



# Temple Israel

## BULLETIN

October, 1991 VOL. 62, NO. 10  
COLUMBUS, OHIO

### Temple President's Rosh Hashana Address

**N**ormally this would be the part of the service where I would make announcements about upcoming events. However, it is more important that we use this time to take a close look at ourselves as a congregation and make our commitments for the new year. We begin a new year today and a new year brings with it new hope and challenges. The challenges we face this coming year are many and difficult but there is also reason for hope.

In my July letter to you I outlined the critical needs of Temple Israel and informed you of temporary measures the Board of Trustees had adopted to meet the economic problems which we, as a congregation, all face.

In that letter I regretfully stated that, based upon current economic conditions, we would no longer be able to financially afford to maintain an assistant Rabbi and Cantor on our professional staff. In that letter I also asked for your help stating *"More than ever we need the involvement and support of each and every congregant."*

I believe that we Jews have historically responded with great strength whenever a major focus of Jewish life, such as a synagogue, is threatened. You as a congregation have begun to respond. Community leaders have come forward and volunteered to help. Many congregants have

voluntarily offered financial help, some of whom have never offered before.. If that commitment can spread throughout the congregation, I am confident that this coming year can be one of the most successful in the history of our congregation.

There are several areas where I believe significant progress can be made during this new year with your increased involvement and support.

Several months ago the Dues Revision Committee was formed. The purpose was to develop an equitable structure to encourage every congregant to support Temple Israel to the best of his or her ability. The Dues Revision Committee has had numerous meetings including three open meetings. The open meetings are designed to give congregants an opportunity to express their views on a new dues structure. The Dues Revision Committee has already made changes to its preliminary proposals based upon input received from concerned congregants. The next open meeting is scheduled for 9:30 a.m. on Sunday, September 15 in the library. I encourage any congregant who wishes to provide input to the Committee to attend this important meeting. A final proposal will be presented to the Board of Trustees for its consideration at the October Board meeting with implementation hopefully planned for January 1, 1992.

As your President I pledge

that, with your acceptance and financial support of our new revised dues structure, Temple Israel will be able to offer you a complete array of Temple services administered by a complete professional staff consisting of a Rabbi, Assistant Rabbi, Cantor, Administrator and Professional Educator. However, time is of the essence and the realization of these goals depends upon the efforts and support of each and every congregant.

It will take more than a financial commitment for us to achieve all of our goals. We need your personal involvement as well. Many of you have expressed the concern that your opinions are not being heard or seriously considered. Several initiatives have been undertaken to respond to these concerns.

The Dues Revision Committee has carefully solicited your views throughout its deliberations. A Long Range Planning Committee has been created which will be welcoming your input to help establish goals for our future. A new membership involvement committee will be formed to develop ways for more congregants to become personally involved in Temple activities. Finally, a committee has been created which will propose changes in the organization and operation of the Board of Trustees so that we can operate more efficiently and be more open to expressed concerns of congregants.

Although we are a congrega-

tion of diverse backgrounds and opinions, we can all agree that Temple Israel, which was founded nearly 150 years ago, must continue to thrive and prosper. I have called upon many of you for your help and expertise and I am happy to report that real progress is being made. I believe that this past year has made us all more aware of the importance of Temple Israel to our lives. A New Year is a time for resolutions. Let us all pledge on this Rosh Hashana to play a greater role in the effort to become positively involved, both financially and spiritually, in Temple Israel's future. We begin a new year today. May it be a good, healthy and happy year for all of us. On behalf of the clergy, the Board of Trustees and their families, I wish you all a L'Shana Tovah.

Fred Summer  
Temple Israel President

### YFTL helping Sisterhood feed the homeless

YFTL will participate in Temple Sisterhood's Feeding the Homeless program on Thursday, October 24. The meal will be prepared at 12:30 p.m. and later that day YFTL will help serve the meal downtown.

# Temple Israel

## RELIGIOUS SERVICES

### B'nai Mitzvah for October, 1991

**October 5**—Kimberly Worly, daughter  
of Milly and Don Worly



**October 12**—Elizabeth Simson, daughter  
of Joyce and Douglas Simson



**October 19th**—Stephanie Solomon,  
daughter of Marilyn and Gary Solomon



**October 26**—Andrea Cohn, daughter of  
Sandi and Bill Cohn



Parents: Pictures for Bar/Bat Mitzvah must be received by the first of each month prior to the month of the Bar/Mat Mitzvah. Put in *Bulletin* mailbox. Wallet size school pictures are recommended.

### Special thanks...

Our bema was beautified this High Holiday season through special flower arrangements created and donated to Temple Israel.

*Rosh Hashana*—Greg Scott, owner of Flower Originals  
*Yom Kippur*—Sherran Blair

...to Evie Adler for organizing and coordinating the children's services during the High Holidays and to all those who voluntarily staffed the classrooms.

...to the Greenbaum's who organized babysitting.

...to Ira Hattenbach and the cadre of ushers.

### Temple Israel Brotherhood invitational golf tournament

This year's tournament will be held Tuesday, October 8th at the New Bent Grass, Turnberry Golf Course, on St. Rt. 256 just south of I-70. Tee Times starting at 12:03 and limited to the first 40 entrants. This year will be a modified scramble with one or two twists to help even the teams. Last year's winning team's total handicap was 92, so anyone can win.

Green Fees are \$20.75

—Carts Optional

Average High Temperature for this date is 68 degrees.

All paid up members are invited and new members are welcome. You may request up to one partner. The remaining of your group will be supplied according to average handicaps. Please submit your handicap or your average score. For once a year players, please use 36 as your handicap. There will be many prizes and the winning team will have their names permanently inscribed on a plaque displayed in the mens' room. This year's tournament will be videotaped.

Reservations to:

Gary Cooper  
360 Clemson  
Gahanna, Ohio 43230  
(471-8294) or

Ron Tannenbaum  
516 Uxbridge  
Gahanna, Ohio 43230  
(855-9020)

Indian Summer is the greatest time of the year to play golf!

### Temple Israel Brotherhood paid up members dinner

Tuesday, October 8th, social hour is 6:30-7:30 p.m. with a special viewing of the day's golf outing. A special cookout will be the format at the Temple.

George Lehner, WTVN radio's witty and entertaining sports personality, will be this year's guest speaker. George's candor, and sometimes unusual insight into the world of sports, should be quite entertaining and informative.

Brotherhood dues are only \$25.00 and this night alone is worth the entire year's dues. Let's throw apathy out the door and make this the greatest event yet!



# Temple Israel

## SPECIAL REPORT

### Show Your Support

During this past year, we have been blessed by the arrival in Israel of over 250,000 Soviet and Ethiopian Jews. This massive exodus represents the fulfillment of our historic dream, that of the "Ingathering of the Exiles."

At the same time, however, this momentous aliyah brings with it enormous economic challenges to Israel. In the very near future, the Israeli government will formally request from the United States a \$10 billion absorption Loan Guarantee package, \$2 billion a year over the next five years. The United States will be asked to simply "co-sign" a loan package which will be repaid exclusively by the Israeli government. It is extremely important that you make your voice heard in support of the absorption Loan Guarantees.

Write or call your representative and senators in Congress. Explain why these loan guarantees are needed and how this will enable Jews fleeing from the Soviet Union and Ethiopia to live in freedom in their homeland. Include in your message:

- Support for a strong and secure Israel is part and parcel of American policy in the Middle East. No other country in the region embraces the democratic values Americans hold dear. In addition, Israel has been the most sustained and dependable ally of the United States in the Middle East.
- The current massive emigration of Soviet Jews is truly one of the United States Government's greatest foreign policy successes. American can now complete this great human rights success by assisting with Soviet-Jewish resettlement in Israel.
- The United States government, in helping Israel invest in itself, is contributing to the economic development of the region. This process is integral to creating long-term peace and stability in the area.

Rep. John R. Kasich  
1133 Longworth  
Washington, D.C. 20515  
(202) 225-5355

or

Rep. Chalmers P. Wylie  
2310 Rayburn  
Washington, D.C. 20515  
(202) 225-2015

Senator John H. Glenn  
503 Hart Senate Bldg.  
Washington, D.C. 20510  
(202) 224-3353  
(202) 224-7983 (fax)

and

Senator Howard Metzenbaum  
140 Russell Bldg.  
Washington, D.C. 20510  
(202) 224-2315  
(202) 224-8906 (fax)

**IF YOU DON'T KNOW WHO IS YOUR REPRESENTATIVE, CALL THE COMMUNITY RELATIONS COUNCIL, 237-7686.**



# Temple Israel

## HIGHLIGHTS

### Tsedaka in action for 5752

Temple Israel is putting Tsdaka in action for the new year. Jewish Family Services approached Temple Israel earlier in the year and asked the congregation to sponsor three Russian families immigrating to Columbus. Without hesitation, we accepted this exciting opportunity. The first one of these families, the Uchitelevas, arrived on Wednesday, August 28th.

The Russian Welcoming Committee immediately took charge to assure that all the family's needs were met. Thanks to the efforts of Alan Katz, Henry Saeman, Barbara Seeder, Tussy Shnider, Shelly Corn and other members of the congregation, the Uchitelevas now have an apartment stocked with all the necessities to start their new life in Columbus, Ohio. We would like to acknowledge the special help of William and Robert Glick of Glick's Furniture, who donated furniture to the family.

The Uchitelevas attended Shabbat services on Friday, August 28th. The family, consisting of grandparents, parents and their 7-year old son, was introduced and recognized from the bema and received an unexpected ovation from the congregants. Communication was difficult because they speak only Russian, but excitement and anticipation clearly showed on their faces. Call the office if you wish to be part of the support group helping this family.

Our responsibility extends to the two other Russian families who will arrive at some future date, depending upon

when they are allowed to leave the Soviet Union. We need people to donate time, funds and household items to meet their basic needs. Please bring all donations of linens, towels, kitchen utensils, cookware and other household goods, to the Temple. A new fund has been established to provide food, clothing and other necessities upon the families' arrivals. Send your contributions to the Temple office marked for the "Resettlement Fund."

Given current world events, this is an exciting and challenging mitzvah for Temple Israel.

### From the rabbi

This week is Shabbat Baraysheet and so we roll the Torah back to the time of the creation of the world. There we find the human attempt to describe the divine event. We discover that God created a single human being. Why? The rabbis tell us *"in order to teach that whoever destroys a single life is as guilty as though they destroy an entire world; and whoever saves one life, is merited as if they save an entire world."*

We are reminded that even a single action can have a tremendous effect upon another person and in turn, possibly upon the world at large. We must never underestimate the power of a supportive word or a responsive smile. One look



of encouragement or a sensitive ear can turn someone around. A single warm embrace can cure most human affliction. One act of kindness can help someone have faith in people once again.

Baraysheet, from the beginning we were created in *"God's image"* with the ability to change our world, our synagogue, others and ourselves. Let us always take advantage of this great opportunity.

Rabbi Steven W. Engel

### Cohn Receives 1991 Humanitarian Award

Temple Israel's Humanitarian Award for 1991 will be given October 11 to Gerald N. Cohn, Executive Vice President of Wexner Heritage Village.

Mr. Cohn will be presented with this high honor at Temple Israel's annual Humanitarian Sabbath at 8 p.m. Friday, October 11. The congregation is invited to the award ceremonies during Sabbath and to the Oneg following services.

Mr. Cohn has been one of the leading professionals in care for the elderly. He most recently spearheaded the further development of the multi-million dollar facility for the elderly on the Wexner Heritage Village campus. Mr. Cohn has taken Heritage House from a relatively small facility in

the 1960's to today's nationally recognized, state-of-the-art facility, providing a wide-continuum of care.

His contributions to the Jewish community have been innumerable. He serves, or has served on many Jewish and non-Jewish organizations in the homes for the elderly field, including the Franklin County Council on Aging, the Governor's Task Force on Nursing Homes, Columbus Area Community Mental Health Center, Alzheimers Disease Association, Columbus Chapter and the Ohio State University Department of Geriatrics and Gerontology.

Mr. Cohn has also served as president of the National Association of Jewish Homes for the Aged and as vice presi-

dent of the American Association of Homes for the Aging.

Temple Israel's Honors Committee is pleased to make this special award to Mr. Cohn. Members of the Honors Committee include Geoffrey Stern, chairman, Les Somogyi, David Madison and Tudy Krupnick.

### Lost

Please return the prayer book with the name "Dr. Sanford Tuckerman" on the cover and the inscription to Barby inside to the Temple office if you happened to pick it up during holiday services

# Temple Israel

## HIGHLIGHTS

### History in the making

Whether you consider yourself a newcomer to middle America, or an old-timer, everyone has a favorite photograph that should be part of the Columbus Jewish Historical Society's Family Portrait Album.

This first-ever remembrance of days gone by will be a highlight of Columbus and central Ohio for many years to come.

Join us in our 10th Anniversary Gala celebration. Find out how you and your family can purchase a page in this elegant, bound volume. Make time to look through old picture albums and storage boxes that are filled with loving memories. Closing date is November 1, so don't delay, especially if you're a snowbird.

Call the Society's Album Ambassador, Jody Altschule, at 236-0871 and arrange for a personal visit.

### Update on dues revision

At the October Board meeting, our Temple will decide on either adopting a new dues structure or staying with the current one. A twenty-five member committee has been working since January 1990 on the subject and a new and exciting idea, fair to all Temple members, has been developed.

The committee will vote October 10th on its final plan. You will have a chance to see and hear about the new plan on October 20th at 9:30 a.m. in the Temple Social Hall. That

will give you time to talk to your friends on the board and let them know how to vote. This committee has operated for all to see, having had four open meetings, all announced in the Temple Bulletin and Friday Night Brochure. **WE NEED YOUR INPUT AND COMMENTS.** See you on the 20th. *Bring your friends!*

Ronald F. Mayer,  
Dues Revision Chairman

### Entertainment '92

Once again, Sisterhood will be selling Entertainment Books. They will be available in the Judaica Shop in October. Proceeds from this project provide transportation to Shabbat Services for many of our senior citizens. For further information, please call Wendy Galan, 861-6305, or Denise Katz, 866-0024.

### Sisterhood Opening Luncheon

#### Note Change of Date

October 22  
11:45 a.m.

Speaker: David Patton  
Assistant Director,  
OSU Center  
for Slavic and East  
European Studies

Observations on current  
events in the Soviet Union.

### Art Auction spectacular Saturday, October 19th

Temple Israel Brotherhood has been fortunate to commission Genesis Galleries of Atlanta for this year's art auction. Genesis has held entertaining and informative art auctions nationally for the past 25 years. Investment pieces by world renowned artists will be offered from \$35 to several thousand dollars. The auction will be held on Saturday, October 19, 7:30 p.m. at the Temple Israel social hall. Patrons can preview the art at 6:30 p.m. Patron tickets are \$25. There will be hourly door prizes and refreshments of wine, fruit and cheese. Tickets will sell for \$2 per person.

### Betty and Herb Schiff honored in Israel

On Monday, October 7, Mayor Teddy Kollek, Chairman of the Jerusalem Foundation, and Ruth Cheshin, President of the Jerusalem Foundation, will dedicate a park on Shai Agnon St. in Jerusalem in honor of Herbert Schiff's 75th birthday. The park will be named the *Betty and Herbert Schiff Garden*.

Mazel Tov to Betty and Herb for this wonderful honor!

### Donations

In an effort to help reduce administrative costs, only donations of \$10 or more will be acknowledged to the DONOR. All donations will still be acknowledged to the recipient.

### Bikur Cholim hospital visits by clergy

Our clergy want to respond to the needs of our congregants who are hospitalized. Though admissions are checked daily, accurate information is not always obtainable from each hospital.

Please have a friend or family member call the Temple office, Monday to Friday, 9:00 a.m. to 4:30 p.m. and we will make a special effort to see you during your hospital stay.

# Temple Israel

## BULLETIN BOARD

### Mazel tov!

...Congratulations to Kathy and Brett Shafran on the birth of a son, Benjamin Beau, born August 17th. Grandparents are Robert and Bev Shafran.

...to Terry and Joel Britzman, on the August 11 birth of a daughter, Molly Rebecca.

...to Kim and Farrel Golden, and grandmother, Polly Cal-lif, on the birth of Eva Blair Golden, born July 15.

...Claire Ann Rosenwasser, was welcomed into the world by proud parents, Betsy and Alan Rosenwasser on August 21, and grandparents, Ellen Jane and Dick Neustadt. Great grandmother is Ethel Neu-stadt.

#### TEMPLE ISRAEL

5419 E. Broad St.,  
Columbus, Ohio 43213-1499

(614)866-0010, Fax: (614)866-9046

RABBI.....BRADLEY N. BLEEFELD  
ASSOCIATE RABBI.....STEVEN W. ENGEL  
CANTOR.....VICKI L. AXE  
RABBI EMERITUS.....JEROME POLKMAN  
TEMPLE PRESIDENT.....Fred Summer  
VICE PRESIDENT.....Henry Epstein  
VICE PRESIDENT.....Robert Garek  
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ASST. TREASURER.....Mary Warren  
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FOUNDATION PRESIDENT.....Robert Shamansky  
SISTERHOOD PRESIDENT.....Tussy Shnider  
BROTHERHOOD PRES.....Dr. Michael Kravitz  
YOUNG ADULTS CONGREGATION  
PRESIDENT.....Bonnie Rubenstein  
YOUTH GROUP PRESIDENT.....Alan Galan  
BULLETIN EDITOR.....Neal Oxman  
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James Bremer  
Sidney I. Blatt  
Norman Folpe  
William L. Glick

Charles Y. Lazarus  
Ernest Stern  
Seyman L. Stern  
Joseph Summer  
Raymond Wells

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### October calendar of events

October 1—Dues Revision Committee Mtg. 8:00 p.m., Library  
October 2—B'nai Mitzvah Parents Mtg. 7:30 p.m., Library  
October 6—YFTL Board Mtg. 12:00 noon, Youth Lounge  
October 7—Sisterhood Board Mtg. 12:30 p.m., Library  
Confirmation Parents and Students Meeting 7:30 p.m., Library  
October 8—Brotherhood Board Mtg. 6:30 p.m., Library  
YAC Board Meeting 7:00 p.m., Conference Rm.  
October 10—Dues Revision Committee Mtg. 8:00 p.m., Library  
October 11—Humanitarian Sabbath 8:00 p.m., Sanctuary  
October 13—YAC Program 5:00 p.m., Library  
October 14—Exec. Committee Mtg. 7:30 p.m., Library  
October 15—Dues Revision Committee Mtg. 7:30 p.m., Library  
October 16—Sisterhood New Member Dessert Away  
October 18—YFTL Service 8:00 p.m., Chapel  
October 19—Meal & Spiel 9:00 a.m., Library  
Brotherhood Art Auction 5:30 p.m., Social Hall  
October 20—Dues Revision Report to Congregation 9:30 a.m., Social Hall  
October 22—Sisterhood Luncheon 11:45 a.m., Social Hall  
October 24—Sisterhood Feed the Homeless 12:00 noon, Kitchen  
October 25—YAC Dinner and Service :7:00, Library  
October 29—Board of Trustees Mtg. 7:30 p.m., Library

### In Memoriam

We record with deep sorrow the passing of:

**Samuel Alpert**  
Son of  
Andrea and Arnold Alpert

**James Fleisch**  
Son of Lotte Fleisch  
Brother of Sue Mayer  
Son-In-Law of  
Ray and Gloria Wells

**Shirley Gertner**  
Wife of Irving Gertner  
Mother of Marc Half

**Dr. Isadore Ruben Goldberg**  
Father of Sandy Gurvis

**Evelyn Hiller**  
Aunt of Sandy Rossio

**Harry Sheldon**  
Brother of  
Ralph Shapiro

**Samuel Wolinetz**  
Father of Barry Wolinetz

Only relatives of Temple Israel members are listed in  
*In Memoriam.*

### Temple Israel Directory

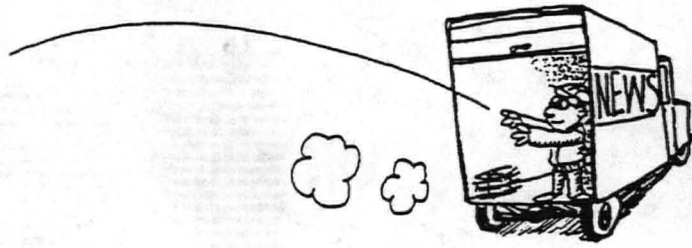
If you plan to advertise or be a donor in the Temple Directory:

YOU MUST contact:  
Irene Levine at 252-9119  
or Ron Mayer at  
847-1666 no later than  
October 15, 1991

### ENTERED SECOND CLASS COLUMBUS, OHIO

HUC-JIR Library  
3101 Clifton Avenue  
Cincinnati OH 45220





#### TEMPLE ISRAEL BROTHERHOOD PAID UP MEMBER DINNER

TUESDAY OCTOBER 8TH AT THE TEMPLE WITH A SOCIAL HOUR FROM 6:30 TO 7:30 P.M. THERE WILL BE A SPECIAL VIEWING OF THE DAYS GOLF OUTING DURING THE SOCIAL HOUR. WE WILL HAVE A COOKOUT THIS YEAR AND OUR SPEAKER WILL BE GEORGE LEHNER WTVN RADIO'S WITTY AND ENTERTAINING SPORTS PERSONALITY. GEORGE'S CANDOR, HUMOR AND UNUSUAL INSIGHT INTO THE WORLD OF SPORTS SHOULD BE QUITE ENJOYABLE AND INFORMATIVE.

BROTHERHOOD DUES ARE ONLY \$25.00 AND THIS NIGHT ALONE WILL BE WORTH THE COST OF THE ENTIRE YEARS DUES. LETS THROW APATHY OUT THE DOOR AND MAKE THIS THE GREATEST EVENT YET. PLEASE RSVP BY CALLING GARY COOPER (471-8294) OR RON TANNENBAUM (855-9020).

#### TEMPLE ISRAEL BROTHERHOOD INVITATIONAL GOLF TOURNAMENT

THIS YEARS TOURNAMENT WILL BE HELD TUESDAY OCTOBER 8TH AT THE NEW BENT GRASS, TURNBERRY GOLF COURSE ON STATE ROUTE 256 JUST SOUTH OF INTERSTATE 70. TEE TIMES WILL START AT 12:03 AND WILL BE LIMITED TO THE FIRST 40 ENTRANTS. THIS YEAR WILL BE A MODIFIED SCRAMBLE WITH 1 OR 2 TWISTS TO HELP EVEN OUT THE TEAMS. LAST YEARS TEAMS TOTAL HANDICAP WAS 92, SO ANYONE CAN WIN. YOUR INDIVIDUAL HANDICAP CAN BE AS HIGH AS 36 (ONCE A YEAR PLAYERS).

GREEN FEES ARE \$20.75 (CARTS OPTIONAL)      AVERAGE HIGH TEMPS  
FOR OCT.8TH IS 68

ALL PAID UP MEMBERS ARE INVITED AND NEW MEMBERS ARE WELCOME. THERE WILL BE PRIZES GALORE AND THE TOURNAMENT WILL BE VIDEOTAPED.

#### RESERVATIONS

GARY COOPER    471-8294  
360 CLEMSON  
GAHANNA, OHIO 43230

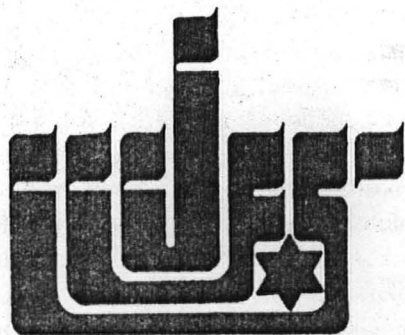
RON TANNENBAUM    855-9020  
516 UXBRIDGE  
GAHANNA, OHIO 43230

## ***JFS Clinical Staff***

**Marvin Kuperstein, MSW, LISW**  
*Executive Director*

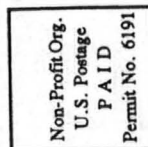
**Jon Buchler, MSW, LISW**  
*Director of Clinical Services*

*Cathy Barnett, MSW, LISW - Clinician*  
*Sally Freeland, MSW, LISW - Clinician*  
*Jerry Lazerwitz, MSW, LISW - Clinician*  
*Richard Baumgartner, MD,*  
*Consulting Psychiatrist*



***JEWISH FAMILY SERVICES***  
**2831 EAST MAIN STREET**  
**COLUMBUS, OHIO 43209**

**(614) 231-1890**



**JEWISH FAMILY SERVICES**  
2831 East Main Street  
Columbus, OH 43209



## ***Jewish Family Services***

### ***Here To Help***

Barry K. and his family lived through a common situation in today's modern society, ***depression***. Ordinarily, Barry was a playful, energetic, 48-year-old man. His wife and daughter often heard him singing in the shower, and he usually gave his wife an affectionate, even teasing kiss in the morning. But for some time, Barry has been having trouble rousing himself from sleep. Awaking each morning in a lethargic state, he would go about his early morning routine in a dull and listless manner.



A second cup of coffee on the way to work did little to clear the cobwebs in his brain. And listening to his favorite jazz tapes in the car more often than not annoyed him.





A successful tax attorney, Barry's clients included many Jewish businessmen and women and several good-sized corporations. But Barry was worried that the recession was eroding his income and business was falling off.

He knew he should be "out there" seeing his clients, but his energy level just wasn't there. Instead of making phone calls and setting up appointments, Barry would daydream at his desk, lost in vague, digressive thought. At times Barry even questioned why he was doing the work he did.

The K's earned a good living and the family was thought of as "comfortably well off." Although married a year after they graduated from OSU, Barry's wife Janice didn't start working part-time for an advertising company until seven years ago. As their children grew and her talents were recognized by the company, Janice assumed more responsibilities with the firm and started working full-time.

Yet expenses were eating up their income at an alarming rate. Tuition for Steve, their college-senior son, was expensive and he was planning on law school next year. A second mortgage taken out for a beautiful addition on their home and money sent each month to Barry's parents were taking their toll. Shari's college expenses were just around the corner, as their daughter was graduating from high school this year.

Barry kept telling himself not to worry. He was capable. He'd snap out of it. He'd weathered storms before. Janice watched Barry's sullen demeanor and was concerned for his well being. She tried to talk to Barry, but he told her not to worry - things were under control.

But things weren't under control. Barry's mood worsened. He had no appetite and slept poorly. Saturday nights, when they usually went out with other couples, Barry found excuses to stay home. He just wanted to watch ESPN alone, in silence. And when that became irritating, he'd go for late night walks. More and more, Barry was ill at ease and couldn't regain his equilibrium.



One morning it came to a head. While driving Barry started to tremble so, he pulled the car to the side of the road. As the trembling increased, his hands gripped the steering wheel so tightly that his knuckles turned white. Barry started to cry uncontrollably for what seemed a long time, until he was able to calm himself. He called Janice from the car phone and she met him. They finally talked. At her urging, Barry called their rabbi, who came over and talked with them. Recognizing Barry's distress, the rabbi urged him to call **Jewish Family Services**. Barry called immediately and began to find his way back.

Through individual and family sessions, Barry was becoming his old self again. The JFS therapist helped Barry develop new life strategies based on a different view of himself, his work and his marriage. Janice knew Barry was happier and things were coming around when Saturday night they went dancing.

Barry's symptoms are typical of a major depressive episode which can rapidly overwhelm a person. Or the process can be gradual.

Depression can affect anyone regardless of age, sex, education or income. It frequently has a biochemical basis, but can be brought on by the death of a loved one or by a stage of life crisis. By its very nature, depression is hard to resolve because it cripples the coping skills needed to fight it. One thing is certain, without professional help, depression can be hard to overcome.

If the situation and symptoms seem all-too-familiar, there's no need to suffer alone. **Jewish Family Services** is here to help. Their highly trained clinicians treat depression and understand how it can affect you and your family. They care about your well being. Be assured their skills and talents, provided with absolute confidentiality and anonymity, will help you find answers to life's all-too-common problems.



*You and Your Guests are Cordially  
Invited to Attend An*  
**ART EXHIBITION AND AUCTION**  
*presented by*

**TEMPLE ISRAEL BROTHERHOOD**

**Saturday, October 19, 1991**

*to be held at*

**TEMPLE ISRAEL SOCIAL HALL**

*5419 East Broad Street*

*Columbus, Ohio*

**Preview: 6:30 P.M. Auction: 7:30 P.M.**

*Donation \$2.00 per person*

*Complimentary Wine and Cheese*

**HOURLY DOOR PRIZES**

**Patron Tickets \$25.00 Per Couple**

**Special Prize Color Television to be Ruffled**

**STAND UP SALE**

**Sunday, October 20, 1991**

**11:30 A.M. to 1:30 P.M.**

*Whether you are a collector or just looking,  
this exhibition will be worth seeing.*

*Come early, browse and select  
the art of your choice.*

**Genesis Extended Payment Plan will be available  
on purchases of \$500.00 or more. \* No Interest \*  
Visa \* Master Card \* Discover \* American Express**

**Checks to be made payable to:**

**TEMPLE ISRAEL**

**All Art Unconditionally Guaranteed**

**By: GENESIS GALLERIES**