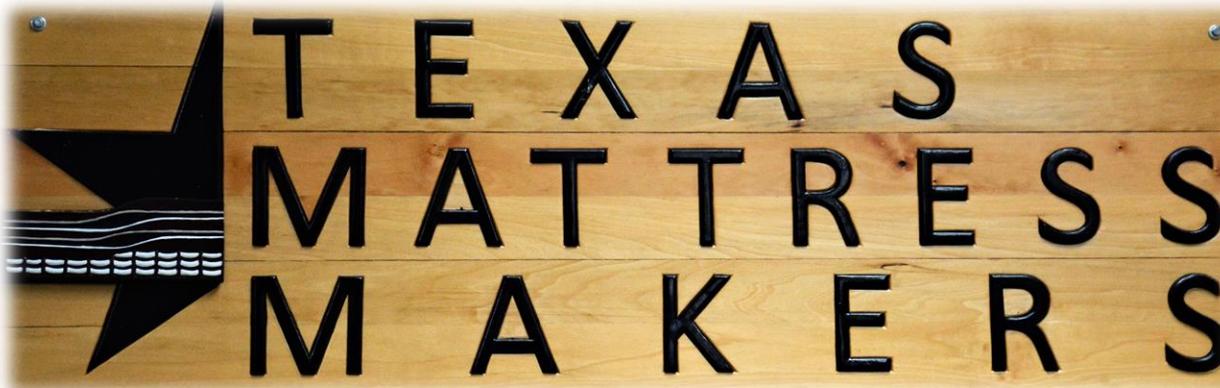


# LEOH Trip

January 23, 2020

## Texas Mattress Makers; Holocaust Museum



***Texas Mattress Makers*** is located in downtown Houston at 4619 Navigation.

Owner Youval Meicler immigrated to the U.S. from Israel at age 21 and began his career as a floor sweeper at a furniture store. In 6 short years, he worked his way up to become company president.

In 1989, he decided to open his own wholesale bedding company.

*Texas Mattress Makers* has been on its current site for 25 years.

All mattresses, including those custom-made, are made by hand, as we soon saw firsthand.

In 2011, he decided to sell his mattresses directly to the public, to allow customers to purchase high quality mattresses at more affordable prices.

Above, our knowledgeable tour guide described the various types of mattress coils available.



Below, left:  
Look at those coils!  
Below right:  
Checking out a coil  
compressing  
machine.



There are many steps involved in making a mattress. Below left, finishing touches are being applied to an assembled mattress. Below, a seamstress works on mattress pieces.



Besides cutting and assembling wooden bed frames, some non-mattress furniture items were also being assembled.





At the end of our tour, back in the mattress showroom, our guide pointed out mattresses with specific features, such as gel vs. foam, to potential LEOH customers, while others just enjoyed trying out the products! If you're interested in a factory-direct, custom mattress, check out their website at [texasmattressmakers.com](http://texasmattressmakers.com).

**Dieters who were well rested lost more fat-56% of their weight loss-than those who were sleep deprived, who lost more muscle mass.**

**\* University of Chicago Study**

**When given eight hours of quality sleep, you are more likely to gain creativity and improved memory**

**Harvard University Study**

**Poor sleep has been linked with high blood pressure, heart attack, stroke, diabetes, and obesity. It also increases your appetite throughout the day.**

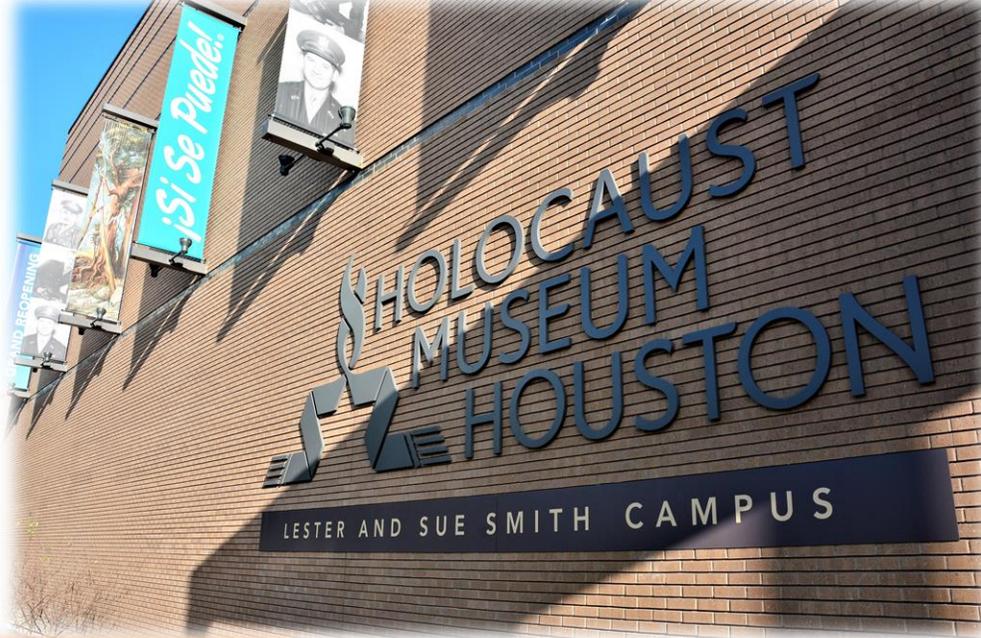
**\* Harvard Medical School Study**

Next up: the **Texas Bar-B-Que House** at 2401 Texas Avenue, near Minute Maid Park. It's been a family-owned business in this location for over 50 years. Their lunch choices ranged from sandwiches to home-style meals, including ribeye. The owner's wife (*center photo*) happily welcomed us. Throughout the day, our bus driver Karena (pictured at bottom) shuttled us about safely, even providing tour commentary between destinations.



The newly renovated **Holocaust Museum Houston, Lester and Sue Smith Campus**, was our last tour stop. Following a short film, the docents led a very informative and moving tour on the first floor of the museum.

To the right: entering the museum, located at 5401 Caroline.



## Witnesses: The Community of Houston Survivors

We honor our survivors who made their home in Houston and surrounding areas. They survived the Holocaust in Nazi concentration and slave labor camps, in ghettos and hiding places. Some lived as non-Jews or fought in partisan groups, while others, due to political events, found themselves displaced and had to endure harsh conditions. Only a few found safety in accepting countries.

While "the Holocaust" refers specifically to the systematic persecution and annihilation of the Jews, we also honor the non-Jews in our community who were victims of Nazi aggression.

Holocaust survivors inspire us with their strength, their courage, and their perseverance. They are proof of the indomitable human spirit.

Photo-taking is prohibited on the first floor of the museum. While on this floor, we walked through a 1942 railcar, like those used to transport victims to concentration camps. We also saw the Danish Rescue Boat. There were many somber photos to view, and stories to read and hear about.

Permanent exhibits include *Bearing Witness; And Still I Write: Young Diarists Gallery; Samuel Beck Gallery; and Human Rights Gallery.*

To the left: a plaque on the second floor serves to describe the mission of the Holocaust Houston Museum.

A theater on the 2nd floor shows the film ***Voices***, consisting of recorded testimonies of Holocaust survivors from Houston.



A beautiful and symbolic butterfly mobile hangs suspended from the top of the 2<sup>nd</sup> floor near a stairwell, flowing down into the 1<sup>st</sup> floor area. *The Butterfly Project* serves to remind us of the approximately 1.5 million children who were Holocaust victims. It started with a poem by Czech poet Pavel Friedmann. The poem was a farewell to the “very last” butterfly at the Terezin Concentration Camp.

In Houston, beginning in 1995, local teachers and Holocaust Museum staff created a curriculum to teach schoolchildren about the Holocaust. Once it was on the internet, it went viral. Boxes of hand-made butterflies from schools around the globe started arriving. A butterfly was even created by astronaut Rex Waldheim on the Space Shuttle Atlantis in 2011, to honor the lost children, as well as Israeli astronaut Ilan Ramon, who perished in 2003 during the tragic breakup of the Space Shuttle Columbia during re-entry.

