

breast cancer awareness month

KU students paint Shabbat pink for breast cancer

The KU Chabad Student Center went pink last weekend to create awareness and show support for breast cancer patients and survivors.

Dubbed Pink Shabbat, the pink-themed event featured traditional Jewish foods doused in pink, pink decorations, and educational materials aimed at raising awareness and prevention. The timing of this event coincided with October being Breast Cancer Awareness Month. It was one of 150 such events in the country coordinated by Sharsharet to honor breast cancer awareness.

Challenges faced by young women who have been diagnosed with breast or ovarian cancer are unique. Their cancers tend to be more aggressive and are associated with higher mortality rates and education and support from within their communities and other survivors can have a large impact.

Jewish women of Ashkenazi descent — Jews originating from Eastern Europe — are at a higher risk of developing breast and ovarian cancer than the general population, due to the prevalence of BRCA 1/2 mutations within the community. About one in 40 Ashkenazi Jews have a BRCA 1/2 mutation.

Educational brochures were provided and a special talk was presented by KU parent Julie Levine, a member of the Kansas City Jewish community who is a two-time cancer survivor and serves as an inspiration for many. She shared her journey about overcoming this challenge in her own life and the many lessons she learned.

“I was so moved by the touching words that the guest speaker shared,” said Elias Medici, a KU fresh-



Among those attending KU Chabad's Pink Shabbat last were Sarah Schneid (from left), Shaina Stasi, Rebeka Luttinger, Annabella Zigelboim, Nechama Tiechtel and Mina Tiechtel.

men from Laguna Beach, California. “Her message of hope and perseverance really resonated with me. Also the way she gave us many practical inspirational tools for own lives meant a lot.”

The Pink Shabbat was part of the weekly KU Chabad Shabbat Experience program, where each week tens of students come to Chabad for Shabbat dinner as a great

way to wrap up their week and de-stress from the hecticness of college life.

To learn more about KU Chabad's many programs, visit www.JewishKU.com or contact Rabbi Zalman Tiechtel at 785-832-8672

Sharsheret Pink Shabbat Pink Challah Recipe

Ingredients:

2 cups hot water
2 cups cold water
3 packaged dry yeast
2 ½ cups sugar
5 pounds bread flour
1 tablespoon salt
2 cups canola oil
½ cup honey
4 eggs, beaten
1 egg for coating
Pink sugar
Sprinkles

Directions:

- Mix the water, dry yeast, and ½ cup sugar all together. Put in the oven at 150 degrees F for 10 minutes until mixture bubbles.
- Pour flour into a large second

bowl. Add the remaining sugar, and salt, then stir.

3. Make a well in the flour, sugar, and salt mixture. Pour the oil, honey, eggs, and then the yeast mixture into the well.

4. Knead the dough and then cover with plastic wrap and a towel. Let the dough rise for three to four hours.

5. Remove covers and punch the dough down.

6. Pull off a piece of dough, approximately the size of an olive or 1 ounce, and say the blessing for separating the challah (see below).

7. Form loaves in ungreased disposable foil pans with the remainder of the dough.

8. Cat the loaves with egg and pink sugar and/or springs.

9. Bake uncovered at 350 degrees F for 40 minutes.

Blessing for separating the challah:

Ba-ruch a-tah Ha-shem elo-kai-nu me-lech ha-o-lam a-sher kid-sha-nu b'mitz-vo-tav v'tzi-va-nu l'haf-rish chal-lah.

Translation:

Blessed are You, L-rd our G-d, King of the Universe, who has sanctified us with His commandments and commanded us to separate challah.

Sharsharet supports women and families of all Jewish backgrounds facing breast and ovarian cancer at every stage — before, during and after diagnosis. For more information visit www.sharsharet.org or call 866-474-2774.

