairy Milk, Mint Crisps - Rowntree Fruit Gums & Pastilles |                 |                 |                    |

**Catering for parties, Bat or Bar Mitzvahs, Bris, Weddings - Free Delivery**

**Samson's 8861 Villa La Jolla Drive La Jolla, CA 92037 619 455 1461**



**MICHAEL FAINSTEIN**  
Certified Public Accountant

**(619) 453-7223**  
Fax (619) 587-8734

3255 Willard Street  
San Diego, CA 92122

*specializing in*

**BUSINESS CONSULTING SERVICES**

- Purchase & Sale of Business
- General Business Advice & Consulting
- Controllership Services

**FINANCIAL REPORTING**

- Compiled Financial Statements
- Bookkeeping/Accounting Services

**BUSINESS & PERSONAL TAXATION**

- Preparation & Planning of:-  
**Individual, Corporations,  
Partnerships & Fiduciary Returns**
- Representation before the IRS/FTB



"If We Aint't Got It, We'll Get It"

**LIGHT BULBS  
UNLIMITED**

Julian Frank

1017 Morena Blvd.  
San Diego, CA 92110  
(619) 296-2454

Hours  
Monday - Friday 10 AM - 5PM  
Alt. Saturdays 10 AM - 12 noon

**BARRY J. BROOMBERG, M.D.**

General Practice  
Cosmetic, Laser Skin Resurfacing

6515 LA JOLLA BLVD.  
LA JOLLA, CALIFORNIA

Telephone  
(619) 454-7157

**Letting Go - It's a Natural  
Transition for Parents**

*By Sandy Braff, MFCC*

Rona, a 35-year old mother of a 5-year old daughter, Gabi, and Julie a 46-year old mother of an 18-year old son, Alan, discovered how much they had in common during a conversation over coffee. They were discussing their mixed emotions as they prepared to launch their kids off to school. Gabi was off to kindergarten and Alan was preparing to enter his first year of college out-of-state. Natural transitions for both parents and children - yes, and often a time of both joy and sorrow. In this article, I would like to address the issue of LETTING GO as it relates to how we as parents adjust to our children's need and striving for independence.



"The work of adult life is not easy. As in childhood, each step presents not only new tasks of development but requires LETTING GO of techniques that worked before ..... leading to greater expansion of one's own distinctiveness." (Gail Sheehy in her book "Passages").

**TRANSITIONS**

We are constantly facing crises, challenges or transitions. They begin the moment we are born and continue until the day we die. As adults/parents some familiar challenges that many of us face, include: school, college, marriage, childbirth, parenting, divorce, as well as helping children move through their developmental stages. I'd like to focus on how we handle the parent-child relationship - in particular, when our child matures and leaves the nest. Rudolf Drikurs, MD, says in his book, The Challenges of Parenthood, that "the loosening of the ties between child and parent is a natural and gradual process that begins very early, really with the weaning of the baby". As our children "slip away" and become involved with their peers, new activities, and individual interests, we may experience ourselves as becoming superfluous. This may be experienced as a crisis for some parents who may respond by becoming overbearing, overprotective and more controlling. It is difficult for some of us to accept the idea that our child is developing his/her own personality, values and requirements, and that this is a natural and desirable course of events. Establishing and maintaining a friendly relationship with our children based on mutual trust and respect will ensure healthy bonds as they become adults. It is as Rudolf Dreikers says: "For the child does not "grow up" at a fixed date; he begins to grow away from his parents in his earliest infancy ..."

**COPING**

So, how do we cope with this bittersweet experience of letting go of our children, and also maintain a strong connection? We must begin to redefine our attitudes and beliefs about the present task of parenthood, and recognize our feelings of vulnerability and loss. During these continuing transitions we can consciously choose to enter a stage of unique creativity. Initially we will feel disoriented and off balance. However, this can become a time when we search for replenishment, redirect our energies, redefine who we are and how we now function both within and outside of the family. For some people, this may involve changing careers, or entering the work force for the first time, or "stretching" ourselves in other areas that are rewarding. For many parents, it can become a time to redefine and even reinvent the marital relationship now that the children are no longer helpless and dependent. Remember that the task of parenthood is to raise self-sufficient children who will become contributing members of society. In other words, it is our function to do ourselves out of a job, to raise healthy, independent children and to develop a mutually respectful relationship with our children. This does take time, so be patient with yourselves.

I would like to share a story about a client I worked with that may illustrate some of the ideas presented in this article. (Many details have been changed to protect confidentiality and this story is told with the client's permission). A single mother in her 40's had one son attending his first year at college and a daughter of 16 with whom she was having a difficult time. She had spent hours typing up agreements and tasks that her "rebellious" daughter was to perform and a curfew that she was to keep. All her attempts to control her daughter were unsuccessful. As we talked, it became obvious that this mother had few interests in her life other than her mothering role, so that the idea of her daughter "leaving the nest" was a painful experience for her. We explored interests that she had, ideas about who she wanted to be in her life, both as mother to her children and as a woman entering a transition in her life. She began to focus on her feelings, values, goals, expectations and the meaning of participating in life in a different way. She invited her daughter to be a part of discussions about chores, curfews and her role in the house. She found a job. As her focus changed so too, did her relationship with her daughter and her view of herself. Sounds easy, but it was a challenging experience that took her about 9 - 12 months to "complete". I say "complete" because, as Gail Sheehy says: "The whole idea about developmental change is that *things can never be settled once and for all.*"



### ACCESS OVERHEAD GARAGE DOORS

• HARDWARE • SPRINGS  
 • GENIE AUTOMATIC OPENERS • OLD DOORS REPLACED  
 • QUICK & RELIABLE SERVICE  
**24 HOUR SERVICE**  
 FAMILY OWNED & OPERATED  
 CALL: Leonard, Braden & Joan Wasserman  
**"Door Stix, We Fix"**  
**(619) 793-8999**

### DELICIOUSLY DIFFERENT

7556 D Fay Ave. La Jolla CA 92037 ☎ 459-9161

- ❖ Exclusive San Diego distributors for genuine H&H New York BAGELS.
- ❖ Full service Catering by Midge
- ❖ Spectacular Desserts & Crepes
- ❖ Visit our New York Style Nosh Bar
- ❖ Continental Coffee Bar

**3 FREE BAGELS - 15 To the dozen**  
 of the world's best Bagels with this coupon



## Flowers By Babs

For Personalized Attention Call Barbara **943-6666**

**EXOTIC & UNIQUE**  
*Floral Designs for Every Occasion*

**SPECIAL - FREE DELIVERY**  
 for **SAJAC MEMBERS** - Ca Jolla/Oceanside

we'll be  
*Driving Miss Datsy* \$35.00  
 Gerber Daisy, Iris, & Delphinium  
 with Foliage - Beautifully arranged

*Tropical Paradise* \$55.00  
 Exotic Anthuriums, Ginger &  
 Dendrobium Orchids, Uniquely Designed

**Baskets of Fruit, Chocolates, Dried Fruit.**  
 Your choice of contents - Artfully arranged.

Weddings - Bar/Bat Mitzvahs - Parties - Get Well  
 Birthdays - Parties - Anniversaries - New Babies

444 N. El Camino Real #22, Encinitas, CA 92024

Picnics  
 Corporate Events  
 Weddings  
 Bar/Bat Mitzvahs  
 Anniversaries  
 BBQ



Chicken  
 Beef  
 Lamb  
 Turkey  
 Fish  
 Ribs

make your next affair a ROTISSERIE AFFAIR

Kosher Style Available

Box 927473  
 San Diego, CA  
 92192-7473

**Kevin Fisher**

Ph/Fax: 481-8923  
 888-ROTISSERIE  
 Pager: 493-5799



**BOEREWORS AND DRYWORS**

(BEEF OR TURKEY SAUSAGE)



### NATIONAL HOME DELIVERY

San Diego	Derryn Lipkovicus	(619) 454-9924
LA/Irvine	Frank Shapiro	(800) 713-9885
Dallas	Michael Gelgor	(972) 390-0375
Houston	Sybil Watkins	(713) 772-4268
Florida (Miami)	Trevor Nathan	(954) 796-0947

### Triumphant Tennis Trip

By Marge Kalmanson

I was privileged to be one of 5,300 competitors from about 50 countries to compete in the Maccabiah Games, the Jewish Olympics in Israel.

There is an air of excitement in donning the uniform for the USA and marching under the American flag. In this case it was marred by the collapse of a bridge leading into the stadium, killing 3 people and injuring 60 of the Australian contingent. The following day and night was declared a Day of Mourning and everything was canceled. Sad to say there have been more deaths recently.

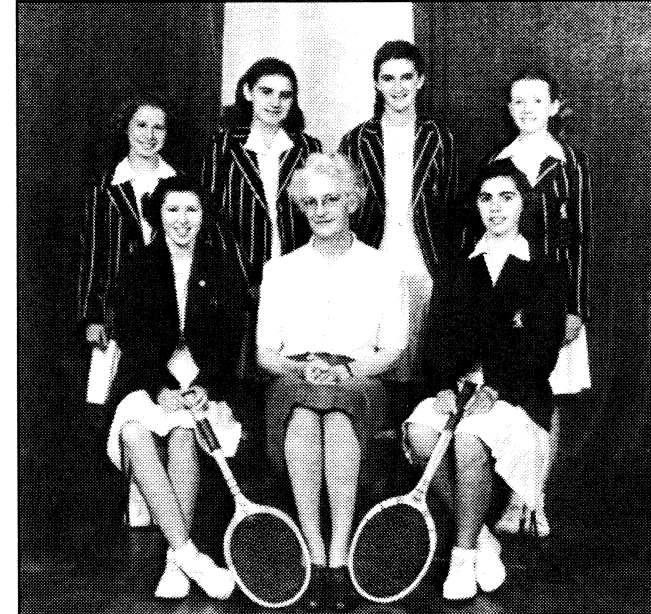
The Maccabian Policy is "The Games must go on" and so they did.

At the 1993 Games, I played in the Masters tennis and won two Bronze medals. This time, four years later, like wine and cheese, the more it matures the better it gets. I was able to get to all three finals and won a Gold and two Silvers.

Aside from the competition, there is a wonderful spirit of camaraderie and Jewish geography was practiced by all. Old school friends and forgotten relatives surfaced in every meeting place. The S.A. contingent were in the hotel next to ours, where one only heard the old familiar accent everywhere, especially as a large percentage of Australians and Canadians were ex-South African participants.

Trading T-shirts, pins, hats is always a lot of fun. A special trading party was held for all the tennis players and fun, food and trading were the high-

lights. The Australian uniforms are always the hottest tickets and are needed to trade on a two for one basis to obtain anything Aussie.



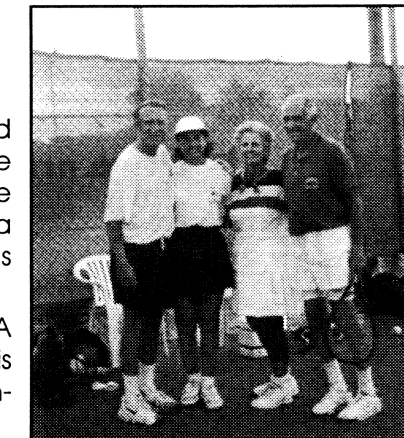
1947 - 50 Years ago, Kalmanson (seated right) and best friend Ruth Shakenofsky (seated left) in the Germiston High tennis team



Tova Epstein (Israel) and Marge Kalmanson Singles Final. Marge won a Silver Medal.



1997 - 50 years later, Marge and Ruth hold the photograph above.



Don Greenberg, Marge Kalmanson, Honey Meyers and Jerry Friedman. Marge and Jerry took Gold for Mixed Doubles.

Writing of old friendships, my first round, singles draw, was against one of my best friends from Germiston High school days. Ruth Shakenovsky. She and I won the A league for the school 50 years ago playing as partners and here all these years later we were facing each other on opposite sides of the net.

It was a 2 1/2 hours battle in temperatures in the 90's and equal humidity. My husband, Geoff's vibes definitely reached me and that's what did it! He said it was the hardest match he ever played!!!

Another highlight was the finals of the Rugby. Since its inception as a Maccabiah sport, South Africa has always won the gold in Rugby. This year was the first time for the US. The US won by 1 point. The screams and yells of encouragement would have done the Chargers proud.

I'll close by saying that every Jewish family should encourage their children to compete in their chosen sport in Israel. There is no more enjoyment in sport than to represent your country in your field as a Jew.

It certainly has changed the lives of many young first-time competitors for the better.

**SOUTH AFRICA from \$1125<sup>00</sup> From San Diego**  
**Nov 1 — Dec 10**

CALL NOW - LIMITED AVAILABILITY

**TAHITI - 7 Hrs Direct from SA**  
**Closer than the Caribbean**  
 from **\$899<sup>00</sup>**

Incl. 7 nights, Airfare & More



**459-4074**  
 Sharleen Wollach

Carmel Mountain • La Jolla • Kearney Mesa  
 Sorrento Mesa • Carlsbad • San Diego

\*Restrictions apply

# REDUCE STRESS

## BY 42%\*

# P.R.I.S.M

Positive Restructuring in Individual Stress Management

Call: PAMELA NATHAN

(619) 969-0335

TO SET UP AN APPOINTMENT

\* receive a complimentary copy of the research abstract

# IMMIGRATION LAW

## GREEN CARDS • WORK PERMITS

- INTRACOMPANY TRANSFERS • INVESTORS
- FAMILY • MARRIAGE/DIVORCE ISSUES
- ATHLETES / ARTISTS / PROFESSIONALS • LABOR CERTIFICATIONS
- NAFTA • ASYLUM • DEPORTATION • NATURALIZATION
- RELIGIOUS WORKERS



LEON J. SNAID  
ATTORNEY AT LAW

- Author: *THE NEWCOMERS GUIDE TO LIVING IN THE U.S.A.*, finalist: Benjamin Franklin Award
- Whos Who in American Law

- Attorney since 1971
- Member American Immigration Lawyers Association
- Past President, San Diego County Bar Assoc. Immigration Committee

TEL: (619) 638-9086

6265 Greenwich Drive, Suite 103, San Diego, CA 92122 Fax (619) 638-9083

## What a Wonderful World, What a Wonderful Evening

By Sandy Kodesh

The last time I saw my seniors was at the Chanukah party, so for me, it was a great treat to attend the Yiddish entertainment evening for SAJAC seniors held at the JCC. Whenever the seniors get together, there is a hub-bub of chatter and excitement. They love to see each other, be it close friends, or acquaintances that they only see at these functions.



Gerald Solomon, Bertha Levinsohn and Diane Solomon enjoying yiddish jokes.

They come in little groups, always with an air of expectancy - "what will this evening bring"? I am not biased when I say that to attend a senior event, is always a thrilling experience. Our seniors are a very special



Anne Sable and Judy Cohen enjoy the evening

group of people who quietly struggle with their own settling down process. Although they don't have young children to organize, or businesses to establish, we tend to overlook what obstacles they have in their own lives.



Time to chat - Sylvia Schmaman, Lorna Swartz and Naomi Aires.

This evening was organized by Renee Frank, Sarah Trocki, and Sylvia & Gerald Kane. They did a wonderful job as always, organizing rides for those who needed them, deserts and coffee, plus first class entertainment.

Yiddish is really a dying language among us Jewish people. How many people



Lily Druian and Elsie Roth.

do you know who can converse, speak, or understand Yiddish?

Well, here was a group of entertainers who sang and told jokes in Yiddish. Lorraine Hertzberg and her troupe were wonderful. Their jokes had genuine Yiddish humor in genuine Yiddish accents. The singers had strong melodious voices, recalling those old Yiddish songs that takes my heart back to my Bubba and my mother, who used to sing the same songs. I always remember as a child hearing my mother's clear, sweet voice singing these expressive songs about such emotional issues. I found a tear welling up in my eye and my memories going back to when I was a little girl. The evening ended with song sheets and everyone joining in a sing-a-long. As my eyes glanced around the room, I could see these people singing the songs of remembrances, each with their own private memories. It was a wonderful evening.

Siz geven zair a freilige ovend. Alle hoben varbracht.

## Swinging Singles

by Mark Friedman

On Saturday, May 24, 75 swinging singles got together in the recreation room at La Jolla Mesa Estates to enjoy an evening of snacks, drinks and "shmoozing". The evening was organized to provide singles with a fun social meeting.

One lucky lady from Tucson, Arizona found her soulmate at this event. So, all you singles, you never know ....!

Thanks to Mandy Chalmers for organizing this successful event with Dave Hastings.



Chief Organizer, Mandy Chalmers

### What Can You Find in The African Hut? We Always Stock:

- ✓ Grand-Ma's Rusks
- ✓ South African Groceries and Sweets
- ✓ Beautiful Animal Shaped Candles
- ✓ "New South Adfria" T-Shirts
- ✓ Superb Boerewors, Droëwors, Biltong (exclusive African Hut recipe) & our "Biltong Chopper"
- ✓ Amberglow Rooibos Herbal Tea
- ✓ South African Selected Wines
- ✓ Castle and Lion Beer
- ✓ SA Politician Salt & Pepper Boxed Sets



The African Hut  
31674 S. Coast Hwy.  
South Laguna, CA 92677  
Tel: 714/499-7842  
Fax: 714/831-2974  
or TOLL FREE

1-888-323-3889

FOR ONLINE ORDERING — <http://www.africanhut.com>

# CAR BUYING MADE EASY!

Jeep/Eagle  
Jeep Grand Cherokee  
Jeep Wrangler

GMC Suburban  
GMC Yukon

Ford Explorer  
"All New" Ford Expedition



450 West Vista Way, Vista CA 92083  
(619) 945-9900



1501 AUTO PARK WAY SOUTH • ESCONDIDO, CA 92029

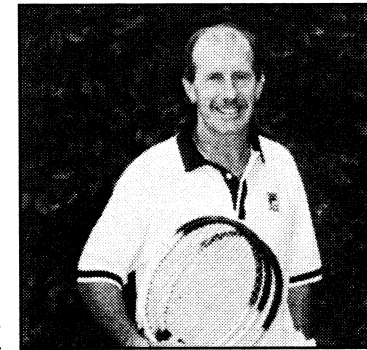
**FOR A CAR BUYING  
EXPERIENCE WITHOUT  
EQUAL**

**Call Wayne Meyer (619) 945-9900**

## MY MACCABIAH EXPERIENCE

By Harold Krasner

Having returned home safely from a trip of a lifetime to Israel and Spain, my mind is still filled with very mixed feelings of sadness and exuberance. Over the years I had watched Olympic opening ceremonies and had this dream of marching for my country at the opening ceremony of the Maccabiah Games in Israel.



Harold Krasner

July 15<sup>th</sup>, Monday evening at 8 pm, the stadium at Ramat Gan was filled with 50,000 people including my wife, son, mother, sister and her husband, nieces and many dear friends of ours, all awaiting our entrance into the stadium. My heart was pounding, proudly dressed in the American colors. The enthusiasm and spirit of the athletes was buzzing with great anticipation. All these fellow Jews who had the same dream. The announcement is made to get into our respective teams and prepare to move towards the stadium.

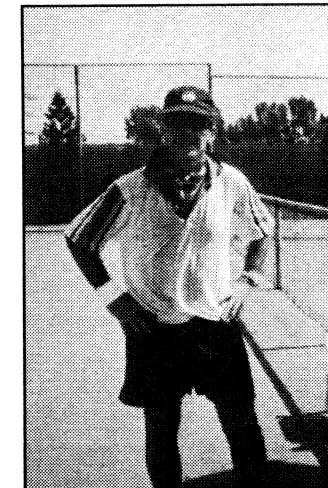


Harold with the Brazilian opponent he beat in the 3rd round.

We all start moving towards the 'bridge' when unexpectedly we are told to go back to our holding area. At first we were surprised, because none of us were aware of the senseless tragedy that had just taken place. We waited with great uncertainty and concern. I was distraught not only because of the tragic loss of life, but that all of us



Happy Family - Ryan Krasner, Harold, Lindy First and Joy Krasner.



Right — Who's next? Harold Krasner on the tennis court waiting for his next opponent

would not be part of the march. My balloon had burst with a very loud bang. Unknown to the athletes was that the opening ceremony did go on but, of course, the spirit and atmosphere was very mixed, especially since the 550 athletes were outside the stadium. After a 24 hour delay, the Australian delegation insisted the games continue in honor of the athletes who had died. My first match in the Men's 45 Masters tennis happened to be against an Australian who had been quite a hero the night of the accident. I really felt for the guy, but also knew that the competition had begun and I had worked and trained awfully hard to get to Israel. After shaking off the early nerves, I won comfortably and, after a few more rounds, was one of two Americans to reach the quarterfinals. I lost a heartwrenching match to the #1 Israeli in a 3<sup>rd</sup> set tie breaker. Talk about frustration - no opening ceremony and a loss like that, I have to go back in 4 years time. A South African, Alan Saul, eventually won the singles in my division. The level of the competition was very high in the later round and most of the participants were in superb condition, especially dealing with the heat and humidity of Tel Aviv. The Rugby final was played in Herzeliyah between the USA and South Africa. I have lived in the States for 20 years, so who would you have cheered for?

In the presence of the Prime Minister, the closing ceremony was a great event. Singing and dancing were interspersed with videos of children, new immigrants, who spoke of their absorption into the country. The music, laser show, fireworks and wonderful atmosphere helped ease the painful opening. The unbridled enthusiasm of the athletes, their pride of being part of the Zionist movement, the hard work of the organizers over the past 4 years, culminated into the reality of the Games and this is what gives the Maccabiah its intrinsic soul. I will be back!!

## Your Real Estate Specialist

### NATHAN (NATIE) LEVY

Senior Residential Associate



**If You Want To  
Live Near the  
Shul or School—**

*I Can Help*

OFFICE PHONE 459-3851

Home 453-2778 Pager 699-6069

**COLDWELL  
BANKER**

Expect the best.™

930 Prospect Street  
La Jolla, CA 92037

### SANDY BRAFF, MFCC

Marriage, Family  
& Child Counselor

Lic. #27706



- ❖ Would you like to resolve ongoing frustration & conflict with your spouse & family members?
- ❖ Are you experiencing difficulty with acculturation into American society?
- ❖ Are you frustrated by problems caring for an ill or aging loved one?
- ❖ Do you feel inadequate in handling discipline with your children?

12625 High Bluff Drive, #205 • Del Mar  
792-4610

I have 10 years experience working as a therapist and having immigrated from South Africa, I am very familiar with the challenges of acculturation.

PICASSO  
CUSTOM  
TAILORING & ALTERATIONS  
FOR  
MEN & WOMEN

1261 Prospect Street, Suite 9  
La Jolla, CA 92037

(619) 454-2447

## DENTAL CARE U.T.C. / RENAISSANCE CENTER



- New Patients Welcome
- Family Practice / Children
- I.V. Headphones
- Gentle & Caring Techniques
- High Sterilization Standards
- Financing / Low Payment Plans

**MOST INSURANCE ACCEPTED  
24 HR. EMERGENCIES**



Member: American &  
California  
Dental Associations

FILLING YOUR NEEDS OVER 12 YEARS

**Dr. Roland Goldberg**

558-7713



8915 Towne Centre Drive, Suite 112  
San Diego, CA 92122

## JENIFER BROOMBERG (ARTIST)

- ART LESSONS •
- PAINTINGS ON COMMISSION •
- LA JOLLA GALLERY & CAFE

**488-8254**

quently. We watched the racing from the terrace of the Royal London Yacht Club. It was a very jolly atmosphere!

Theater, of course, was excellent. The most outstanding productions of the season were "The Herbal Bed" and "Amy's View".

Last, but not least, was a visit to Buckingham Palace on opening day. The two hour queue was exhausting, but once we were inside, we just could not believe the overwhelming grandeur of it all. We took our time examining everything meticulously, as we slowly wandered through all the Royal State Apartments - it almost felt like a private "State Visit". The imposing dining room, the Green Room, the Main Picture Gallery and the East Picture Gallery housing Van Dyk, Vermeer and Rubens were magnificent; I counted some 20 rooms that we visited.



Dame Barbara Cartland, flanked by Audrey and Jonathan.



Audrey enjoying a drink with friends at the Royal London Yacht Club during Cowes Week

I was struck by the beautiful proportions created by John Nash, the Grand Staircase and the presence of white and gold leaf embellishments on the ceilings, columns and doorways. We also visited the Throne Room and the Music Room. My favorite was the White Drawing Room. It was indeed a rare and special privilege to have experienced this famous treasure. Exhausted as we were, we sat on a bench overlooking the huge expanse of lawns, ponds and gardens. The gift shop offered an unusual choice of fine china, silver and expensive souvenirs.

I expect to be in London until September 9<sup>th</sup>. The rain has been replaced with searing heat and temperatures of 88 degrees and 100% humidity. There is very little relief! Britain is definitely not equipped for this kind of weather and it is beginning to feel more like Bombay, these days ... A little rain wouldn't be so bad after all!!!

\*\*\*\*September 10, 1997

On the 31st of August, 1997, the world was in a state of shock over the untimely death of Princess Diana and her companion who were killed in a fatal car crash in the early hours of the morning in Paris. The enormity of the event shattered everyone. I was unexpectedly in England that week to experience a week of grief not seen

since the death of JFK. On Tuesday evening we walked from St. James' Palace to Buckingham Palace to see the hundreds of thousands of bouquets, scented candles, messages of sympathy, letters, photographs, teddy bears, and even a pair of ballet slippers tied to a tree, showing love -- so much love -- for a princess who had touched the lives of so many ordinary people. The outpouring of grief continued as people waited 12 hours in a queue to show their respect. Diana, overnight, became the 'People's Princess', and was ultimately crowned 'The Queen of People's Hearts' in death. It was hard to contain the tears just looking at the expressions of sympathy and love.

Princess Diana was a curious mixture of emotion and controversy. She dared to confront the Royal Family, whose fiat had been unchallenged in its history. She enjoyed the fast track, star status and its trappings of luxury that were unaffordable and unavailable to most. She was young and beautiful and Royal. Yet she had the common touch and could communicate sympathy and caring to the homeless, dispossessed and disenfranchised.

I was privileged to witness the funeral from the Balcony of the Royal Thames Club which overlooks Hyde Park. The simple cortege procession passed us slowly and silently -- It was so elegant and dignified as it made its way to Buckingham Palace. The precision was perfect all the way until Big Ben struck 11 o'clock and the cortege entered the Abbey. It was a breathtaking moment. The pallbearers were heaving under the weight of 560 lbs. to carry the lead-lined coffin to its resting place. The service was exquisite, as perfect as it could be -- as only the British can put together. The tributes were brief and memorable. The lasting and most poignant moment was Diana's last journey to Althorp. The Royal Family, and the young Princes were exemplary in their conduct. It was a sad farewell! In the same week, there were two other deaths -- notably Mother Theresa, the ultimate, selfless Saint of charity and caring for the sick; and Sir Georg Solti, one of the greatest conductors of this century. These all paled insignificant in contrast to the news of Diana's death.

# NEB-CAL GOES DIGITAL!

## Announcing XEROX DOCUTECH Technology

Perfect for: Manuals • User Guides • Booklets • Direct from your DESKTOP  
**SPECIAL INTRODUCTORY OFFER... only 3¢ PER IMPRESSION**  
 + \$10 to Postscript File

**Proud Printers of this publication since 1987.**

Call Mervyn Kodesh or Ronnie Diamond for any of your copying, color copying, full color printing or computer form needs.

COPYING GRAPHIC DESIGN

# NEB-CAL

FULL SERVICE PRINTING

**TEL: 566-5600**

**FAX: 566-9409**

8830 MIRAMAR ROAD  
 SAN DIEGO, CA 92126



# INTERNATIONAL ELECTRONICS CAMCORDER \* TV \* VIDEO

**PAL \* SECAM \* NTSC \* 110/220V \* 50/60Hz**

**EVERYTHING YOU NEED FOR OVERSEAS**

5201 LINDA VISTA RD #101  
 SAN DIEGO, CA. 92110  
 WHERE HWY 5 & 8 CROSS

- \* CAMCORDERS
- \* MULTI-SYSTEM VCR
- \* MULTI-SYSTEM TV
- \* TRANSFORMERS
- \* PORTABLE STEREO
- \* CORDLESS PHONES
- \* ALL CORDS AND ADAPTORS FOR OVERSEAS
- \* CELLULAR

**FOREIGN TAPE CONVERSIONS**

**\$6.00**

PER HOUR  
 OR ANY PART OF.  
 PRICE PER TAPE,  
 TAPE NOT INCLUDED

**619-220-8500**

YES WE SHIP UPS • YES WE SHIP UPS • YES WE SHIP UPS • YES WE SHIP UPS

## HONOR BESTOWED ON SMIEDT & JOSEPHSON FAMILIES

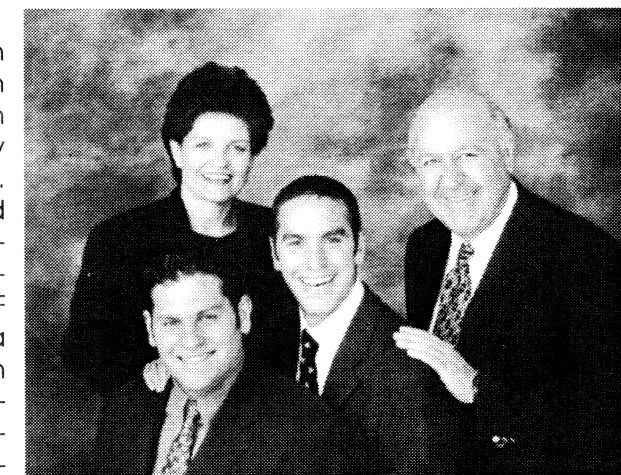
By Ruth Schorr

The anti-Defamation League will bestow its Distinguished Community Service Award on the families of Mal & Stan Smiedt & Jenny & Julian Josephson at a gala dinner on September 25, 1997 at the San Diego Hyatt Regency. This prestigious award is in recognition of their ongoing civic and charitable contributions to a large number of agencies throughout San Diego and the West.



The Josephson family - Jenny and Julian Josephson with son Anthony and daughter Heidi

Mal & Stan Smiedt have been working in and contributing to the San Diego Jewish community since their arrival in 1978. Stan has served on the boards of the M. Larry Lawrence JCC and Congregation Beth El. Mal has served on the boards of the United Jewish Federation Women's Division, its Executive Board, the San Diego Jewish Academy, the Resettlement Task Force of the UJF and the Board of Trustees of the La Jolla High School Foundation. She is currently on the board of the Agency for Jewish Education, national Board of the Israel Tennis Centers, the Hillel Foundation and the Anti-Defamation League. She has also served on the PTA of the San Diego Jewish Academy and La Jolla High School. Stan & Mal have been major financial supporters of a large number of local and national Jewish organizations and those in Israel. Their son Brad is a senior at Stanford University and their younger son, Evan, is a freshman at Washington University in Saint Louis.



The Smiedt Family - Marilyn and Stan with sons Brad and Evan

Julian Josephson, Mal Smiedt's brother, and his wife, Jenny may be characterized by their commitment to the local Jewish community where they live. Having been extremely active in the South African Jewish community since their arrival in 1978, they continued their efforts in the American Jewish community. As a result of her hard work and dedication, Jenny has held high office including Hadassah Young Women's Chapter President, Hadassah San Diego Regional Executive

board member, Hadassah California Regional Conference Chairperson. She has held a number of positions at the San Diego Jewish Academy: board member, PTA President, Junior High School fundraising Chairperson and Executive board member, Fundraising VP./ Other committees on which she has also served include the Congregation Beth Am Women's Retreat, JCC Book Fair, La Jolla High School PTA, Jewish Family Services Meals on Wheels and the ADL "A World of Difference" Student Conference. Julian has assumed a leadership position in our Jewish community; as a United Jewish Federation board member he led 2 missions to Washington DC, board member of the Agency for Jewish Education, Congregation Beth El board member and Executive Vice President. He has also contributed much to the San Diego Jewish Academy, having been a board member, President and spearheaded the capital campaign for the Junior High School Building Fund.

Their daughter, Heidi, has graduated from UCLA and Anthony has graduated from La Jolla High School and will be attending Duke University this fall.

We are immensely proud to have such committed and caring members in our SAJAC community. We wish both families a hearty Mazal Tov on this much-deserved award!

**GOOD NEWS TRAVELS FAST**

Remember **AQUEOUS Cream??**  
 now locally manufactured as  
**SIMPLEX CREAM**

**A SIMPLE SOLUTION TO SENSITIVE, DRY PROBLEM SKIN**  
 All purpose moisturizer and protectant cream  
 Alternative to soap in the bath or shower  
 call Wendy or Jessie at (520) 529-8881 OR (520) 577-8711

**SENSITIVITY SOLUTIONS**  
 Manufacturers and Distributors

## TRAVEL CONNECTION

Your connection to the WORLD  
Specialist Sandy Sacks



AFRICA

or



EGYPT or

 Holland America Line  Big Band Sounds

7 day Eastern Caribbean December 13, 1997

7 day Eastern Caribbean March 21, 1998

7 day Eastern Caribbean November 14, 1998

From \$828 ppdo cruise, port charges and taxes

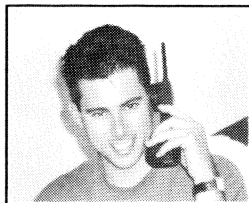
Air additional

Subject to availability. Restrictions may apply.

Call for details

 **API Travel Consultants**  
The Nation's Premier Travel Professionals  
 **755-1234**  **800-247-6470**

## MARK J. SCHWARTZ



Real Estate Consultant

By Referral Only

Bus: (619) 456-6860

Fax: (619) 454-4533

Res: (619) 657-9106

Pager: (619) 982-2496

The Prudential  
California Realty 

1020 Prospect Avenue, Suite 4, La Jolla, CA 92037



 An Independently Owned and Operated Member of the Prudential Real Estate Affiliates, Inc.

America's #1 Top Seller

Century 21<sup>®</sup>

REGENTS PROPERTIES  
3203 Governor Dr., #100



Ask for  
**SORREL NEMZER**

Office: 450-2100

Res: 450-1303

Pager: 969-4166

Fax: 587-4734

Specializing in  
**Residential & Commercial Real Estate**

MEMBER:

San Diego Board of Realtors,  
La Jolla Real Estate Brokers Association,  
North County Board of Realtors

Each Office is Independently Owned and Operated

## Letter from London

by Audrey Hutchinson

Chelsea, August 18, 1997

June 1997 will be remembered as the month of drenching rain and excessive disruption.

For me, too, it was disruptive having to fight off a drastic dose of the 'flu acquired somewhere, somehow!' In between social events, time was spent at Boots pharmacy stocking up on cough mixtures and at the Chelsea and Westminster Hospital. As the flu intensified and I was grounded, I comfortably watched the excitement of Wimbledon from my bed; a current and former champion, and a young Swiss girl, Martina Hingis who made her mark forever with her enchanting performance on Center Court.



After a tour of Buckingham Palace, Audrey and Jonathan, Lord Triermaine.

A special event making history, was the hand-over of Hong Kong to China - the coverage was in-depth and memorable, especially when Prince Charles, accompanied by the Patten family, after the last British flag was removed, sailed away on Britannia on perhaps "her" last voyage.

A tour and visit of the House of Commons' Gallery followed. It was very interesting to observe the discussions live. The tea, afterwards, was sumptuous and we all enjoyed the spectacular view from the balcony.

Ladies' Day at Ascot was drenched in heavy rain as the royal procession rode down the center course in open carriages, surrounded by huge umbrellas. Fashion gazing was boring, as people waded knee deep in mud and shivered in the Enclosure. It was a great shame!

A huge celebration was planned for the Queen's Golden Wedding Anniversary at Windsor with some 20,000 people in attendance. That too, had to be canceled, because of the mud.

Despite all of the above, one just had to keep a "stiff upper lip" and carry on as normal.

There were a lot of beautiful country house visits and picnics, including Clivedon, which was simply exquisite, surrounded by lovely gardens that extended for miles. Besides being a country home open to the public, it is also a very exclusive hotel.

Lunch at Broughton Castle with Lord and Lady Saye and Sele, sponsored by the Irish Peers, was quite special. The Castle, medieval in architecture, dates back to 1300, and is surrounded by a moat and three streams. The Castle has been in the family for over 600 years, and Lord

and Lady Saye and Sele actually live there. After lunch, Lord Saye and Sele gave us a tour. The great hall and picture gallery were particularly impressive. Afterwards we strolled through the exquisite gardens and admired the topiary in the formal gardens.

I was brought together with Dame Barbara Cartland through our mutual love of animals. She entertained us at Camfield Place. Her larger-than-life personality exuded warmth and charm and a 'joie d'vivre'. I hadn't realized that she had written over 650 books and sold a staggering 650 million copies. She was delighted with her designer chocolates that we brought from Harrods!

We enjoyed her drawing room where she was surrounded by her exquisite treasures, numerous paintings, flowers everywhere and photographs of Roy-

alty, including the Queen Mother, who is a great friend. She was elegantly attired in pink and received us graciously. We were later joined for tea by her son, Glen, and favorite black lab, 'Dickie' (named after Lord Mountbatten). The dining room was quite beautiful with a huge painting of a hunting scene. Her favorite pets were also treated to tea in their favorite bone china bowls. Both of them scoffed down most of the delicious home made biscuits and tea cakes, looking very smug, before we had a chance!

Dame Barbara's contributions during the war were amazing. She was made a Dame of the Order of the British Empire in 1992 in addition to many other decorations. After a brief photo session, we left with a handful of books tied in pink bows and memories of a very special encounter.

The newspapers and tabloids were once again exploding with news that prince Charles was giving a lavish 50<sup>th</sup> birthday party for his mistress, Camilla Parker-Bowles. There was also serious conjecture about the Prince's future if he contemplated marriage with a "divorced" woman.



Dressed up for tea at the House of Commons.

Cowes week followed. Britannia was conspicuous by her absence.

However, Prince Phillip made do with John Paul Getty's 215ft yacht, "Talitha". It was the first time Prince Phillip had not sailed in 50 years. The scene was breathtaking as 900 sailboats competed at one time or another. The elegant Royal Thames Yacht Club cocktail party was visited by Prince Phillip and Prince Michael of Kent, both avid yachtsmen. We were introduced and enjoyed a lively 10 minute chat. Prince Michael really enjoys visiting Hermanus and stays there quite fre-

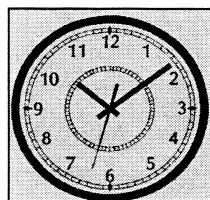
# BERNARD P. WOLFSDORF

## A PROFESSIONAL LAW CORPORATION

STATE BAR OF CALIFORNIA SPECIALIST IN IMMIGRATION AND NATIONALITY LAW

### Time is running out!

The Illegal Immigration Reform & Immigrant Responsibility Act of 1996 subjects anyone unlawfully present for 180 days, effective April 1, 1997, to a 3-year bar from entry to the United States. Twelve months out-of-status will result in a 10-year bar.



17383 SUNSET BLVD. #120  
PACIFIC PALISADES, CA 90272  
(310) 573-4242 Fax (310) 573-5093

2233 MARTIN STREET. # 110  
IRVINE, CA 92612  
(714) 261-7900 Fax (714) 263-9627

email: visalaw@wolfsdorf.com http://ilw.com/wolfsdorf



Call 1-800-228-5592 & ask for Bernie, Mitch, Val or Steve.

## san diego mitsubishi



1995 3000 GT "SPYDER"

**AVOID THE HASSLES & PRESSURE OF BUYING A VEHICLE**

- WE HAVE - OVER \$2,000,000 INVENTORY OF NEW VEHICLES
- OVER 80 USED CARS AND TRUCKS
- THE "BEST" SERVICE IN SAN DIEGO

CALL MARK OR STEPHEN ABELKOP

**(619) 279-4462**

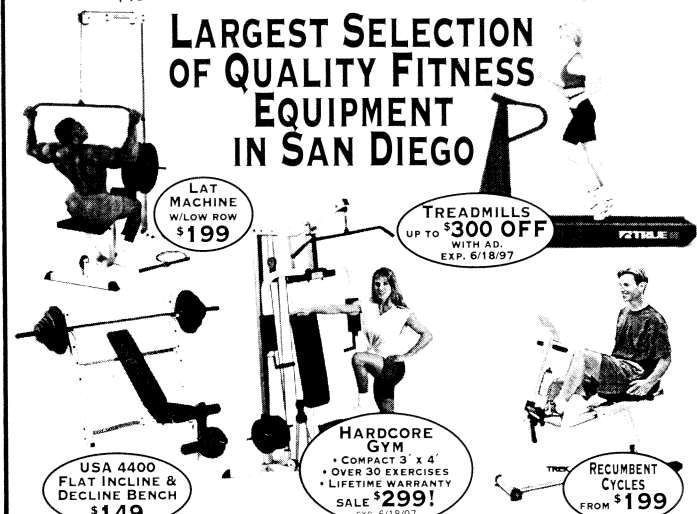


4761 CONVOY STREET  
BETWEEN CLAIREMONT MESA & BALBOA)

## SHAPE UP FOR SUMMER

RECUMBENT BIKES • TREADMILLS • CYCLES • STAIRCLIMBERS  
HOME GYMS • FREE WEIGHTS • BENCHES & RACKS

**LARGEST SELECTION OF QUALITY FITNESS EQUIPMENT IN SAN DIEGO**



**FREE** WEIGHT BELT OR GLOVES (\$25 VALUE) WITH ANY \$50 PURCHASE WITH AD.  
**ASK FOR MARK GOODMAN FOR SPECIAL DISCOUNT**  
**FREE** HEART RATE MONITOR (\$100 VALUE) WITH PURCHASE OVER \$500. WITH AD.

PLUS... NO PAYMENT & NO INTEREST FOR 6 MONTHS!  
7590 MIRAMAR RD. **FITNESS DIRECT** INC. SAT. 10-6, SUN. 11-4  
653-3600

## The SA Scene

by Sarah Trocki

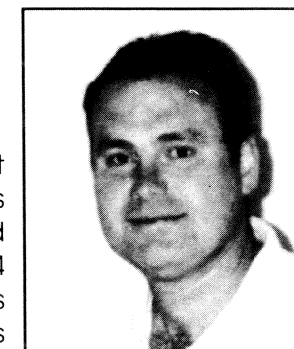
- Meyer Kahn, ex-chief of SA Breweries, started his job as Head of the SA Police Force on August 1, in an effort to curb the mounting crime and lawlessness prevailing in SA.
- An ID card, the size of a credit card, containing the name, photograph and fingerprint is to be issued in future to replace the present, more bulky identity document, the Book of Life.
- The Hani family, the Communist party and the ANC are fiercely opposed to amnesty being granted to either Clive Derby-Lewis, or his accomplice, Janusz Walus for the 1993 Easter slaying of Chris Hani.
- Archeologists are excited about the find of ancient footprints, believed to be 117,000 years old, making the footprints the oldest ever, found of an anatomically modern human. The footprints, discovered by a geologist, were preserved in a ledge of sandstone at the edge of Langebaan Lagoon, 60 miles north of Cape Town.
- Gerald Ryan, a Briton on a drug charge is being sought, after jailers misread his bail as R500 instead of R500000 and freed him on payment.
- The Mopani worm, long regarded as a delicacy amongst Blacks, has now found its way into fashionable SA restaurants, where it appears as an item on many menus. Blacks now fear that over-harvesting of the worms may completely deplete supplies.
- Gary Player, scored his ninth major and 162<sup>nd</sup> victory when he edged out fellow countryman, John Bland, to win the Senior British Open Championship in Scotland in July.
- Reolf Meyer and Bantu Holumisa's attempt to launch a new political party in September met with little success. Only 100 people attended their first rally, some busses arriving with only 2 passengers per bus.
- Virile former Minister Koornhof's long-standing girlfriend, Marcelle Adams, recently gave birth to twin boys
- Andrew Harper's Hideaway Report, a very upscale newsletter, reporting on the very best places to stay and visit, came up with these results, based on their reader's survey:  
First: San Francisco  
Second: Vancouver  
Third: Cape Town  
Fourth: Sydney  
Fifth: Jerusalem



## SPORTS AT A GLANCE

by Stephen Sass

It was not so long ago that South African rugby was at its best. Winners of the last world cup, and at least for the next 4 years "world champions". It's hard to believe that 2 years later, South African rugby is at an all time low, and, after being beaten at home by the British "Lions," our once beloved Bokke salvaged a little pride by beating Australia 61-22 in the final game of the Tri-Nations to avoid finishing last and receiving the wooden spoon. New Zealand were the runaway winners of the three country tournament. Without Francois Piennar and Joel Stransky, both lured by the almighty pound, the Springboks have not been the same. I've lost track of how many coaches have come and gone since then and even the players are mostly unrecognizable.



Looking on the bright side, at least they won't have to qualify for Wales in 1999.

Bafana Bafana, thank you! Once again we have something to shout about. France 1998 here we come!! Last Sunday, August 17, needing only a draw, South Africa beat Congo 1-0 to win their group and therefore qualify for the World Cup in France next year. South Africa joins Nigeria, Tunisia, Cameroon and Morocco as the 5 qualifying nations from the 36 that attempted to qualify from Africa.

Bafana Bafana central defender, Mark Fish, became the third South African international player to join clubs in the English Premier Division. He signed a 4 year deal to join Bolton Wanderers for a fee of about R19 million. The other two players are Lucas Radebe (Leeds) and Eric Tinkler (Barnsley).

**MAKE A NOTE!**  
**MAKE A DATE!**  
**SAJAC Tennis Tournament**  
**November 16, 1997**  
**Starting at 11:00 A.M.**  
**Invitations to follow**

Do you need to collect  
visitors from the airport?

Take them to see the sights  
of San Diego and  
Los Angeles?

Let us help with  
transportation and make  
your life easier.

Contact Garron or Mark at  
Wild Coast

Proms • Birthdays  
Weddings • Airport Service  
Special Occasions



For Reservations & Information  
Call 619.456.0041  
TCP# 11157P

## TWICE THE EFFORT, TWICE THE RESULTS



We'd love to show you why  
we've been a top producing  
La Jolla real estate team  
since 1981.

You can find us at The Willis  
M. Allen Company - one of  
San Diego's oldest and finest  
real estate companies and the  
exclusive affiliate of Sotheby's  
International Realty.

Call Gunter & Marion Hirsch



The Willis M. Allen Company

1131 Wall Street • La Jolla, CA • 459-4033

E-Mail: gmhirsch@willisallen.com

## Jenifer - An Accomplished Artist

Jenifer Broomberg will exhibit a sculpture and watercolor in the "Art Prospect 1997 Top 100 Artists Art competition and Exhibition" from September 1 to October 1, at La Jolla Gallery and Café on Girard Avenue. Jenifer has been chosen to participate in the "Top 100 Artists" competition for the past three years, taking 2<sup>nd</sup> place in 1995 for her watercolor "The Jazz Player". She is currently represented by La Jolla Gallery where you can view her work.

Her work has been in many exhibitions including sev-



Jenifer Broomberg at work in her studio.

eral one-woman shows. She has juried art competitions, including the 1989 Congressional Caucus for Congressman Bill Lowry. She has been acknowledged by several publications and her work has been on the cover of San Diego Woman's Magazine. She has had many commissions, including three large paintings for the Villa Sereno for Mary Borbo Parente, who hosted a party for Senator Diane Feinstein, where the paintings were on display. She has also done work for Congregation Beth El and

for Rabbi Fradkin of Chabad and is currently involved in a major project for Beth El.

In addition, Jenifer has had many private commissions. Jenifer is a painter, sculptor and ceramic artist. Her subject matter is varied but mainly figurative. She strives to portray emotion and movement, power and beauty.

Jenifer has taught art for thirteen years and was Director of Art at the Rathfon School of Music and Art for several years. She studied Fine Arts at the University of Houston and the Glassel School of Art, as well as privately under teachers such as Bill Ainslee in South Africa. Texan watercolor artist Marge Brichtler, sculptor Allen Wasil and ceramic artist, Yoon Chung Kim.

Jenifer is married with two daughters and a son and is currently working and teaching from her studio at her home in North Pacific Beach.

## The Shofar's Message

From: Chabad Writers' Circle

"Our Father, Our King - Avinu Malkeinu." The theme of G-d as Parent and Ruler dominates Rosh Hashanah.

The Baal Shem Tov taught that the love G-d has for each one of us is analogous to and surpasses the love a father has for an only child born in his old age.

Rosh Hashanah is the anniversary of the creation of Adam and Eve. Thus, it corresponds to the rebirth of humanity and we reestablish our relationship as children of G-d on this day.

The sounding of the shofar is connected to this central motif of Rosh Hashanah, that of G-d as our Divine Parent. To better understand this, we look to another parable of the Baal Shem Tov: An errant prince, an only son, traveled far from the palace. After many years had passed, the prince yearned to be reunited with his father, the king. However, by the time he returned to his native land, he had forgotten his mother tongue. From deep within his soul a cry emerged, a cry that - no matter how estranged the child - a father could understand. This fervent broken-hearted plea, of "Father, it is I, your only son, help me!" broke through the barriers separating father and son more eloquently than any words the prince might have uttered. At this moment, the king embraced the errant son.

For thousands of years the Jewish people have wandered in exile. At times, we even seem to have lost our means of communicating with our Father. We are very much like the proverbial prince, who when facing his father, the king, could only cry. We are in pain not only because our self-created barriers separate us from G-d. But also because even when we wish to return, we encounter all sorts of seemingly insurmountable obstacles born of the national and spiritual exile of our people.

The shofar represents the wordless cry of the only child within each of us. Chosen because of its simplicity, it symbolizes the incorruptible nature of the sound connected to the essence of G-d, Himself. Transcending the conventional modes of communication, the shofar's halting wail arouses in us an awareness of the most powerful bond uniting Father and child. No matter how far we may feel we've strayed throughout the year, no matter how muted or inadequate our ability to communicate with G-d, the shofar of Rosh Hashanah enables us to reconnect in a more fundamental and powerful way than previously envisioned.

The "Great Shofar" sounded by G-d signaling the Messianic Age, will pierce all barriers and penetrate beneath the surface of our very beings. When G-d sounds the Great Shofar we will be able to express, completely and openly, the fundamental child/parent relationship we intrinsically have with G-d. The shofar of Redemption will usher in a time when the love between G-d and the Jewish people - concealed throughout our trial-ridden exile - will be fully revealed.

May we all be inscribed and sealed for a good and sweet year.

But even before the New Year, may we all find ourselves in the Holy Temple in Jerusalem with revelation of our righteous Moshiah, and He will redeem us.



Jenifer & student.



## "GERMAN WAR VICTIMS PENSIONS," FOR NAZI WAR VETERANS OR HOLOCAUST SURVIVORS?

By Gary S. Rotto

It seems that each week, there are new and ever more troubling revelations concerning the Holocaust: Gold looted by the Nazis ending up in Swiss banks, the Swiss government profiting from the arms trade with Germany during World War II, and 50,000 former members of Hitler's elite SS receiving "war victims" pensions, while Holocaust survivors in Eastern Europe get nothing.

Money can not adequately compensate Holocaust victims and their families for the atrocities endured during the Nazi regime. But the German government itself has recognized that reparations are a just and moral act to help assist many survivors in their struggle to live out their lives with some minimal degree of comfort.

Whilst Holocaust survivors in other parts of the world are eligible to receive German pensions, the dwindling number of survivors living in Eastern Europe and the former Soviet Union have never received such a pension from Germany. Many Waffen-SS veterans in the Baltic states and elsewhere in Eastern Europe discovered that their injuries, or even mild, chronic ailments made them eligible to receive generous monthly "war victims pensions" from Germany. In the United States, alone, there are 3,377 pensions sent each month to veterans of the armies of the Third Reich or their dependents.

The American Jewish Committee has worked behind the scenes to help the German Government lo-

cate those individuals who should be receiving pensions. Two years ago, the AJC compiled and sent to Bonn a list, country by country, of individual ghetto and concentration camp survivors living in the Baltic states and in countries of the former Warsaw Pact. Inexplicably, no action has been taken by the German government to date.

As a result, the AJC has now waged a public campaign to help achieve justice for the real victims of the Holocaust. That they continue to suffer in silence while many of their former tormentors have been allowed to profit from their deeds is a grievous wrong that must one and for all, be made right.

Gary S. Rotto is the Executive Director of the American Jewish Committee, San Diego area office.

An Original Garment  
by  
**KEEDO**  
with love from Africa  
Yesterday Today and Always  
By: Robyn Rapoport  
Tel: (619) 259-2215, Fax: (619) 259-3702  
Unique clothing for children & adults. These colorful cottons are superb quality, reasonably priced and sold off the rack. Call me in Del Mar for an appointment or to host a party.

ACCURATE LASER SERVICES FOR PERSONAL SERVICE-LIKE IT USED TO BE

WE HAVE A COMPLETE PRODUCT LINE FOR YOUR

COPIERS, FAX, DOT MATRIX-INKJET-LASER PRINTERS  
NEED COMPUTER BACKUP SUPPLIES

CALL CAROL OR ROY SLAVIN BEFORE YOU BUY SUPPLIES AGAIN\*

VISIT OUR NEW  
LOCATION-8274  
MIRAMAR ROAD

NO SHIPPING CHARGES IN SAN DIEGO, ORANGE COUNTY OR LA  
1-888-LASER-04\* FAX (619) 689-8270

\*527-3704

\*Find out why our customer list is growing

## Kenny G's Sax Appeal at Hospitality Point

By Craig Glasser

When next visiting Hospitality Point, you should make a point of arriving two hours before the concert is scheduled to begin! Unfortunately, this was not the case for us and many others who failed to predict the traffic delay in getting to the concert on time. We arrived almost an hour late, due to a frustrating wait in two hour congested traffic lanes, backed up from Sea World Drive Exit on I-5 South all the way to Hospitality Point.

After finally finding a parking spot in a restricted parking zone - almost a mile from the concert site - we speedily made our way to the show, annoyed by the fact that we had missed most of the opening performance. As we made our way around the marina pathway towards the concert site, we could hear the tail end of an hour long set by long-time acclaimed jazz artist, George Benson. We were able to hear two of his old-time favorites, "Give me the night", and "Turn your love around". According to others that arrived on time, the majority of his performance focused on favorite pop-soul tunes of the past decade.



Family Fun - The Kodesh Family - Woolfie, Sandy, Mervyn and Rose.

lawn could be seen amongst the sea of fans anxiously awaiting the G-man (as he is known to many).

After a drink and a good home-made sandwich, we could finally relax to the soothing sounds of Kenny G on sax.

His music was a predictably relaxing aural tonic for the overstressed in the audience. G performed some rapid fire lines and an extended wavered note for almost two minutes. And whether he was playing on stage, in the aisles or on small platforms in the middle of the open-air venue, he received multiple ovations from the crowd of over 5,000 which cheered his every move.

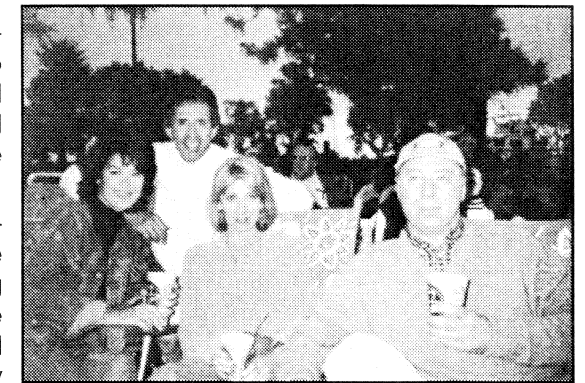


Enjoying a snack, Dana and Craig Glasser.

His agenda on stage extended beyond the concert's cuteness feature; as soon as his father began a solo blues soprano, Max began chatting with conga player, Ron Powell.

The concert also featured a soulful quintet, "To win your love", with George Benson on vocals and Kenny G on sax. This added a special flavor to G's spirited sax performance.

The evening was undoubtedly one to remember, and needless to say, Kenny G's performance outweighed the ordeal of arriving late for the event.



Soaking up the atmosphere, Renée and Tony Guild, Anne and Harvey Lyons.

After finally finding a parking spot in a restricted parking zone - almost a mile from the concert site - we speedily made our way to the show, annoyed by the fact that we had missed most of the opening performance. As we made our way around the marina pathway towards the concert site, we could hear the tail end of an hour long set by long-time acclaimed jazz artist, George Benson. We were able to hear two of his old-time favorites, "Give me the night", and "Turn your love around". According to others that arrived on time, the majority of his performance focused on favorite pop-soul tunes of the past decade.

We arrived just in time for the feature performance of pop-fun saxophonist, Kenny G. Unsurprisingly, barely an open space of concert



Laid back and relaxed - Michele Storms, Allan and Marcia Legator

lawn could be seen amongst the sea of fans anxiously awaiting the G-man (as he is known to many). After a drink and a good home-made sandwich, we could finally relax to the soothing sounds of Kenny G on sax. His music was a predictably relaxing aural tonic for the overstressed in the audience. G performed some rapid fire lines and an extended wavered note for almost two minutes. And whether he was playing on stage, in the aisles or on small platforms in the middle of the open-air venue, he received multiple ovations from the crowd of over 5,000 which cheered his every move.

The performance also featured G's 3 1/2 year old son, Max Gorelick. Seven songs into the performance, Max bounded on stage to lend percussion assistance to the five man band of first rate instrumentalists. According to his dad, he doesn't care much for the saxophone, but wants to be a percussion player when he grows up.



Having fun - Steve and Ruth Schorr.

CRAIDAN CORP. dba



**YOUR # 1 PHOTO SUPPLY SOURCE**  
**STOCKIST & WHOLESALE DISTRIBUTOR OF :**

**KODAK, FUJI, KONICA, AGFA, ILFORD, POLAROID, PANASONIC & SONY PRODUCTS**

- Color print & slide film
- Batteries - for camera & general use
- Video camera tapes
- Cameras & Digital Image Cameras
- Appraisal Film - for Realtor, Insurance Appraisals
- Photo Albums & Picture Frames

**CAPTURE EVERY EXCITING MOMENT OR MEMORABLE OCCASION!**

**HAVING A SIMCHA - Wedding, Bar / Batmitzvah, birthday party?**

**MAKE A LASTING IMPRESSION - Customize a camera with your corporate logo!**

Our custom-design single-use cameras are perfect for your next occasion or corporate promotion.

**FREE SHIPPING**

**FRIENDLY SERVICE**

**LOWEST PRICES**

Come & see us at our new location: 8274 Miramar Road, San Diego  
 Call Craig Glasser at (619)549-6687 or 1-800-74-FOTIMA



## NORMAN SARKIN

"When you see me, don't think of life insurance;  
 but when you think of life insurance, please see me."

### 239-LIFE

**35 years of experience**  
**Specializing in Life and Disability**

4275 Executive Sq. #900  
 La Jolla, CA 92037  
 \* P.O. Box 81105  
 San Diego, CA 92138-1105  
 (619) 239-LIFE (5433)  
 Fax (619) 546-3978

## How to Increase your Power And Improve your game.

By Dean Brittenham

The outstanding performers in all sports are invariably the "best athletes" playing the game. These superior athletes have refined the characteristics often associated with athletic ability.

Typical athletic skills would include speed, quickness, strength, power, agility, coordination, and mental toughness, to name a few. However, most athletes and coaches spend the majority of their practice time training sport specific skills. Skills such as dribbling, passing, shooting are specific to the sport of basketball. Setting, spiking, and serving are specific to volleyball. Forehands, backhands, and volley are unique to tennis, and so on. The level at which you perform your sport specific skills is directly related to your present level of athletic ability. Therefore, if you want to improve your "game" you need to improve your athleticism.

Improved athleticism can be developed by practicing specific drills designed to enhance those variables mentioned above. Once you begin to improve your athletic ability, you'll notice a definite change in things like body control, jumping for height and distance, greater power in hitting, kicking, and throwing, improved reaction times and much more.

Michael Jordan's basketball skills are no better than everyone else in the NBA, it's just that he is performing those same skills on a higher level. He jumps higher, quicker, and farther than the rest of the players. In other words, Jordan is the best athlete in the game.

The top performers in every sport share a common trait - the ability to generate explosive power. Bo Jackson was unquestionably one of the more powerful athletes in the sports world. Jackson's unique abilities allowed him to excel in two sports - baseball and football. He would probably have been equally successful in any sport he chose. Pete Sampras, Steffi Graf, Andre Agassi, Tony Gwynn, Jerry Rice and Shaquille O'Neal are all outstanding performers of their respective sports and all possess high levels of power.

What is power? Power is force (strength) combined with time (speed). The faster you exert your strength, the more powerful you will be. A third factor that plays a role in your potential power output is your flexibility. The distance over which you exert strength rapidly, in most instances, can generate greater power. Therefore, in addition to developing strength and speed, you should also incorporate a total body stretching program into your training regimen.

Push-ups, pull-ups, dips, abdominal exercises, and lifting weights are common methods of developing the strength component of power. Plyometric training is the best way to add speed to your strength. Basically, plyometrics are a series of jumps, hops, skips, bounds over barriers, off of boxes, and utilizing medicine balls and other appropriate gadgets. A plyometric exercise is an activity that creates a rapid stretch of a specific muscle or group of muscles, followed by a more forceful contraction of the same muscles(s).

In short, plyometric drills teach you how to contract a muscle with greater force and incorporate more muscle fibers in that contraction. If you use more muscle to execute a task, then it stands to reason that the task will be performed more explosively.

In addition to strength, plyometric, and flexibility training, you need to perform a variety of drills that will enhance your timing.

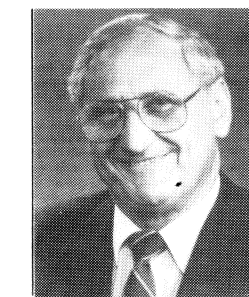
Activities that start with one part of the body and eventually "flow" to another part of the body is typically referred to as coordination. For example, look at all of the body parts involved when you execute a simple task such as throwing a ball. There are numerous body parts involved and the greater the timing of the legs, hips, torso, shoulder and arm, the faster and more accurate the throw.

Challenging activities that involve lots of body parts would certainly help to develop your coordination. Skipping, shuffling, pivoting, jumping, throwing and catching a variety of objects, juggling, hacky sack, and many more hand-eye/hand-foot activities will affect coordination.

This results in power - combining strength, speed, and flexibility into coordinated, properly timed sequences of movement. Remember all things being equal, the most powerful athlete will always prevail.

Dean Brittenham is the director of the Athletic Excellence Program at Scripps Clinic in La Jolla. He and his staff have consulted with athletes from the New York Knicks to the Olympic bobsled team.

Welcome To All New SAJAC Members  
 from  
**STANLEY BEHR**



**The #1 Office in La Jolla**



**Prudential  
 California Realty**

Office: 459-0501

Residence: 454-6546

Pager: 923-0000

Fax: 456-1336

1299 Prospect Street • La Jolla, CA 92037

*It Will Always Be A Pleasure To Be Of Service To You*

THE SHORES

## CHEESE SHOP

NOW CARRIES

## SOUTH AFRICAN GOODIES

GROCERIES SOFT DRINKS CHOCOLATES BISCUITS

MRS. BALLS CHUTNEY  
 ANCHOVETTE PASTE  
 LIQUI FRUIT JUICES  
 APPLTIZER/GRAPETIZER  
 STONY GINGER BEER  
 FIVE ROSES TEA  
 LAAGER ROOIBOS TEA  
 BILTONG

DIPPED FLAKES  
 PEPPERMINT CRISP  
 TOP DECK  
 LUNCH BAR  
 CHOCOLATE BARS  
 TEX BARS  
 MINT CRISP  
 SMOKED SALMON

CRUNCHIES  
 OUMA RUSKS  
 ROMANY CREAMS  
 PROVITA  
 BOUDOIR BISCUITS  
 MARIE BISCUITS  
 LEMON CREAMS  
 EET SUM MOR  
 SOUTH AFRICAN WINES

## AND MUCH MORE...

— VISIT US FOR THE BIGGEST SELECTION —

John &amp; Dorothy Schutz

## CHEESE SHOP

2165 AVENIDA DE LA PLAYA, LA JOLLA, CA 92037

(619) 459-3921

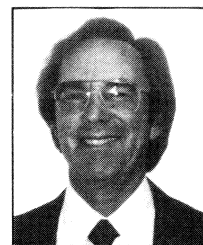
### BRIAN BLACHER, B.Phys.Ed.

Exercise and Nutrition Consultant



- Nutritionist
  - Personal Trainer
  - Body Composition Analysis
- (619) 687-1669**

### ARCHITECTURE & PLANNING



#### EDWIN L. LASER, A.I.A.

ARCHITECT

- Specializing in Custom Homes & Custom Remodelling
- 35 years in private architectural practice in South Africa and San Diego. Residential, Institutional and Commercial Architecture and Planning.

7638 Mar Avenue, La Jolla, CA 92037  
 Tel. 551-0950 • FAX 551-0901



*Hélène in her shop. Always Fabulous*

### Fall Fashion 1997

By Helen DeLavie

With the warmth of summer days in sunny San Diego, it takes a lot of imagination to begin thinking about fall. In the fashion world however, preparation for each season begins months ahead of the actual season change. Putting together a fall wardrobe takes planning and that is why it is important to begin early.

The trends for this season are striking. They are lean, short, crisp, and defined. Shape, fit, definition and structure are key themes. If you glance through Vogue or Elle magazine, you will see stiletto heels, micro-minis, leather and fur. You will see very long legs, accentuated by a 4-5 inch stiletto heel. If you are a fashion conscious woman, with some sophistication and savvy, you will very likely sigh and declare high fashion is not for you. You may chuckle as you envision yourself tottering through an active day on your ultra-high heels and clutching at your thigh-high skirt to reassure yourself that it is still covering the essentials.

Fashion, as shown in these magazines, is clearly not for everyone. It is best used as a guide to identify themes which you can then interpret and integrate into your own life-style. You may want to dress like a model, but do not despair if you are not 5'10" and 120 pounds. There are many ways to incorporate fashion trends. True fashion is not a matter of squeezing your way into the latest trend, but rather of finding what is right for you and adapting it for a contemporary, up-to-date look.

Definition is a key for Fall 97. This season offers a fresh interpretation of the androgynous look. Men's wear inspired pant suits are feminized by combining them with soft, sexy fabrics. A low cut sequin top is paired up with a pin-striped pant suit. The pants are cut low on the hip and have wide legs that softly drape. A high heel, with a pointed toe, provides a point of contrast, definition and a sense of elegance. This combination of both the masculine and feminine suggests a new balance for women. We are becoming more confident and are willing to let it show. We can express ourselves in both the man's world, (business suits with sophisticated tailoring) and the woman's world (luxury, el-

egance and impracticality.) We can take the best from both worlds. We can be sexy, yet serious.

If you want something really special that says, "Fall, 1997", look for leather. Leather dresses are one of the season's hottest styles. Short, tight and shoulder-baring, they are dramatic. Consider a leather suit jacket paired with a short skirt. What about a narrow, knee length leather coat? No fabric can handle form, fit and structure the way leather does. Leather says it all when it comes to the essence of Fall 97. It is sturdy and sleek, structured yet soft, and bold as well as sensual.

In the world of sophisticated fashion, Paris is still a cut above other cities. Europeans have a very strong sense of style whereas Americans are more sensitive to energy and ease. Practically speaking, I notice this difference in several ways. European women do not expect

fashion to be comfortable - they insist that it looks good. Americans, on the other hand, demand comfort. They will wear a sweat suit just about anywhere. I like to help fashion conscious women find a balance between these two extremes.

Fashion should reflect the essence, the spirit of the woman. A great outfit is contemporary yet timeless. How can these polarities be united? First, it is a matter of knowing yourself and then find-

ing the styles, fabrics and colors that flatter you. If an outfit is "right for you" it will last several seasons with minor changes in accessories. Second, it is essential to find clothes that are well designed - cut, fabric and construction are the fundamentals of a quality look. These are the underpinnings of all designer labels. A simple garment, which may seem shockingly overpriced, actually incorporates these design fundamentals. Quality garments last. Buying quality is never a mistake, whereas buying without quality usually is.

Fall 1997 is an exciting season. The stiletto heel brings the focus onto legs. Legs can be shown off dramatically in a long skirt with mid-thigh slit. The combination of definite shape with sensual, feminine accessories offers the opportunity to combine these elements of style in a way that is uniquely suited to your personality and life style. As you prepare your wardrobe for the up-coming season, remember fashion is a way to enjoy your creative femininity.



*Give the Gift  
of Beauty*

Pamper yourself or someone you love with a gift of our luxurious "Marvelous Morning," "Spa Day Retreat" or "Executive Escape." Emerge relaxed and de-stressed as you experience our rejuvenating treatments.

- Exclusive thalassotherapy tub
- Aromatherapy treatments
- Seaweed & mud wraps
- French spa pedicures
- Massage
- Lymphatic drainage massage
- Aromatherapy facials
- Electrolysis
- Salt glows
- Gift Certificates Available

**BEAUTY KLINIEK**

Aromatherapy Day Spa for Men & Women  
3268 Governor Drive • San Diego, CA • (619) 457-0191

## It's a Dog's Life

By Brian Marks

For as long as I can remember, I have always been worried by pet people.

Oh, I am not talking about your common garden variety of pet lover who walks their dog, cuddles their kitten or ogles their goldfish. No! I am talking about the kind of people who become surrogate parents to the furry beasts and call them their babies or their children.

You can always recognize them. They're the ones with the family portraits of their cats on the baby grand piano, the ones who cancel their vacation because they cannot find a suitable pet sitter and who, at the drop of a hat, will pull out their wallets and produce a plastic coated cascade of photos that show the cute things at their birthday party, on vacation and with their kids, er.... I mean litter.

Now before you call the humane society, I must confess, I love pets. In fact some of my best friends are pets. But there is something just a little unbalanced when we regard the critters with such reverence that they demand the same rights as you and I. And you know as well as I do, that many people treat their pets with more adoration than real people.

I remember, long ago, when my children were small and (if I say so myself, pretty cute too) I visited the local mall. As we walked hand in hand past the Foot Lockers and Tinder Boxes, the odd person would look my way and say, "Oh, he's so cute." But walk through that same route with a Spaniel puppy or a Dalmatian just earning their spots, and you cannot walk more than a few feet

without some adoring person stopping in their tracks to pet and touch and coo with delight.

Yup! Pets have got it made and the pride on the faces of the adoring parents is something you won't even find on graduation day. But it doesn't stop there.

I have always been amazed when, by some unfortunate circumstance, my remote control clicker finger somehow finds Cops or LAPD on the tube. Some bad boy, without a shirt, is always getting arrested — and there, in the background, are their pathetic, emaciated children looking like they haven't had a bath or a meal for weeks. But as the camera pans the sorry situation, it invariably comes to rest on the pet pooch. And you guessed it. The mutt is looking like he just dined on organic kibbles and their coats carry that healthy sheen you only find in the Clairol commercials.

Yes, don't be surprised to find the people at dog beach talking to their pets. Or that today there are homeopathic vets, natural pet medications and pet cemeteries. Almost half of Beverly Hills is splitting time between their own psychologist and the hyperactive pooch's shrink.

Is this the end of the world? Well, I don't think so, but I have the distinct feeling that it is the beginning of the end. You may very well ask, "What am I going to do about it?"

As always I have a plan. Yesterday I bought a dog collar and it fits very well. Right now I am curled up on the end of my bed and am whimpering for someone to tickle my tummy. It sure is a dog's life, and I love it. Woof. Woof.

**A HUGE THANK YOU TO ALL THOSE SAJAC MEMBERS  
WHO OVER THE PAST YEAR HAVE MADE AND DELIVERED  
MEALS, VISITED NEWCOMERS AND HELPED MAKE SAJAC  
EVENTS POSSIBLE THROUGH CATERING, OFFERING RIDES,  
VOLUNTEERING THEIR EXPERTISE AND JUST BEING THERE!!**