



THE THRILL OF THE CHASE

SO your friends are all talking about escape rooms, and you're wondering what in the world they are, and what's the big deal over them. Don't worry, we've got the answers for you right here.

An escape room is a physical adventure game in which players solve a series of puzzles and riddles using clues, hints and strategy to complete the objectives at hand. A successful escape room requires you to find the hidden clues and solve challenging puzzles throughout the room. Essentially, it is a normal-looking room that contains numerous puzzles and

brain teasers. Everywhere you look is a potential clue to get out of the room or a riddle waiting to be solved. But hurry, the clock starts ticking the moment you enter the escape room! You have one hour to solve them all and ultimately escape the room you are in.

Escape rooms benefit your health! No, not like kale or gluten free doughnuts. Escape rooms are good for your brain, your friendships, your work performance and even more!

It's difficult to stay healthy these days and it almost seems too much to ask for something that is fun and good for you. But look no further! Escape rooms are the latest craze, and it is obvious to see why with

all of the health benefits intertwined with simply enjoying yourself.

Escape rooms are meant to be challenging, yet fun and crackable. Each escape room has its own unique mission. Beating an escape room challenge requires teamwork, creativity and patience. Escape rooms are amazing experiences to share with friends and family as you work together to discover clues to get out, crack puzzles and accomplish your ultimate goal. The memories you make will be shared for a long time.

To learn more, we reached out to Mr. Gamliel Beyderman, the brains behind the all-new and exciting “One Before Escape,” which is billed as the first Jewish escape room in America, located on Avenue M in our own good ol’ Brooklyn. Originally a data scientist, Beyderman, who hails from Moldova, worked to create a fun, interactive escape experience that would also be educational. Beyderman’s son actually built his own escape room in the basement of his home after visit-

ing one with his yeshivah! Mr. Beyderman then began working on his own escape room, while using the concept to introduce a uniquely Jewish angle.

Filled with intrigue and mystery, the 60-minute challenge combines thrills and knowledge to introduce the concept of genealogy to youngsters in a fun and challenging way. He believes that if we would recognize our illustrious ancestors, perhaps we would live up to their standards and become better people.

Beyderman realized that this medium can be a powerful educational tool to explain complex ideas through play. Immersed in its all-absorbing mission to escape, the brain hungrily grasps all the hints provided in the room. This is the moment to explain the concepts the brain may otherwise resist! His room brings to life the true story of Dr. Jeffrey Paull who discovered that some of the greatest Jewish sages such as the Shpoler Zaide, Rashi, and ultimately King David are all his ancestors!



- ① The longest escape room in the world is The Paradox Project, a 3-hour immersive experience in an entire house in Athens, Greece.
- ① The average escape room is 60 minutes long with 8-16 puzzles, averaging 30 seconds to 15 minutes to solve each puzzle.
- ① As of 2017, there are 1,850 escape rooms in the United States, 350 in the United Kingdom, and 408 in Canada. In 2015, there were only 450 in the United States.
- ① The first real-life interactive escape room opened in Japan in 2007.
- ① The average cost of an escape room visit is \$28. The cheapest one is in India, at \$4, and the most expensive one is in Dubai, at \$41.

Escape room in Japan



Paintings in the
gallery at One
Before Escape

CHAYA AND CHANI WENT COMBINING TIMELESS WITH TIME LIMIT

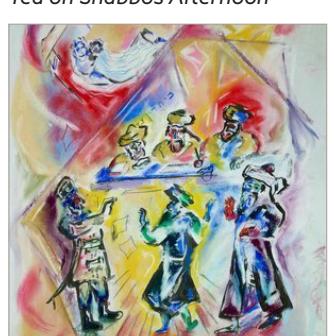
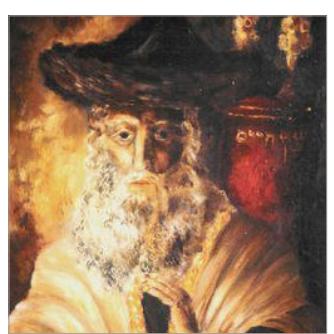
Chani recounts:

At last! The long awaited email arrived, “Launching Softly.” The title alerted me to its exciting contents. One Before Escape, a Jewish escape room in the heart of Brooklyn, had opened. Escape rooms have been spreading rapidly across the globe, growing by the thousands. Now it has finally crossed over into the Jewish sector too.

I had only gone to one escape room before and I really enjoyed it, although we only escaped in time due to the overflowing hints the escape master had generously graced us with. So I had some idea of what I was getting into when I arranged with my friend Chaya to try the Shpola escape room at One Before Escape. The day of the game arrived and I came there first. Mr. Beyderman, founder and owner of One Before, directed me to stroll through the premises to the art gallery. Paintings hung on both sides of the hallway, leading to the party room where I was greeted with paintings surpassing those I had seen before. The paintings were practically jumping out of their frames, each one eagerly telling its story of the tzaddik.

Once Chaya arrived and we were all ready, Mr. Beyderman lead us into the first part of the Shpola Room, and explained to us its story. It is based on the genealogical journey of Dr. Jeffrey Mark Paull. In his quest to discover his family tree, he found an incredibly rich history of ancestors including leading Torah scholars, tzaddikim, and even royalty. One of the noble ancestors he discovered was the Shpoler Zeide. The Shpoler Zeide was an early Chassidic master, renowned for his love of his fellow Jews. He would rush to defend them from bitter enemies, and stand up for them before Heavenly judgment. Mr. Beyderman finished off with telling us what our objectives were in the first room of the game.

Our game began and we got cracking. The 60 minute countdown quietly appeared on a screen high on the wall. My friend and I took in our surroundings: ancient suitcases piled haphazardly one atop the other, a desk resting snug in the far corner, a cupboard stocked with venerable books. These items, as well as others, had been pointed out to us and we rushed to start. We scrambled to make sense of the clues and puzzles, and slowly but surely made some headway. At one point we sat stuck at a loss and begrudgingly asked for a hint. The hint appeared typed out on the screen with



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the countdown timer. Yikes! Less than half of our allotted time was left. We redoubled our efforts and soon enough finished up the last puzzle. The door unlocked with a squeak.

ONWARD!

Unfortunately, this didn't lead to the escape we were anticipating. We were ecstatic though, and sped around trying to figure out what to do next. The second room felt like stepping into another dimension with antique looking items and prominent wooden furniture, combined with puzzles made of modern technology. Though we tried as hard as we could, (and got more hints - shhh!), the time ran out before we could escape. Mr. Beyderman joined us in the room and explained the puzzles we hadn't finished.

The style of the puzzles, although an unusual characteristic to mention, had been brewing in my mind. It really stood out as Mr. Beyderman was filling us in on what had remained unsolved. In the first escape room I had gone to, the puzzles, although mentally stimulating, were not especially creative. They were what you would expect in a mystery, such as fitting books in a bookcase to unlock a door. In the Shpoler Room, the type and style of puzzles were a refreshing splash of creativity that got our minds tingling.

In fact, the entire idea of creating escape rooms around stories of tzaddikim is an exciting new development in authentic Jewish entertainment.

Entertainment that is authentically Jewish, communicating timeless Jewish values and eternal Torah values, is not quite as abundant. In fact, we are lacking recreational activities with Jewish content, apart from the occasional Jewish concert and high school production. An escape room that imparts Jewish stories and virtues is hopefully just the beginning of a new era in Jewish entertainment!

My friend and I walked out of there charged and excited and didn't want to part ways just yet. However, with the dreary weather, chatting on a bench was not too appealing. We were

BRAIN HEALTH

Each puzzle you solve is a little treat for your brain. Puzzles are known to spike the dopamine levels in the brain. This gives us an instant feeling of gratification and is why we see people in escape rooms fighting to be the one who inputs the code or turns the key.

COMMUNICATION PRO

You get to practice your communication skills. You are locked in a room with friends/family for one hour. Odds are you are going to have to speak to each other if you want to stand a chance to get out!

SOLVE AWAY

You help develop better problem-solving skills. Want to be a better swimmer? Surround yourself with water. Want to be a better cook? Surround yourself with chefs. Want to improve your problem-solving skills? Do escape rooms! Escape room puzzles require you to step outside of the box and think in ways you may not have thought in the past.

TEAMWORK IS THE NAME OF THE GAME

Escape rooms get you into a teamwork-oriented mind-set. When everyone in the group is thinking together, you will find it is a far a healthier environment for all members, as opposed to being in a group where everyone is only thinking for themselves.

pumped that One Before Escape is in the heart of a thriving Jewish community, so we had no issue finding a place to pop in for a drink or a bite. We took refuge in the Ice Cream House just a block away, enjoying the hours. It is not very hard to guess that we plan on coming back for their next room! ❤️