



## News Flash: Latest Hot Flash News

As women entering menopause toss out their favorite flannel nightie in deference to the almighty hot flash, now at least there's something to replace it with: hot flash pajamas.

With nearly a half-dozen lines of special moisture-wicking nightwear now on the market, the 80 percent of women who report this symptom as a result of plummeting hormone levels have a fighting chance of sleeping through those mini-explosions. Hot flashes are known to dramatically raise metabolic rate and skin temperature for minutes.

HotCool Wear ([www.hotcoolwear.com](http://www.hotcoolwear.com); shown in photo above) and Wildbleu ([www.wildbleu.com](http://www.wildbleu.com))

are retailers selling these pajamas, which use the same kind of fabrics that wick athletes' sweat from their skin, hopefully avoiding that unpleasant middle-of-the-night soak.

The best news: For most women, these private summers taper off within a couple of years after menopause.

—Deborah Fineblum Raub

### Looking for Mister Menach

The Three R's of Dating include "The right attitude, the right place and the right time," advises self-described "Love Coach," author Robin Gorman Newman ([www.lovecoach.com](http://www.lovecoach.com)). She should know.

Her latest book, *How to Marry a Menach* (Fair Winds), is a treat on the Rado with a heavy good guy factor. Newman teaches singles how to avoid ruts and find new ways to su-

ccialize. Her love story proves her point: At age 30, Newman met her husband on a last-minute Jewish singles trip to London and Paris.

"Many of my clients are Jewish and want to meet a menach," she says. "If I can help somebody find the love that they've always wanted or bring more friends into a person's life to enrich it through socializing, what a wonderful thing!" —L.A.K.

### Say What

Israeli children are motor mouths! According to a March study from Tel Aviv University, young suburbs speak faster than American adults. For example:

- An average 5-year-old boy or girl in Israel utters 4.5 syllables per second.
- By age 17, Israelis average 7.7 syllables per second, more than most of their counterparts in the West.

### Doo-Wah-Diddy Dudes

Steve Greenblatt may be a lawyer by day, but by night he dons a straw hat and sings the lead for the Meshuga Daddies, a New York-based Jewish barbershop group ([www.meshugadaddies.com](http://www.meshugadaddies.com)). Seven men—an optometrist, veterinarian, yeshiva director, project manager, information-technology consultant, businessman and lawyer—make up the ensemble (above right), which performs in a traditional four-part barbershop harmony.

Started by Greenblatt in 1992, the Meshuga Daddies' repertoire includes classics such as "Sweet Adeline" and "Hello Mary Lou" as well as Jewish favorites "Shalom Aleichem" and "Avinu Malenu." This year, they began singing Jewish choral music.

While the Daddies perform singing telegrams and entertain at birthday parties and bar mitzvas, many of their appearances are for charities. At one such performance, "we sang a funny song about Mickey Mouse and a boy's face lit up," baritone Alan Stern recalls. "Afterward, the parents told us that that was the first time he had smiled in a week." —Chana Miller

