

Prominent Authors Highlight Annual TO LIFE Conference

TO LIFE, an internationally recognized educational organization concerned with grief, loss and personal growth, will hold its 8th annual Spring Conference March 20-23 at The Airport Sheraton Hotel, Charlotte.

"Take Charge of Your Life," the 4-day program, will feature lectures and workshops by Eda LeShan, author of the best seller, *When Your Child Drives You Crazy*; Ann Kaiser Stearns, author of *Living Through Personal Crisis*; Lawrence LeShan, author of *How To Meditate*, and other prominent authors. Among the subjects to be addressed will be parenting, coping with personal crisis, personal development, meditation for health, and building self-confidence.

On March 20 at 7:30 p.m., the Conference will open with a special presentation by Eda LeShan. With her warm and practical style, amply sprinkled with anecdotes from her years as a mother, teacher, and childraising authority, Eda LeShan will offer advice and encouragement as she presents a realistic and workable approach to surviving parenthood.

On March 21, from 9 a.m.-4 p.m., there will be two concurrent workshops. The parenting workshop will be conducted by Eda LeShan for parents, educators and therapists. "Meditation for Health" will be presented by Lawrence LeShan, a research and clinical psychologist and co-founder of the international Psychosomatic Cancer Study Group.

At 7:30 p.m. the featured speaker will be Ann Kaiser Stearns. Drawing on her personal and professional experience as a counselor and therapist, Dr. Stearns will explore a wide range of crisis situations, from death, illness and divorce to loss of a job or lack of fulfillment of a dream. In easily understandable terms, she will discuss how to cope with the various stages of the bereavement process.

On March 22, Ann Kaiser Stearns' day-long workshop will explore "Our Problem with Anger." Author and lecturer, Henry Leo Bolduc will conduct a workshop entitled "Creating Your Own Des-



tiny." This day-long workshop will explore techniques of self-talk, positive suggesting, and self-hypnosis for changing and creating one's direction in life and career.

At 7:30 p.m. a special program of music and entertainment entitled "Jazz Up Your Life" will be presented.

On March 23, TO LIFE's Howard Winokuer and Alexis Stein will conduct a special workshop called "Learning To Love Yourself." Individuals will work together to develop and enhance personal self-confidence and self-image.

For more information call 332-LIFE.

Editor's Note: Just at press time we learned that Lawrence and Eda LeShan cancelled due to illness. Substituting for them is Anthony Bates, Clinical Psychologist and staff member at the Institute for Cognitive and Behavioral Therapies at the U. of PA. Medical Center and author of "One of the Family." His programs will be based on the bestselling book "Feeling Good" by Dr. David D. Burns.

Hebrew Academy News

Happy New Year of Trees

By Arny Pickholtz

"Let the trees rustle in the summer on the mountain, on the slope of the valleys; let them fringe on the roads and give shade by day to the wanderer and shelter to the tired laborer."

Chaim Nachman Bialik

It is commonly noted that Charlotte's natural beauty is exemplified by the millions of trees which create an almost city-wide arbor canopy. In Israel on the 15th day of Shevat, the New Year of Trees has been celebrated since the days of the great Rabbi Hillel in 10 A.D. It is noted that the fate of trees is decreed on Rosh Hashanah L'Ilanot (New Year for Trees), just as the fate of man is decided on Rosh Hashanah.

This year, the Hebrew Academy celebrated Tu B'Shevat in a new and special way with a custom that is becoming popular throughout the world: the Tu B'Shevat Seder. Staff and volunteers set up seven stations designed to teach the songs, customs and to sample the tastes associated with the holiday. Berta Straz, Interim Director of the Academy, explains, "Our children had a magnificent time doing our hands-on seder. We thank our parents for coming in and helping out with this lovely program."



(L to R) Rachel Stein, Misha Fuerstman, Elizabeth Blum, Sara Seiferheld learn about Tu B'Shevat.



Seth Pickholtz (L) and Michelle Straz point to Tu B'Shevat poster.



In February, the Hebrew Academy celebrated its 100th day of school. In order to understand the many concepts dealing with the number 100, a luncheon was served which had several kinds of finger foods arranged with 100 items on each tray. The rooms were decorated with 100 balloons, a photograph of a 100-year-old man and a 100-year-old tree were displayed along with many other centenary examples. The children pictured are holding jars filled with 100 items.

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