

ISSUE 1 - MARCH 2025

L'CHAIM

To Life

MAGAZINE



10 FACTS
ABOUT
PURIM

GET TO
KNOW

INA BOCHIAN
EDITOR IN CHIEF

2025

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RUNNING + FITNESS + FOOD

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20 BEST FOOD FOR RUNNERS

For maintaining energy to repairing muscles runner and chef Isaac Mills shared some healthy diet plans on how to get that extra mile.



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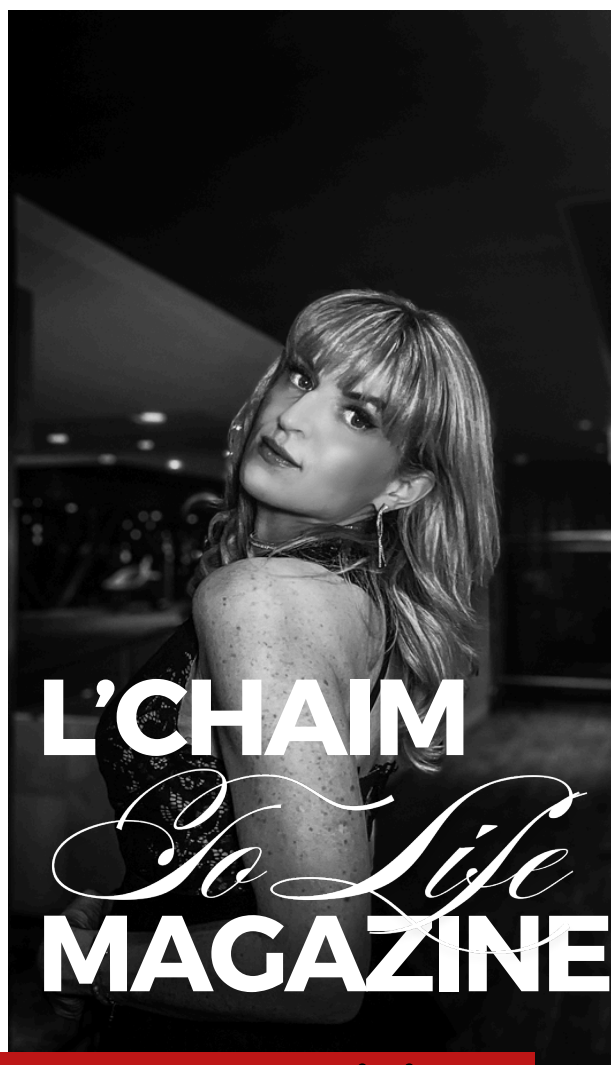


Ina Bochian

Editor-in-Chief |
Creative Director

Editor's Note

This is the first issue of L'Chaim [To Life] Magazine, which is essentially an extension of the online blog, American Chai, initially started to highlight Jewish American artists. This small project expanded to create a more inclusive magazine for Jewish Entrepreneurs of any kind and allies. In other words, you don't have to be Jewish to be featured, but as long as you are an ally to the Jewish people, you have a place here.



In this issue

- **Get to know Editor | Founder Ina Bochian**
- **Illinois Holocaust Museum Humanitarian Awards Dinner Recap**
- **10 facts about Purim**
- **Purim parties recap**

GET TO KNOW EDITOR IN CHIEF & FOUNDER

INA BOCHIAN

Words Sven Bannuscher
Photography Svenler
Styling Madi Ross

Now for those of you interested to learn more, please read on. Just take note that the borders between those different types of photography are fluent and may not be as distinct as I describe them here. Nonetheless, I am sure that this article will help you to easily distinguish between them. First of all let me tell you that Fashion Photography and Commercial are usually summarised in the category of Advertising Photography,

While Editorial Photography tends to be a category of its own. The reason being is that both Commercial and Fashion foremost try to sell a certain product, while Editorial Photography is more concerned with a story. Just take note that the borders between those different types of photography are fluent and may not be as distinct as I describe them here.



THE LAST OF THE INDEPENDENTS

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The Best L'Chaim Jewish Holiday

1.

Biblical Origin

Purim commemorates the events of the Book of Esther, where Queen Esther and her cousin Mordecai save the Jewish people from a plot by Haman to annihilate them.



10 Facts About Purim

Queen Esther's Holiday

2.

Date of Celebration

Purim is celebrated on the 14th day of the Hebrew month of Adar (in leap years, it is celebrated on the 15th).

3.

Megillah Reading

One of the key practices of Purim is the public reading of the **Megillah Esther** (the Scroll of Esther), which recounts the story of Purim. It is typically read twice: once on the evening of Purim and again the following morning.

4.

Mishloach Manot

It is traditional to send gifts of food to friends, known as mishloach manot, to foster friendship and community.



The Best L'Chaim Jewish Holiday

10 Facts About Purim

Queen Esther's Holiday

5. Charity (Matanot La'evyonim)

Giving to those in need is an important aspect of Purim, with the practice of donating money or food to the poor (matanot la'evyonim).

6. Festive Meal (Seuda)

A celebratory festive meal is held, often including wine and rich foods, as part of the day's celebrations.

7.

Costumes and Festivities

One of the key practices of Purim is the public reading of the **Megillah Esther** (the Scroll of Esther), which recounts the story of Purim. It is typically read twice: once on the evening of Purim and again the following morning.

8.

Hamentaschen

A traditional pastry eaten during Purim is **hamentaschen**, which are triangular cookies typically filled with fruit preserves or sweet fillings, symbolizing Haman's three-cornered hat.

9.

Drink and Revelry

Purim is known for its festive atmosphere, including drinking and merriment. It is often said that one should drink "until one cannot distinguish between blessed be Mordecai and cursed be Haman."

10.

Purimspiel

Many communities put on humorous plays or skits called **Purimspiels**, which reenact the Purim story or contain comedic elements related to the holiday, making the celebration lively and entertaining.

