

# TULSA *Jewish Review*

Tamuz/Av 5784  
August 2024

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Jerusalem sculpture spelling out "ahava," Hebrew for "love."

Tu B'Av, the Jewish holiday of love, begins at sundown on August 18 and ends at nightfall August 19.



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Front Cover



Back to school at  
Mizel Jewish Community Day School

## JEWISH FEDERATION OF TULSA

### MISSION:

The mission of the Jewish Federation is to preserve and enhance Jewish life and well-being in Eastern Oklahoma, Israel, and the entire world. The mission is being addressed by pursuing charitable, humanitarian, cultural, educational, health, and social service needs of the Jewish community as well as by engaging in community relations, outreach, and providing a variety of services to the broader Tulsa community. The Jewish Federation supports the Charles Schusterman Jewish Community Center, The Sherwin Miller Museum of Jewish Art, and Mizel Jewish Community Day School.

### VALUES:

#### *Kehila – Community*

Fostering a connected and collaborative Jewish community, characterized by respect, empathy, and understanding.

#### *Tzedek – Justice*

Continuously improving the quality of life of all Tulsans, as well as our partners in Israel and abroad, through philanthropic giving of our resources and time.

#### *L’Dor V’Dor –*

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## WHAT IS TISHA B’AV? by Rabbi Yehuda Weg

### *Many Jews are unaware of the day and its significance*

Tisha B’Av, the 9th day of the month of Av (in 2024 corresponding to August 12-13), is the day on the Jewish calendar, on which we fast and pray. It is the time during which we mark the destruction of the Holy Temple in Jerusalem.

### WHAT HAPPENED ON 9 AV?

Both Holy Temples in Jerusalem were destroyed on this date. The First Temple was burned by the Babylonians in 423 BCE and the Second Temple fell to the Romans in 69 CE, unleashing a period of suffering from which our nation has never fully recovered.

Even earlier, the spies returned from Israel with negative reports, and the Israelites rejected the prospect of entering the land. G d decreed that they would therefore wander in the desert for 40 years.

The Bar Kochba revolt against the Romans in 133 CE ended in defeat: The Jews of Betar were butchered on the 9th of Av and the Temple Mount was plowed one year later on the same date.

Later on in our history, many more tragedies happened on this day, including the 1290 expulsion of England’s Jews and the 1492 banishment of all Jews from Spain.

### HOW 9 AV IS OBSERVED?

The fast begins at sunset on Monday (August 12th and concludes Tuesday at nightfall. During this time, we do not:

- eat or drink
- wear leather footwear
- bathe or wash ourselves
- apply ointments or creams
- engage in marital relations or any form of intimacy
- sit on a normal-height chair until midday (the time when the sun has reached its apex)
- study Torah (except for the parts that deal with the destruction of the Temples, etc.)
- send gifts, or even greet one another
- engage in outings, trips or similar pleasurable activities
- wear fine, festive clothing

### WHAT WE DO

We eat a full meal at the regular time. Then, late in

the afternoon, a “separation meal” is eaten. It consists of only bread and a hard-boiled egg dipped in ashes, accompanied by water. This meal is eaten alone, sitting on a low stool. The meal must be over by sundown, when all the laws of Tisha B’Av take effect.

Tisha B’Av evening services are held in a synagogue, where the ark has been stripped of its decorative curtain and the lights dimmed. Evening prayers are followed by the chanting of The Book of Eichah (Lamentations).

Morning prayers are held without tallit and tefillin, since both are considered adornments. Most of the morning is occupied by the reading of Kinot, elegies marking the various tragedies that befell our people.

Work is permitted on Tisha B’Av, but discouraged. On this day, one’s focus should be on mourning and repentance. If one must work, it is preferable to begin after midday.

It is customary to give extra charity on Tisha B’Av, as on every fast day.

After midday, it is permissible to sit on regular chairs, and tallit and tefillin are worn during the afternoon prayer. In the synagogue, the ark’s curtain is restored to its place before the afternoon prayers.

Many communities have the custom to clean the house and wash the floors after midday, in anticipation of the Redemption, which we await.

The Temple was set ablaze on the afternoon of the 9th of Av, and it burned through the 10th. Therefore, a few of the restrictions (such as not eating meat, swimming or laundering clothing) extend until midday of the 10th of Av.

### THE JOY THAT FOLLOWS

Even as we mourn, there is an element of joy and comfort. Indeed, the reading of Eichah concludes with the verse “Restore us to You, O L rd, that we may be restored! Renew our days as of old.”

It is by no accident that Scripture refers to this day as a mo’ed, a holiday, and Tachanun (prayer of repentance) is not said today. May the time soon come when we look back with the clarity of hindsight to see how all our suffering was but a prelude to happiness and goodness, with the coming of Moshiach. Amen!

*Much of this article was taken from Chabad.org I extend a hearty thanks to the staff for their assistance.*



# UPCOMING EVENTS



**YJP Taco Tuesday | Tuesday, August 6 | 6 pm | Address provided upon RSVP**

Back by popular demand—the 4th annual YJP Taco Tuesday! Tulsa’s Young Jewish Professionals are invited to join for schmoozing with taco bar dinner, chips and dips, and a pool-side social. Thank you to fellow Young Jewish Professionals, Sofia Thornblad and Ben Wagman for hosting this event. Cost is \$10/person. RSVP required to attend.

**RSVP: [JewishTulsa.org/yjp-taco](https://JewishTulsa.org/yjp-taco)**

At this program, we are asking YJP’s to participate in our Back-to-School Supply Drive for local schools in need. Please bring an item listed on our drive page or purchase from the wish list: [JewishTulsa.org/supplydrive](https://JewishTulsa.org/supplydrive) (see flyer p. 7 for more details)



**Walk for Their Lives | Sunday, August 11 | 10 am | CSJCC**

Join the Israel Engagement Committee as we raise awareness of the hostages still being held by *Walking for Their Lives* (an adaptation to the global initiative *Run for Their Lives*). We will meet at the CSJCC member entrance, in the cool A/C, before making our way to the Jeanette Altman Frieden Sports Complex to walk around the track for 30 minutes and 9 seconds (or thereabouts) to commemorate 309 days in captivity. Participants can show their solidarity by ordering a t-shirt when you RSVP. T-shirt orders close on Sunday, August 4. Post-walk, all are welcome to stay for a snack and a dip in the pool. *Please bring your own re-usable water bottle for the walk, and bathing suit, towel and sunscreen if you plan on enjoying the pool.*

**RSVP: [JewishTulsa.org/israel-walk](https://JewishTulsa.org/israel-walk)**



**Lunch Bunch | Wednesday, August 14 | 12 pm | JFT**

This month’s Lunch Bunch features Muddy Paws: Pets Helping People, a local Tulsa organization dedicated to transforming lives through pet grooming. Pets Helping People (PHP) focuses on training female felons, who are transitioning from prison or participating in drug court, and providing them with the skills necessary for a career in the pet grooming industry. We will hear from Kristen Suarez, groomer and mentor, who has supported many women in the program. Kristen will share her journey and explain how Muddy Paws has helped her become the strong, independent businesswoman she is today. Don’t miss this inspiring and informative program!

**RSVP: [JewishTulsa.org/lb-aug](https://JewishTulsa.org/lb-aug)**



# UPCOMING EVENTS



**YJP Shabbaton | Friday, August 16 – Sunday, August 18 | Postoak Lodge**

Our YJP Shabbaton is for young adults ages 21-early 40s. Our weekend consists of activities and programs of reflection, conversation, and connection amongst our YJP community. We will be in a hotel style lodge with individual bedrooms and attached bathrooms. The cost is \$180/person and it covers lodging, meals, and activities. Reserve your spot today!

**RSVP: [JewishTulsa.org/yjp-shabbaton](https://JewishTulsa.org/yjp-shabbaton)**



**JMoms Movement | Tuesday, August 27 | 7 pm | PLNK**

Kids are back in school, and it’s time for moms to have a night out! Join us at PLNK Fitness for 50 minutes of high-intensity, low-impact workout on the Megaformer. This dynamic workout evolved from Pilates and is perfect for those looking to challenge themselves while having fun. Weighted springs and a moving platform create continuous tension and demand constant core engagement. This safe exercise combines strength, endurance, cardio and balance/flexibility without the use of momentum to minimize stress to your joints and spine. Space is limited to 14 participants and free to attend. Sign up early to reserve your spot! Connect with other JMoms while enjoying a fantastic workout!

**RSVP: [JewishTulsa.org/jmoms-movement-2](https://JewishTulsa.org/jmoms-movement-2)**



Donations accepted now thru August 31!

## SCHOOL SUPPLY DRIVE

The Tulsa Jewish community is joining forces in collecting much needed school supplies for two underserved Tulsa Public Schools.

Help us in fulfilling this mitzvah!

- Drop off donations at Congregation B’nai Emunah, Jewish Federation of Tulsa, Temple Israel, and Zarrow Pointe.
- You can also contribute to the drive by purchasing supplies from our Amazon registry using the QR code here!



# Send Sweet New Year Greetings!

Wish family, friends, and colleagues a sweet new year  
through a greeting in the Tulsa Jewish Review!

★ RESERVE YOUR AD BY MONDAY, AUGUST 15TH! ★

Go to [www.JewishTulsa.org/shanahtovah24](http://www.JewishTulsa.org/shanahtovah24) to submit your greeting  
or contact Isabella Silberg  
at [isilberg@jewishtulsa.org](mailto:isilberg@jewishtulsa.org) or 918.495.1100

1

*Sweet Apple* - \$36  
Family name & greeting  
(up to 15 words)

3

*New Year Honey* - \$72

2

*Juicy Pomegranate*  
- \$54

Custom text (up  
to 40 words)



Custom text (up  
to 80 words)  
and an image,  
graphic, or logo  
(preview for  
approval provided)

## BIRTHRIGHT ISRAEL: SECURING A BRIGHTER, STRONGER JEWISH FUTURE

by Brina Reinstein

Before my trip to Israel in June, many people asked me if I was nervous or afraid to visit. My answer was a resounding no! During my ten days in Israel, it felt like there wasn't a war. Kids go to school, adults go to work, you keep going about your day. The people are resilient with an unwavering spirit and although they want the war over, their focus is more about bringing the hostages home.

I was privileged to be able to take this trip to Israel on a mission with Birthright Israel Foundation donors. It was an unforgettable experience!

Birthright Israel Foundation raises funds in the United States to support Birthright Israel, an educational trip that ensures every eligible young Jewish adult (18-26 years old) around the world, is given the opportunity to visit Israel, and in doing so transforms our Jewish future by strengthening Jewish identity, Jewish communities and connections with Israel.

Since its founding, Birthright Israel Foundation has given this gift to over 850,000 young Jewish adults.

Our trip highlighted the impact of Birthright Israel's programs and how the educational components of the trip have shifted since October 7th. We interacted with hundreds of Birthright Israel participants. They shared dismal stories about the antisemitism they've experienced on campus over the past nine months. Some of the stories were difficult to hear, and many of the kids had never traveled to Israel before. Some of them had waited four years to go on this trip after having their initial trip canceled during COVID. They were so excited to finally be there.

Shabbat began with singing and dancing in the Old City, followed by candle lighting at the Western Wall and Shabbat dinner with Birthright Israel participants.

On Shabbat afternoon Lynn Schusterman hosted us at her beautiful home in Jerusalem for a moderated

discussion with Natan Sharansky and Professor Gil Troy.

After a joyous Shabbat experience, we headed to Southern Israel. We visited Kibbutz Be'eri to meet survivors and witness the destruction of October 7th firsthand, then traveled to the site of the Nova Music Festival. We had lunch with Birthright Israel volunteers and then worked alongside them, cleaning and packaging sweet potatoes.

Our day ended at Palmachim Air Force base, where we were able to see the newest Israeli drone! We met and had dinner with IDF soldiers in the airplane hangars.

The following day, we visited the Schneider Children's Hospital in Tel Aviv, one of the most beautiful and modern hospitals I have ever seen. We met with the doctors who treated the child hostages who were housed there before being released in November.

We went to Tel Aviv for a visit to Hostage Square, then met up with Birthright Israel Excel Fellows for roundtable discussions on Judaism, entrepreneurship, and the start-up nation.

The day concluded with an amazing event— Birthright Israel's Am Yisrael Chai Unity and Solidarity event with members of the IDF, Israelis, and over 1,500 Birthright Israel participants from around the world. It was an emotional, awe inspiring, and inspirational evening.

I cannot stress enough the importance of Birthright Israel. I encourage you to share this with your children who may be eligible— it will change their lives. It helps strengthen the Jewish people and connect to our ancestral Jewish homeland.

**Am Yisrael Chai** ■

Site of the Nova Music Festival



Birthright travelers from around the world





## UPCOMING EVENTS



### Fitness Challenge: The Kindest August

Exercise your kindness! Pick up kindness cards from the fitness desk to pass out during The Kindest August. Give kindness cards to your friends or a member working hard in the fitness center. Whenever you pass out a card at the CSJCC or perform an act of kindness (in the building or otherwise), add a paper ring to our kindness chain hanging from the wall. As a community, let's make the longest chain possible! A little bit of kindness goes a long way!



### End of Summer Bash | Fun for the Entire Family!

**Saturday, August 3 | 7:00 pm | Sharna and Irvin Frank Aquatics Center**

Bring the family to our end-of-summer bash at the pool! We will have an ice cream sundae bar and our Dive-in Movie, *Super Mario Bros.* will begin at dusk. Family fun pool events are free to CSJCC members, \$10/family for not yet members..

RSVP: [csjcc.org/august-pool](https://csjcc.org/august-pool)



### Wellness Series: Sleep! | Friday, August 23 | 10:15 am | Dan Room

Join us as Dr. Sarah-Anne Schumann presents on Sleep! Sleep is a vital factor to your overall well-being. Dr. Sarah-Anne will discuss healthy habits and sleep routines that can improve the quality and consistency of your rest. Additionally, she will talk about the many causes of poor sleep and tips on how to eliminate them to ensure your night's rest invigorates you to meet the new day.

RSVP: [csjcc.org/wellness-sleep](https://csjcc.org/wellness-sleep)



### Social: Greenwood Rising Museum | Wednesday, August 28 | Mid-Morning\*

Greenwood Rising is the flagship project of the 1921 Tulsa Race Massacre Centennial Commission. The museum's location on the southeast corner of Greenwood Avenue and Archer Street is the gateway to the celebrated Black Wall Street. Join your CSJCC friends as we learn more about the history of Black communities in our city and the Tulsa Race Massacre. Please RSVP by Wednesday, August 21 at 12 pm as we will be purchasing tour tickets on this day. \*Exact time will be announced once we purchase tickets. If you wish to carpool, please contact Laura Allen, [lallen@jewishtulsa.org](mailto:lallen@jewishtulsa.org), 918-495-1100.

RSVP: [csjcc.org/greenwood-rising](https://csjcc.org/greenwood-rising)



## *Back to School Pool Hours*

### AUGUST 5 – SEPTEMBER 2

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Tuesday, Sept 3rd | **CLOSED FOR SEASON**

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Don't miss all the great Circle Cinema films and events this month, scan the code for up-to-date listings and showtimes.

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# SAVE THE DATE

## THURSDAY, SEPTEMBER 5

# Opening Reception SHRINE TO THE FEMININE

Featuring  
Artist Talk with Dave Lebow  
THURSDAY, SEPTEMBER 5 | 6 PM

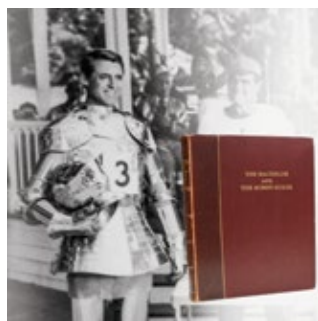


### Shrine to the Feminine | September 5 – November 21

Featuring the work of Ruth Lebow (of blessed memory) and her son, painter and illustrator, Dave Lebow, both from Tulsa. While Ruth's work was traditional, Dave's paintings are more powerful, exploring themes of uncanny and magical happenings, including dream imagery and meditations on loss. Dave, now residing in Los Angeles, has paintings on permanent display at the Museum of Fine Arts in Santa Fe and the Halle Saint Pierre Museum in Paris.

**Warning:** This exhibition contains provocative imagery intended for adult audiences 18 and older.

## CURRENT EXHIBITIONS



### Sidney Sheldon: Master Storyteller | Through August 23

Sidney Sheldon (born Sidney Schechtel) was a Jewish American novelist, playwright, and writer for film and TV. The first screenplay he wrote was *The Bachelor and the Bobby-Soxer* which earned him an Academy Award in 1947. A year later, he was the co-writer for *Easter Parade*. He also wrote the screenplay for the smash hit *Annie Get Your Gun* and was the creator, producer, and writer for the hit TV series *I Dream of Jeannie*. As his TV career began to wind down in the late 60s and early 70s, Sheldon switched his focus to novels. Before he died in 2007, he wrote an impressive 18 of them. Two original screenplays featured in this exhibition, *The Bachelor and the Bobby Soxer* and *Easter Parade* were donated to The Sherwin Miller Museum of Jewish Art by Michael Friedman in 2023. Both are signed with lovely and somewhat funny inscriptions and contain original photographic stills from the films.

(Continued)

## ARTS. EQUITY. ACCESS. ANY GIVEN CHILD INITIATIVE NURTURES YOUNG MINDS

by Greg Falconetti, Chief Archivist & Registrar; Director of Exhibit and Library Services

Over the past decade, The Sherwin Miller Museum of Jewish Art has been a proud partner of the Any Given Child program, an initiative to increase student access and opportunities in the arts. Tulsa is one of only five cities nationwide participating in the John F. Kennedy Center for the Performing Arts program ensuring that every public school student in grades K-8 has at least ten live arts experiences by the time they reach high school.

Since 2013, nearly 17,000 Tulsa Public School eighth graders and their teachers have had impactful and educational learning experiences at The Museum as part of Any Given Child program. The Museum is one of 13 local arts organizations involved in this high-quality initiative.

A major goal of the partnership between The Sherwin Miller Museum of Jewish Art, the Kennedy Center, and Tulsa Public Schools is to ensure students are taught the lessons of the Holocaust, such as recognizing Nazi propaganda and teaching the idea of being 'upstanders' rather than 'bystanders' when danger comes into their lives. Since the beginning of our collaboration, many

students and their teachers have learned the history of the Holocaust and the personal stories of survivors and their descendants through our dedicated team of docents as they tour the students through the Sanditen/Kaiser Holocaust Center.

Nearly 100% of the students attending an Any Given  
(Continued on page 14)



Any Given Child docent tour

(Continued)



### Spartan Boys: A Tulsa Jewish Story | Through September 9

In partnership with the Tulsa Air and Space Museum, this historical exhibit is dedicated to the story of The Spartan School of Aromatics, and the training of 42 technical staff members of the young Israeli Air Force, who in 1949 came to the Spartan College of Aviation and Technology in Tulsa, for a 9-month training. They were known as the "Spartan Boys." The Spartan Boys were "adopted" by families of the Tulsa Jewish community during their time of study. Upon completion of their training, they returned to Israel as certified aircraft mechanics. One young mechanic, Bob Golan (of blessed memory), has ties to The Sherwin Miller Museum of Jewish Art.



### Beyond the Mold: Unpacking Ken Doll's Evolution | Through November 3

Enter the world of American masculinity and pop culture through the lens of the iconic Ken doll and his companions in *Beyond the Mold: Unpacking Ken Doll's Evolution*. This captivating museum exhibit traces Ken's transformation from his debut in 1961 to the present day, showcasing vintage Ken, Brad, Allan, and other male dolls in Mattel's Barbie universe. Discover the intersection of queer culture and fashion as reflected in Ken's evolving style, and explore the profound influence of the gay rights movement on his representation. Additionally, witness the significant role the Jewish community played locally and nationally in responding to the HIV/AIDS crisis.

Partners include: The Vintage Barbie Museum, the Center for Queer Prairie Studies, and Tulsa Artist Fellowship. Curators: James Houchens, Karl Jones, and The SMMJA Chief Curator, Sofia Thornblad. The organizations collaborated with The SMMJA for the successful *Is Barbie Jewish?* exhibit the summer of 2023.



## CELEBRATING 50 YEARS OF SOLID GOLD SUCCESS

by Amanda Anderson, Executive Director, Mizel JCDS

In 1975, Mizel Jewish Community Day School (originally Heritage Academy) opened its doors to provide a nurturing and high-quality educational environment. Fast forward to 2025, and Mizel JCDS is celebrating its 50th anniversary with the fitting theme, "Mizel JCDS is Solid Gold!" Over the past three years, the school has experienced a remarkable 2.5x growth in student enrollment. This growth is a testament to the school's dedication to excellence and the strategic improvements implemented to meet the needs of modern families.

One of the key drivers of this success has been the achievement of accreditation through Cognia, recognized by the State Department of Oklahoma and the Oklahoma Private School Accreditation Association. This accreditation assures parents that Mizel JCDS meets rigorous standards and provides a high-quality education.

Mizel JCDS has also invested in employing highly qualified teachers and staff, ensuring students receive the best education possible. The school regularly evaluates and implements best practices for continuous growth, fostering an environment where students thrive.

Parents touring Mizel JCDS often express their appreciation for the custom curricula tailored to each class and grade level. "We were looking for a school that could provide individualized attention and a strong academic foundation for our child," says Sarah, a prospective parent. "Mizel JCDS offers exactly what we need." The school's ability to quickly adapt and incorporate new programs from respected and proven sources is a major part of its appeal.

The diverse range of programs, including STE(A)M, yoga, culinary arts, PE, music, art, Hebrew, and Judaic studies, has also been a major draw for families. "I love that Mizel offers such a well-rounded education," shares current

parent Rachel. "My child is excited to go to school every day and explore different subjects and activities."

Financial sustainability has also been a focus, with Mizel JCDS qualifying for the Oklahoma Parental Choice Tax Credit and achieving sales tax exemption, saving significant funds that are reinvested into the school. Partnerships with donors and the Jewish Federation of Tulsa for financial oversight have strengthened the school's financial position.

As Mizel JCDS approaches its 50th anniversary, the theme "Mizel JCDS is Solid Gold!" encapsulates its legacy and future. The school's dedication to providing exceptional education, fostering a supportive community, and striving for continuous improvement ensures it will remain a cornerstone of educational excellence for years to come. ■



Learning Hebrew and Judaic studies through hands-on activities



Mizel students learning through play



(Continued from page 13)

Child tour have never set foot inside the museum nor had any awareness of our existence. After the tours, we often receive letters from students telling us about the impact of their visit. A few memorable comments include: "Seeing the Nazi uniform and flags, emphasized how intimidating and scary they were" "My favorite part of the museum is the art piece that has all the colorful glass" "I learned that the Jewish culture has a lot of holidays."

The Any Given Child initiative didn't just touch the lives of students; it also brought great advantages to The Sherwin Miller Museum of Jewish Art. The Museum created a new exhibit with the help and artwork of the many students who toured the grounds. Visiting students were asked to paint a rock with the name of a Jewish child killed during the Shoah on one side and the child's age on the other. The rocks were then placed within a collection of statues of children playing, commissioned by Tulsa artist Kendra Shinn. The statues, complete with their rocks, were then installed in our Liberators' Memorial Park, serving as another educational touchpoint for students and teachers.

This partnership between The Sherwin Miller Museum of Jewish Art, the Kennedy Center, and Tulsa Public Schools is beneficial for everyone involved. Tulsa schools receive help with their art programs, the students gain more exposure to the arts, and The Sherwin Miller Museum of Jewish Art educates Tulsa's youth on history and lessons of the past. ■

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# 2024 – 2025 HOLOCAUST EDUCATION STUDENT CONTESTS

by Sofia Thornblad, Director of Holocaust Education

THE COUNCIL FOR HOLOCAUST EDUCATION'S (CHE) MISSION IS TO ASSIST AND COORDINATE THE HOLOCAUST EDUCATIONAL EFFORTS OF TEACHERS AND STUDENTS IN THE GREATER TULSA AREA AND BEYOND.

We believe in the critical importance of Holocaust education for students of all faiths and backgrounds, to encourage a society that tolerates diversity and respects human dignity for all citizens. Our Holocaust education programs provide educational opportunities for students and resources to help educators teach the history of the Holocaust.

The Council for Holocaust Education coordinates annual commemoration events and collaborates with Tulsa area educators to provide opportunities for Holocaust study through yearly art and essay writing contests open to all area middle and high school students. Each year the CHE works diligently on developing new themes for each contest to ensure ongoing learning opportunities for students.

## 2024-2025 CHE programs include:

### KRISTALLNACHT ART CONTEST

The Kristallnacht Art Contest aims to enhance student learning of the Holocaust by providing an opportunity for students to turn their historical knowledge into works of art. Each year the contests take on a new theme to inspire artists to showcase their classroom learning through visual art. The contest meets Oklahoma Academic Standards by relating artistic ideas with societal, cultural, and historical context to deepen understanding.

**Artwork Deadline: November 4, 2024**

### WHITE ROSE MEMORIAL ESSAY CONTEST

The White Rose movement was an intellectual resistance group in Nazi Germany led by five students and one professor at the University of Munich. The group conducted an anonymous leaflet distribution campaign that called for active opposition to the Nazi regime. The White Rose Essay Contest honors the memory of these brave individuals through their chosen medium of written work. The contest allows middle and high school students to reflect on their Holocaust studies through impactful research and a personalized writing experience. The contest meets Oklahoma Academic Standards by generating an understanding of the effects of the Holocaust and highlighting the ramifications of bigotry, stereotyping, and discrimination.

**Essay Deadline: March 3, 2025**

### YOM HASHOAH ART CONTEST

The Yom HaShoah Art Contest, like the Kristallnacht Art Contest, enhances student learning of the Holocaust through student expression of their Holocaust learnings expressed through the visual arts. Each year the contest takes on a new theme to inspire artists to showcase their classroom learning using the medium of visual art. The contest meets Oklahoma Academic Standards by relating artistic ideas with societal, cultural, and historical context to deepen understanding.

**Artwork Deadline: April 17, 2025**

For information on  
Holocaust Education  
Student Contests,  
contact Sofia Thornblad,  
curator@jewishmuseum.net  
or 918.492.1818.

Photos from the Yom Hashoah  
Art Contest 2023



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#### IN MEMORY OF:

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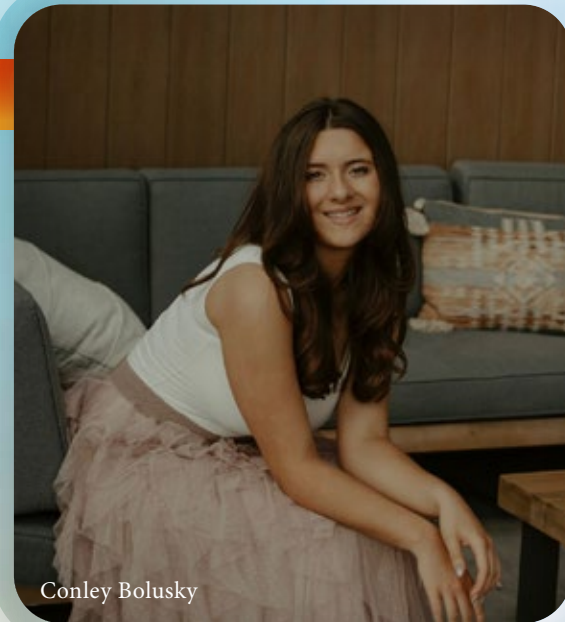
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# BBYO Graduating Seniors Share Their Milestones

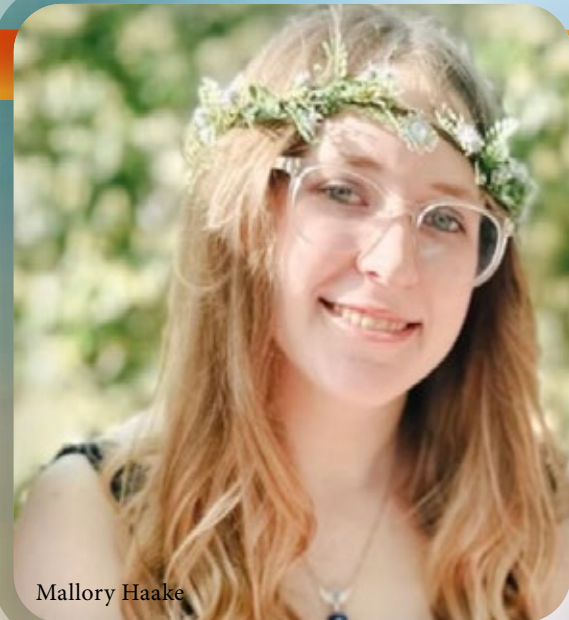
BBYO is the leading pluralistic teen movement aspiring to involve more Jewish teens in meaningful Jewish experiences and leadership development programs. Tulsa's AZA boys chapter and BBG girls chapter have been active in our community for decades. Here are a few reflections on what BBYO involvement has meant to our local teens.

**"BBYO taught me what it means to be a leader and how to be proud of my Jewish identity. BBYO has been such an integral part of who I am today and helped me understand how much of an impact you can have on the world by helping others. This organization also gave me some of my closest friendships, and I am forever grateful to have built those relationships through BBYO. Next year, I will be attending Northwestern University where I plan to take the pre-law track and major in Political Science and Spanish to hopefully one day return back to Tulsa to work in Indigenous Law."**  
—Conley Bolusky, Scholarship Winner



Conley Bolusky

**"Over the past four years in BBYO, I learned more about myself than in any other club or activity. I developed leadership skills, friendships, and confidence. I'm forever grateful for all the opportunities that BBYO has given me and for the generous college scholarship I was awarded. This fall, I will attend the University of Oklahoma to study aerospace engineering."**  
—Mallory Haake, Scholarship Winner



Mallory Haake

**"Through BBYO, I have learned critical leadership skills, the importance of giving back to the community, and how to be confident in my identity. I will be going to Tulane University and will be studying international relations."**  
—Isabella Levine



Isabella Levine



Lauren Weil

**"Throughout my time in BBYO, I was encouraged to try new experiences. Whether it was going on a summer trip with people I'd never met before or learning something new at a local program, I felt overwhelming support from this chapter and found another family in Tulsa BBYO. I'll be attending Georgia Tech in the fall to study aerospace engineering."**  
—Lauren Weil, Scholarship Winner

**"BBYO taught me the importance of leadership and responsibility. By holding different positions on the chapter board, I built leadership skills and learned how to manage multiple responsibilities while working as part of a team. I will be attending the University of Arizona in the fall and majoring in communications."**  
—Mia Weinstein, Scholarship Winner



Mia Weinstein

**"From my four years as a FRAZA brother, and my one year as Solomon's Beau, BBYO has taught me how to be myself. The welcoming atmosphere and people have helped me evolve into the person I am today, including BBYO giving me my love for The Muppets. From bad jokes to scary stories, BBYO has changed my life for the better and helped me grow as the best version of myself. This fall, I'll be attending OSU to study strategic communications."**  
—Josh Zelkind, Scholarship Winner



Josh Zelkind

Select students received scholarships from the Jeanette Altman Frieden BBYO Excellence in Education Scholarship. For more information about BBYO and how to get involved, contact Lydia Lapidus, [lydia.lapidus@gmail.com](mailto:lydia.lapidus@gmail.com).



# THE JEWISH CHEESEBURGER®

by Phil Goldfarb

Do you love a good cheeseburger? If so, you can thank a young Jewish boy for “inventing” it. Lionel Clark Sternberger and his twin brother Van Morris Sternberger were born on February 21, 1907 in New York City to Herman Solomon Sternberg (1854-1924) and his wife Minna Murray Sternberger (1869-1952). Their families were early Jewish immigrants to the United States from Germany.

The family decided to move to booming California, initially to San Diego and then to the Los Angeles area where Herman Sternberger started a fruit stand. Lionel attended grade school in the Eagle Rock neighborhood near Los Angeles before attending high school in Pasadena, California. A natural born entrepreneur, he started a cider stand at the age of 12 and was running a grocery store at the age of 15.

In the early 1920s Herman Sternberger’s fruit stand had grown into an early form of fast-food restaurant. Initially called the “Boulevard Stop” before changing its name to “The Rite Spot,” which was little more than a cooking shack. It was located at 1500 West Colorado Boulevard which was part of the legendary Route 66.

The road was already lined with quick serve options for harried commuters. With a row of food stands offering everything from burgers and fries to Chinese food, the going was rough, and Sternberger’s stand was only bringing in around \$2 a day. “The Rite Spot” served an array of hot and cold sandwiches along with citrus juices, cider, and a now extinct soft drink, called “Arrowhead Ginger Ale.”

Stories diverge wildly over what prompted short order cook Lionel Sternberger in 1924 to add a slice of cheese (kind unspecified) on the hamburger. There are several conflicting accounts as to how the cheeseburger first came into being, and to this day it remains unsettled and unclear as to how exactly the nationally renowned “now-ubiquitous American sandwich” was first formed. It could have been founded by a happy accident, on purpose, happenstance, or a mistake cover-up. Here are the story choices:

1. One day he simply added a slice of cheese to a regular beef burger as an experiment to see what it would taste like and called it the “Aristocratic Hamburger.”
2. An unnamed friend suggested the struggling Sternberger try something new that would set his stand apart. Lionel “invented” a new hamburger sandwich which included a slice of cheese, a food never before tried on such a sandwich.
3. A customer whose name is lost to history asked for a slice of cheese on his burger. Sternberger liked the concept and became the first in America to list the cheeseburger on a menu, again initially calling it the “Aristocratic Hamburger.”
4. Lionel inadvertently burned a burger patty on one side and slapped on a cheese slice to mask his error.

Regardless of what story you believe, the “Aristocratic Burger: the Original Hamburger with Cheese” at the Rite Spot is the first instance of a hamburger with cheese being served to a customer through the efforts of 16-year-old Lionel Sternberger.

Sternberger was initially wary of promoting this new burger with cheese, due to cheese costs at the time. However, he tried it out one day on two faithful customers and they loved it. The next day, an automobile with six passengers halted at the door. The driver asked: “Is this where hamburgers with cheese are served?” The customers loved the newfangled cheeseburger so much they ordered seconds. The Rite Spot was selling the “Aristocratic Hamburger” for 15 cents and a glass of cider to go along with it for 10 cents. A chocolate malt at the time cost 10 cents. Soon The Rite Stop cheeseburgers were all the rage in Pasadena, and Sternberger was banking \$400 a day.

An undated menu for The Rite Spot shows just how important this new edition to the menu was. The first item on the menu was the “Aristocratic Hamburger” and billed as “the original hamburger with cheese.” Menus and other historical artifacts support the Rite Spot as being the originator of the hamburger with cheese. Sternberger did not call it a cheeseburger, which is what the others who claim to be originators use.

By 1931, Sternberger was prospering. The Rite Spot eventually moved from their roadside set-up into a brick and mortar steakhouse that continued to serve Aristocratic Hamburgers. They exclusively served Davidson’s fancy Kansas City corn-fed baby beef and called onion rings “French Fried Onions.” The Rite Spot expanded to another brick-and-mortar eatery in Pasadena, and also opened locations in Glendale and Highland Park. With his newfound fortune, Sternberger

The Rite Spot is the first instance of a hamburger with cheese being served to a customer through the efforts of 16-year-old Lionel Sternberger.



built a large house in the Pasadena neighborhood of Annadale, which he shared with his mother until he married his wife Helen Lorella Rittenhouse (1912-1974).

Lionel eventually sold “The Rite Spot” and opened “Sternberger’s” at 6138 N. Figueroa St. in partnership with his brother Van. The Sternberger family continued in the restaurant business for decades.

Lionel Sternberger died on January 3, 1964 at the age of 55 from complications of diabetes and is buried at the Forest Lawn Cemetery in Glendale, California. His twin brother died three years later in 1968 at the age of 61. ■



Phil Goldfarb is the president of the Jewish Genealogical Society of Tulsa and can be e-mailed at: phil.goldfarb@cox.net.





**Asher Edward Berman** will become a bar mitzvah on Saturday, August 24 at 10:30 am at Temple Israel with a kiddush and a brunch following the service. Asher is the son of Ben Berman and Tina Haney and brother to Maya. Asher is in 8th grade and will be attending Edison Middle School where he hopes to continue his streak of three years of straight A's. Born in Tulsa, Asher loves soccer, basketball, diving, and music. He spends most of his free time playing with his friends online. Asher has chosen several food pantries and elder meal delivery programs for his Bar Mitzvah Project. He plans to spend this summer addressing the food shortage needs of families in the local area. Mazel Tov Asher!



**Up Closets of Tulsa** is a new Jewish-owned business launched by **Seth Lapidus** in April. Up Closets of Tulsa specializes in remodeling and upgrading closets, pantries, laundry rooms, and garages with custom designs tailored to your needs. New customers who mention they read this in the Tulsa Jewish Review will receive a 5% discount on one order. More info at: [www.upclosets.com/tulsa](http://www.upclosets.com/tulsa). Mazel Tov Seth on your new business venture!!



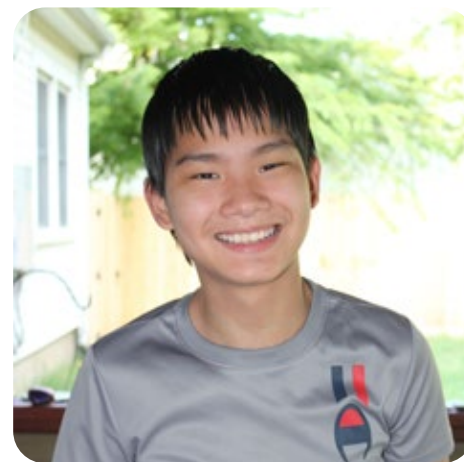
**Joseph Charney**, son of David and Randee Charney and grandson of Harold (of blessed memory) and Yolanda Charney, recently graduated from New York's Columbia Law School. After sitting for the California bar and completing a series of federal clerkships, Joseph will reside in Los Angeles, where he has accepted an associate position with Gibson Dunn, an international law firm. Mazel Tov Joseph!



**Elijah James Pollak and Carrie Marie Pollak** will become bar and bat mitzvah on Friday, August 30 at 7:30 pm at Temple Israel. Elijah is the son of Carrie and Dan Pollak. Elijah is going into the 7th grade at TSAS. Elijah loves playing video games, reading, and watching anime. Carrie works at Family & Children's Services and her favorite hobbies include reading, cross-stitching, and jigsaw puzzles. The Pollaks love their fur babies. They have 4 cats and 1 dog, four were adopted from Animal Rescue Foundation (ARF). ARF helps many pets find forever homes. Elijah's mitzvah project is to aid the animals ARF serves. Elijah's working on handmaking pet items and collecting puppy and kitten donations. Interested in helping with Elijah's mitzvah project? Visit <https://www.arftulsa.org/> to make a purchase from their Amazon wish list or to make a monetary gift. When donating please make in honor of Elijah Pollak. Mazel Tov Elijah and Carrie!

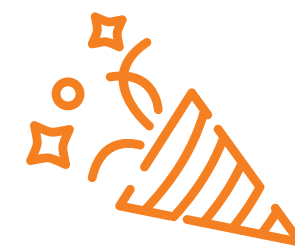


**Isaac Lewis Galoob** will become a bar mitzvah on August 17, 2024 at 10:30 am at Temple Israel. Isaac is the son of Stephen and Mindy, brother of Sam, and grandson of Gyan & Maurice (z"l) Galoob and Jane Anne & Harvie Roe. Isaac is in 7th grade at Carver Middle School and loves all things soccer—especially FC Tulsa. For Isaac's bar mitzvah project, he is helping the Ronald McDonald House Charities of Tulsa. RMHC helps keep families close and together when kids must undergo medical treatment. Isaac is focusing on restocking their "toy closet" where kids staying at RMHC can choose a new toy. If you would like to donate a new, unwrapped toy for his project, please drop off your donation in the JFT lobby or Temple Israel office or consider making a "tribute donation" in honor of Isaac at: [www.rmhtulsa.org/donate](http://www.rmhtulsa.org/donate). Mazel Tov Isaac!



**Tyger Jacobs**, son of Michael Jacobs and Jen Zilin, will become a Bar Mitzvah on August 10, 2024. Tyger is in the magnet program at Edison Preparatory Middle School where he is on the Honor Roll and will start 8th grade this fall. He's a graduate of Zarrow International School's Spanish immersion program. Tyger attended B'nai Emunah's ShulSchool and enjoyed summers at Camp Shalom for ten years before working as a Counselor-in-Training (CIT) this year.

Tyger has two siblings, Lilah (19) and Zeki (16). He is the grandson of Jeanne Jacobs of Tulsa, Oklahoma, and Ellen and Barry Zilin of Woodbridge, Virginia. Mazel Tov Tyger!



## CELEBRATE SIMCHAS!

Share your simchas with the entire community!

Send us your b'nai mitzvah, wedding announcement, birth of a child, graduation, or other milestone for our "simchas" section each month.

**Send submissions for the Tulsa Jewish Review to Sandy Sloan,**  
[sandy@jewishtulsa.org](mailto:sandy@jewishtulsa.org)





### Shema: Shabbat Morning Edition

**Saturday, August 3 | 10:30 a.m.**

It's a Jewish music class for babies and their caregivers that focuses on Shabbat rituals. Suitable for children 2 and under, this interactive session will be held at the Synagogue on Shabbat morning at 10:30 a.m. alongside our weekly Shabbat services in the chapel. Stay afterward for blessings, cookies, and treats with the whole congregation. A beautiful way for our youngest congregants to spend a Shabbat morning.

### Ancestry in the Ancient Forest

**Sunday, August 4 | 10:00 a.m.**

Want to help your children understand their roots? One good way to encourage cross-generational conversation is through conversations about your family tree. And there's no better place to talk about your family tree than in the Keystone Ancient Forest! Intergenerational family groups (parents, grandparents, children, aunts, uncles, and chosen family) are invited to join us on Sunday morning for a facilitated hike and discussion about memory, connections, and our shared histories. Register at [tulsasynagogue.com](http://tulsasynagogue.com) so we can plan for your participation.

### Blatt + Blue: One Life

**Thursday, August 8 | 7:00 p.m.**

One Life details the history of Nicholas "Nicky" Winton, a young London broker who helps rescue

hundreds of predominantly Jewish children from Czechoslovakia in a race against time before Nazi occupation closes the borders on the verge of World War II. Fifty years later, Nicky (Sir Anthony Hopkins) is haunted by the fate of those he wasn't able to bring to safety. The film can be seen on Amazon Prime for a modest fee on your home screen. Join us for our conversation at 7:00 p.m. on Zoom (918 583 7121). Newcomers are welcome to join the dialogue.

### Tisha B'Av: Fasting and Feeding

**Monday, August 12 | 7:30 p.m.**

Tisha B'Av is considered the saddest day on the Jewish calendar. To commemorate the destruction of the first and second Temples, we'll gather in the Atrium to sit low to the ground and sing songs of sadness. Following services, we'll begin our fast by preparing snack packs to be donated to the Day Center for the Homeless. We mark our communal losses by doing what we can to help others.

### First Day of ShulSchool

**Sunday, August 18 | 9:00 a.m.**

School is back in session! A new year of learning, community, and fun begins on Sunday, August 18. Every Sunday morning during the school year, our building is filled with the sounds of our kids exploring Jewish values, holidays, and the meaning of shared community. Caring and creative faculty are planning a great year ahead. Of course, due to the generosity of many, including our Sisterhood, this program is complimentary for Synagogue members. Interested in learning more? Be in touch with Morah Sara at [slevitt@bnaiemunah.com](mailto:slevitt@bnaiemunah.com) for questions and registration information!

### FETO: Free Eggs to Order

**Sunday Seminar**

**Sunday, August 18 | 9:30 a.m.**

Ukrainian-American writer, editor and translator Boris Dralyuk will present the works of Jewish author, Isaac Babel, whose name

is forever linked to his own native city, Odessa. Babel, considered one of the greatest prose writers of Russian Jewry, is best known for his documented accounts of the horrors of war witnessed during the Polish-Soviet War of 1920 in Red Calvary and Odessa Stories Breakfast at 9:30 a.m., Seminar at 10:30 a.m.

### Tu B'Av Date Night

**Tuesday, August 21 | 7:00 p.m.**

It's the Jewish holiday of love, so let us help you plan a unique date night to celebrate with your significant other. We're delighted to partner with the talented culinary team at Oren for a brilliantly curated meal and wine tasting paired with dinner conversation themes of this Jewish version of Valentine's Day. Dinner seating is limited, and reservations for this evening's experience will be on a first-come, first-serve basis.

### First Day of Hebrew Language Lab

**Wednesday, August 21 | 4:00 p.m.**

Wednesday afternoons are the place to be for Synagogue kids in third through sixth grade. Our Hebrew Language Lab program blends small group learning, text study, Hebrew electives and T'fillah (prayer) experiences together to prepare students to navigate Hebrew prayer, Jewish culture, and community. Please note that there is an optional second grade start for this program. To register and learn more please be in touch with Morah Sara at [slevitt@bnaiemunah.com](mailto:slevitt@bnaiemunah.com)

### Shabbat Shalom: Musical Circle

**Friday, August 23 | 5:30 p.m.**

Experience a musical Shabbat evening with songs and stories, starting at 5:30 p.m. This event is an ideal introduction to Shabbat traditions, welcoming participants of all ages and backgrounds.

### Shabbat Shalom Dinner

**Friday, August 23 | 6:15 p.m.**

There are few things better than a bountiful Shabbat feast enjoyed with family and friends. Join us for this Passover evening catered

dinner filled with conversation and community. We'll do the cooking and cleaning so you can relax and enjoy.

### Afternoon/Evening Services

Join us on Wednesdays and Fridays at 5:30 p.m. in the Davis-Goodall Chapel for traditional prayer and community Mourner's Kaddish. Both in-person and Zoom participation are available. Please register for in-person attendance on our website.

### Shabbat Morning Services

Every Saturday at 9:30 a.m., we celebrate Shabbat through song, Torah study, and fellowship. These services, available both in-person and via Zoom, offer a chance to mark anniversaries, celebrate milestones, and engage in our congregation's ritual life. ■

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## REWRITING THE SUNDAY SCHOOL STORY

by Sara Levitt, Director of Jewish Life and Learning

There are few things more Jewish than storytelling. It's layered throughout Jewish tradition, ritual practice, and culture. Storytelling helps us to hold on to the thread that connects us to our ancestors and deepens our collective memory. We tell stories about everything from the world's creation to freedom, family drama, and survival. There is one story that I often around this time of year from grandparents and parents of our ShulSchool students. It's their own story about experiences in Sunday School (Jewish or otherwise) as dull, uninteresting, and dreadful memories in their childhood. They share about scary teachers, strict guidelines, and immovable ideas about Judaism. These stories are deeply ingrained in their memories and often influence their approach to Jewish life today.

I'm proud to report that we are writing a new story about Sunday School at the Synagogue. At ShulSchool and Hebrew Language Lab, we've created a culture in which our students feel connected to their teachers, Jewish tradition, Jewish values, and perhaps most importantly, to one another. Our program enriches the lives of our students and their families in real,

meaningful ways. We strive to bring Judaism to life through music and art, immersive experiences, and hands-on learning. Nurtured from their first days in our Preschool class through our Madrichim (teaching assistant) programs, our students develop a strong sense of Jewish identity and see their connection to Judaism as deeply tied to their school and Synagogue experiences. We believe that all students, teachers, families, and madrichim are made B'tzelem Elohim in the image of God. We strive to ensure that our lessons, classrooms, and behavior reflect the holiness of each person in our community. In this way, we've built a community of enthusiastic, happy, vibrant young Jewish Tulsans who we are eager to continue to shape, guide, and inspire.

The 2024-2025 School year is upon us, and we're ready to continue shaping a Sunday School experience that our students will be proud to tell their grandkids about. We kick things off on August 18 at 9:00 a.m. at the Synagogue. Interested in learning more or know someone who is? Please be in touch by calling the Synagogue or emailing [slevitt@bnaiemunah.com](mailto:slevitt@bnaiemunah.com). ■





Visit our Temple Israel website [www.templetulsa.com](http://www.templetulsa.com) and our events page for details about all we offer!

### Repairing Our People: Israel and the Crisis of Liberal Judaism with Rabbi Weinstein on Zoom • Thurs., Aug. 1, 8, 15, 22 & 29 • 2:00 p.m.

Contemporary Judaism is facing unprecedented challenges. Today's Jews have the opportunity—and the obligation—to reclaim a Jewish vocabulary of sanctity, activism, and the desire to stand apart from today's world. This course aims to explore the ever-changing landscape of modern Jewish life through the lens of one of American Judaism's most prolific voices. The message: the role of faith is to challenge us as individuals and to challenge society.

### YJP Shabbatluck at TI • Fri., Aug. 9 • 6:00 p.m.

Young Jewish Professionals are invited to a service and potluck dinner afterwards. Come ready to share your dishes and pray together. Our service will take place in the TI Convocation Center.

### Birthday Shabbat Service in person, on Zoom & Facebook Live • Fri., Aug. 9 • 6:00 p.m.

Join us as we welcome in Shabbat with the chanting of Torah and celebrate August birthdays. Come at 5:30 p.m. for a pre-oneg.

### Zarrow Pointe Shabbat Service • Fri., Aug. 23 • 6:30 p.m.

We cordially invite all those who wish to join us for this meaningful Friday evening service with music, held in the Burnstein Auditorium at Zarrow Pointe. We welcome not only Temple members and Zarrow Pointe residents, but all other friends in our community who would appreciate being together on Shabbat.

### Anniversary Shabbat Service w/Torah in person at Temple Israel, on Zoom & Facebook Live • Fri., Aug. 23 • 6:00 p.m.

Join us as we welcome in Shabbat with the chanting of Torah and celebrate significant August anniversaries. Come at 5:30 p.m. for a pre-oneg.

### Bar Mitzvah Service of Isaac Galoob • Sat., Aug. 17 • 10:30 a.m.

Join Temple Israel friends and family as Isaac Galoob is called to the Torah as a Bar Mitzvah!

### Bar Mitzvah Service of Asher Berman • Sat., Aug. 24 • 10:30 a.m.

Join Temple Israel friends and family as Asher Berman is called to the Torah as a Bar Mitzvah!

### B'nai Mitzvah of Elijah Pollak & Carrie Pollak • Fri., Aug. 30 • 7:30 p.m.

Join Temple Israel friends and family as Elijah Pollak and Carrie Pollak are called to the Torah as B'nai Mitzvah! ■

## TAKE A LOOK, IT'S IN OUR BOOK

by Rabbi Tzvia Jasper

There are many ways to learn about Judaism. For our students, this could not be more true. Religious School curriculum is always evolving to meet the needs of our students. We are competing with our students' very busy schedules. What then, are we doing at Temple Israel to fight this?

Beginning last year, and continuing into this year, I have implemented a new curriculum at Shorashim (Temple Israel's Religious School for pre-k through 7th grade). It is a three-year curriculum based on Judaism's most sacred text, the TaNaKh. Each year we focus on a different section of the Hebrew Bible. Last year we started with the Torah, using it to help us identify values and morals to guide us, within the stories. It was a wildly successful year, leading to creative learning such as our oldest kids developing a 'Who Done It' for the parents based on the story of Sodom and Gomorrah. I also included a supplemental set of lessons for the older kids on the Holocaust.

This year we are moving into the second installment of this curriculum, the Prophets. Many curriculums struggle to reach the Prophets, since there is so much material to strive to teach. However this year our students will learn about ancient Israel, what it means to be a leader, and most importantly that even

when we make mistakes, God is still with us. Some highlights to look forward to this year include putting King David on trial and building edible Mishkans. Our supplemental lesson for the whole school this year will be life cycle events. This means that the students will be acting out B'Mitzvahs, weddings, and even sitting shiva.

Over the past two years, our Religious School has grown by 15 percent! One reason for this is because we have a lot of fun on Sunday mornings. Between our programming for our parents and guardians, morning T'filah services, Shorashim, or the Judaica Shop in full swing, Sundays mornings at Temple Israel are the place to be. Even though we are in the second year of our curriculum, we are still welcoming new families into Shorashim. Don't worry, the curriculum is on a three-year cycle, so they will not have missed a thing! **If Shorashim sounds interesting to you, and your family is not yet enrolled, please email me at [RabbiTzvia@TempleTulsa.com](mailto:RabbiTzvia@TempleTulsa.com), and I will get you registered for this Fall!**

It's never too late to reconnect with our Judaism. Sometimes, we just need a fun way back in. Let this be your sign to learn more. Happy Summer! ■



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This distinctive 8-ounce jar of kosher honey arrives in time for Rosh Hashanah, decorated with a festive label, and includes a personalized card reading “Shana Tova—Wishing you a Healthy and Happy New Year.” This card also lets the recipients know that a donation has been made in their honor to the Jewish Federation of Tulsa’s Annual Campaign

Your cost is **\$14.00 per jar** which includes shipping and handling

To order honey go to **[www.orthoney.com/JFT](http://www.orthoney.com/JFT)**  
click on the honey link and follow the step-by-step instructions.

**Support  
the JFT  
Annual  
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For more  
information,  
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