

SHELDON BERNSTEIN

If the Sterling had a \$64,000 Question contest, one of the winners would surely be the subject of our biographical story this month, new resident, Dr. Sheldon Bernstein, who is the only current resident who has earned a doctorate degree.

Dr. Bernstein was born in Milwaukee, Wisconsin in 1927. He was the youngest of five children and the only son of immigrant parents. The family is extremely unusual in that all of Sheldon's sisters also have advanced degrees. Two of his sisters went to live in Israel, where one became the Dean of the School of Social Work at the University of Haifa. A sister who resides in this country served as President of the Mathematical Society--obviously, a very brilliant family.

As for Sheldon--he received a Bachelor's Degree in chemistry from the University of Wisconsin in 1949 and a Ph.D. in biomolecular chemistry from the University of Wisconsin Medical School in 1952. From 1989 to the present time, he has been the President and CEO of Bernstein Associates, Inc., a biotechnology consulting firm. In the past (1983 to 1989), he held many important leadership positions including Director of Technical Development and Director of the BioVentures Group of the Fortune 500 Company, Universal Foods Corp., now Sensient Technologies Corporation. We will mention some of Sheldon's honors and awards later.

Sheldon met his wife Estelle, also a graduate of the University of Michigan, where she majored in education. He went into the navy in 1944 and married Estelle in 1949. Their first son was born in 1951, and the two Sterling residents ultimately became the parents of three children--two boys and one girl, all of whom have advanced degrees. Their oldest son has a degree in food science, biochemistry and computer science. Their second son is a graduate of the University of Miami Law School with a practice now in Miami. And, their daughter is a certified family therapist. The Bernsteins also have six grandchildren, all college graduates. We will only mention one of these--a granddaughter who is now studying to become a Reform Rabbi.

When Sheldon graduated from college, the Bernsteins moved to Kalamazoo, Michigan where Sheldon went to work at Upjohn as a senior research fellow.

While working at Upjohn, Sheldon's father, who had had a farm on which Sheldon grew up, asked Sheldon to return and work in what was then

the family business--a brewery that was the largest producer of brewer's yeast in the country. We should note here that brewer's yeast is utilized in the production of cheese and alcohol (for example, gin and vodka), and the business was ultimately sold to Borden's.

Sheldon also did work and research in genetic engineering for Universal Foods for seven years. He retired and opened his own bioconsulting firm in 1990.

His publications include numerous articles on the biochemical production via fermentation of yeast and yeast products, alcohol, and ingredients for foods and feeds, often starting with dairy and brewery by-products; also, on custom fermentations of pharmaceutical intermediates and products, some using genetically engineered organisms.

Sheldon has received numerous honors and awards, including being elected to Phi Beta Kappa and other honorary societies, and he was appointed an adjunct professor of Union College in Cincinnati.

As for Sheldon's non-professional and community activities--these include serving as president and board member of a large Conservative synagogue in Wisconsin. Incidentally, Estelle served as Sisterhood President of that synagogue, too.

Sheldon and Estelle were snowbirds for about thirty years and moved to Mystic Pointe in Aventura in 1990 when Sheldon retired. While living there, Sheldon was elected President of the condo association.

He is also a self-taught magician who entertained at children's birthday parties in Wisconsin for many years. In addition, he enjoyed playing tennis.

The Bernsteins celebrated their 50th anniversary by taking a trip to Europe, and they noted that they will be married for 60 years in 2009.

They came to the Sterling in November, 2007 because of medical problems and are enjoying life here. They attend Friday night services where Sheldon has demonstrated that he is very knowledgeable about Hebrew and that he has a fine singing voice. In addition, he has entertained by singing himself at sing-a-longs.

We are pleased that the Bernsteins maximize the Sterling experience for themselves and others.

Barbara Marmorstein

Saint Patrick's Day – A lil history

The person who was to become St. Patrick, the patron saint of Ireland, was born in Wales about AD 385. His given name was Maewyn, and he almost did not get the job of Bishop of Ireland because he lacked the required scholarship.

Far from being a saint, until he was 16, he considered himself a pagan. At that age, he was sold into slavery by a group of Irish marauders that raided his village. During his captivity, he became closer to God.

He escaped from slavery after six years and went to Gaul where he studied in the monastery under St. Germain, Bishop of Auxerre for a period of twelve years. During his training he became aware that his calling was to convert the pagans to Christianity.

His wishes were to return to Ireland, to convert the native pagans to Christianity. But his superiors instead appointed St. Palladius. But two years later, Palladius transferred to Scotland. Patrick, having adopted that Christian name earlier, was then appointed as second Bishop to Ireland.

Patrick was quite successful at winning converts. And this fact upset the Celtic Druids. Patrick was arrested several times but escaped each time. He traveled throughout Ireland, establishing monasteries across the country. He also set up schools and churches, which would aid him in his conversion of the Irish country to Christianity.

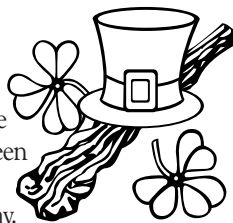
His mission in Ireland lasted for thirty years. After that time, Patrick retired to County Down. He died on March 17 in AD 461. That day has been commemorated as St. Patrick's Day ever since.

Much Irish folklore surrounds St. Patrick's Day. Not much of it is actually substantiated.

Some of this lore includes the belief that Patrick raised people from the dead. He also is said to have given a sermon from a hilltop that drove all the snakes from Ireland. Of course, no snakes were ever native to Ireland, and some people think this is a metaphor for the conversion of the pagans. Though originally a Catholic holy day, St. Patrick's Day has evolved into more of a secular holiday.

One traditional icon of the day is the Shamrock. And this stems from a more bona fide Irish tale that tells how Patrick used the three-leafed shamrock to explain the Trinity. He used it in his sermons to represent how the Father, the Son and the Holy Spirit could all exist as separate elements of the same entity. His followers adopted the custom of wearing a shamrock on his feast day.

The St. Patrick's Day custom came to America in 1737. That was the first year St. Patrick's Day was publicly celebrated in this country, in Boston, MA.



The Silver Connection

The Sterling Aventura • 2777 NE 183 Street • Aventura, FL 33160 • (305) 918-0000 • www.sterlingaventura.com

March 2008

The Sterling Team

Executive Director

Charles Hatch, Ext. 201

Resident Relations Director

Jeremy Jordan, Ext. 231

Director of Food Services /

Executive Chef

Hassan Ghanbari, Ext. 211

Social Director/Activities

Cathy Finkelstein, Ext. 245

Director of Nursing

Odallys Fernandez, Ext. 242

Director of Housekeeping &

Maintenance

Butch Tenay, Ext. 229

Office Manager

Jessica Cabrera, Ext. 203

Purim

פורים



In the third year of his reign, the King of Persia, Ahashverosh (also known as Ahasuerus and Ahashuerus) decided to have a feast. It was on the seventh day of these festivities that the King summoned his queen, Vashti, to appear before him and demonstrate her beauty for the King's officials. Vashti refused to appear. (According to the Talmud, G-d afflicted her with leprosy to cause her downfall and Esther's rise.) Incensed, the King asked his officers for a suitable punishment. One advisor, Memuchan argued that Vashti should be killed for her disobedience. The King took his advice and Vashti was killed.

As time passed the King desired a new queen. To find a suitable wife, a contest was initiated among all the eligible girls in the kingdom. One of those was Esther, a Jewish girl. Esther had been raised by her relative Mordechai after her parents' death. Mordechai instructed Esther not to divulge her Jewishness when she went to meet the king. Each day Mordechai walked by the court and inquired as to her well being. Esther impressed all who met her, including the King, and she was elevated to queen.

Years later the King elevated Haman a descendant of Amelak, the traditional enemy of the Jews, to the position of chief advisor. Haman was a wicked and vain man who expected everyone to bow down to him. Mordechai refused to bow because Jews are to bow only before G-D. Not content to just punish Mordechai, Haman wanted to destroy the entire Jewish people in Persia. He cast lots or PURIM to determine the day of annihilation.

Haman went to the King, slandered the Jews, and convinced the King to go along with his plans. Upon learning of the plot, Mordechai tore his clothes, wore sackcloth and ashes, and walked through the city crying loudly. When Esther heard of Mordechai's display she dispatched a messenger to discover what was troubling her relative. Mordechai recounted the details of the evil decree and instructed Esther to intercede on the Jews behalf. Esther agreed to appear before the King and instructed Mordechai to organize a three-day fast for all the Jews on her behalf.

After completing the three-day fast, Esther entered the king's inner court dressed in her most royal garb. The King inquired as to Esther's desires. Esther replied that she wished to invite the King and Haman to a banquet. After the feast Esther asked the King and Haman to return for another banquet the next night. Haman left the banquet consumed with self importance and pride, but these feelings were turned to anger when he saw Mordechai. Haman went home, and his wife, Zeresh, advised him to construct a gallows. Haman joyously acted upon the suggestion.

That night, the King discovered that Mordechai had never been rewarded for saving him from the assassination plot of two servants. When Haman appeared in the court, the King decided that his trusted servant should determine Mordechai's compensation. Haman, intending to obtain the King's permission to hang Mordechai, unwittingly answered the King's questions. The King asked Haman, "What should be done for the man the King wishes to reward?" Haman, believing that Ahashverosh intended to reward him, replied that the honoree should be dressed in royal clothing, ride upon a royal horse. And be led through the city streets by an official proclaiming "This is what is done to the man the King wishes to honor"

Ahashverosh agreed and instructed Haman to carry it out for Mordechai, Crestfallen, Haman followed the King's orders. Haman's daughter, mistakenly believing that her father was being led by Mordechai, dumped garbage on her father, the horses' leader

At Esther's second banquet Haman's downfall continued. Esther revealed Haman's villainous plot and the fact that she was Jewish. She asked the King to "grant me my soul and my people." Ahashverosh consumed with anger ordered that Haman be hanged on the gallows intended for Mordechai. The King elevated Mordechai to a position of great influence and allowed him to issue edicts permitting the Jews to fight their enemies. On the thirteenth and fourteenth of Adar the Jews won tremendous victories and were saved from the threat of total annihilation

Ever since, Jews have observed Purim. The day before Purim is a day of fasting, in memory of Esther's fast. The fast is then followed by two days of dancing, merrymaking, feasting and gladness

YOU HAVE A HEART MURMUR

An eighty-year-old man was having an annual physical. As the doctor was listening to his heart with the stethoscope, he began muttering, "Oh oh!" The man asked the doctor, "What's the problem?" "Well," said the doc, "you have a serious heart murmur. Do you smoke?" "No," replied the man. "Do you drink in excess?" "No." replied the man. "Do you have a sex life?" "Yes, I do!" "Well," said the doc, "I'm afraid with this heart murmur, you'll have to give up half your sex life." Looking perplexed, the old man said, "Which half - the looking or the thinking?"

