



JUNE 2021

NEWSLETTER



SAVE THE DATES, IF YOU WANT TO HAVE FUN!

Saturday, June 26th

we will have our first outdoor gathering in well over a year!

Other dates to save:

Saturday, July 15th (outdoor gathering)

Friday, August 27th, Jazz Concert at Tavern Bay

More information will come to you soon, so gather your sunscreen and smiles as we get ready to enjoy each other's company on these special dates!



Sid Lewis



*Bob and Bobbi Alberts
Al and Adrienne Schere*

Thank you note from Nathan Hidajat
2021 Essay Scholarship Contest Winner
who received \$500 from MJC

*Thank you for supporting me and
awarding me with the Mountain
Jewish Community Scholarship.*

*I really appreciate it! I will
continue to improve myself and
benefit the community I'm in.*

Nathan Hidajat

Essay is on page 2.

MJC 2021 WINNING ESSAY by Nathan Hidajat

The COVID-19 pandemic has caused many to re-adjust their lives, routines, and habits. What have you learned about your abilities to adapt, and how do you see the pandemic ramifications on the future of mental and physical health, education, and the economy?

With COVID-19, my plan to intern at Loma Linda's School of Medicine vanished, and my dad's small restoration business halted. As my dad worked 18 hours a day to find a single project, I helped him with existing jobs by drying carpets and removing floors. However, I soon realized that others had it worse, and that I could adapt myself to try and aid them.

I learned that there was a drastic increase in mental health issues. This changed my perspective and motivated me to help. So, I decided to adapt and focus my efforts to build a platform that could turn the tables.

I reached out to professional meditation experts, healers, and music composers around the world to develop Horizons. Horizons is a cross-platform community that fights mental illnesses and spreads positivity. I make videos that provide support for followers, share news of positive events, and spread awareness of mental health. On the website I created, people can listen to calming guided meditations or read my blog, which explains the benefits of optimism. Researching how to organically market the platform with limited experience made it one of my most ambitious projects, but I loved the challenge.

To date, I've amassed a diverse community of over 350,000 followers who support one another throughout these strenuous times. Startup apps have asked me to establish paid partnerships to promote their educational platforms. And, I've written an e-book, which helps people look for silver linings in seemingly hopeless situations.

I've learned that if I can focus my efforts to building creative solutions to issues we face, I can not only help others during trying times, but also feel fulfilled and happier. I've also learned that, by exercising my curiosity, learning about things that interest me, and nourishing my mind, I can adapt to help other people. Additionally, due to the pandemic, I believe more attention to mental health issues will be brought to light by people like me who are interested in spreading awareness. In classes, I hope to have more opportunities for students to learn about mental health through assemblies, clubs, and counseling. Finally, I would love to build a virtual psychiatrist as part of Horizons that can give people mental aid wherever they are, whenever they need it. This will hopefully help lower mental health rates and improve many aspects of our society, including the economy, by boosting the number of happy, healthy people.

Some more pandemic funnies.....

**PRETTY WILD
HOW WE USED TO
EAT CAKE AFTER
SOMEONE HAD
BLOWN ON IT...
GOOD TIMES...**

**ME: ALEXA,
REMIND ME TO
GO TO THE GYM.
ALEXA: I HAVE
ADDED GIN TO
YOUR SHOPPING
LIST.**

**I went to visit a
psychic.
I knocked on her
front door and
she yelled...
"Who is it?"
So I left.**