

The Canarsie Courier

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The Importance Of Everyday Dreams

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9. Accept that your dreams will tell you a great deal about your personality. How you would like to be seen by others; what and who you like and don't like; what you expect of yourself and others; what hurts your pride and makes you vulnerable to shame and humiliation; and what you dislike or hate about yourself.

10. In order to remember your dreams, always sleep with a pad and pen on your night table. This way you can write your dream down before you forget it.

Prepared as a public service from the office of psychotherapist Michael Feld, M.S.W., C.S.W. 444-8560.

Three Years Into A New Century



Frances Clarke, a resident of the Rutland Nursing Home at Kingsbrook Jewish Medical Center, recently celebrated her 103rd birthday. Two daughters, two granddaughters and one great-granddaughter came from California for the occasion. Rabbi Solomon Shapiro (background), chief of Chaplains at Kingsbrook, shared the important milestone with the family. Mrs. Clarke was born in 1892.