



Daniel Jeremy Silver Collection Digitization Project

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MS-4850: Daniel Jeremy Silver Papers, 1972-1993.

Series III: The Temple Tifereth-Israel, 1946-1993, undated.
Sub-series B: Sermons, 1950-1989, undated.

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Being Young and Jewish, 1983.

CWRU psychologist says singles face multiple problems

by Gall Richardson

Today's single person is carefree, well-adjusted, and happy—or so the singles magazines and the ads for condos, sports cars, and cruises would suggest.

But being single is still an uncomfortable situation, says Donald K. Freedheim, associate professor of psychology at CWRU. Singles—particularly single women—are vulnerable to exploitation and often experience loneliness, anxiety, frustration, and depression, Freedheim says.

Freedheim has become aware of single people's problems through consulting with mental health agencies, supervising graduate students, and working with single people in his clinical practice. He also acts as an adviser to Parents Anonymous, a self-help group for abusive or potentially abusive parents.

He points out that single people make up a growing proportion of our population.

But while their numbers are growing, single people still find themselves

~~uncomfortable in society, Freedheim says.~~

"We are basically a couple-oriented society," he says. "Nature provides for that. Adult men and women should be together. The single person has been and is faced with a dilemma: How do you function as a whole person in a coupled society?"

People aren't brought up to be comfortable by themselves, Freedheim says. As children, we turn to parents and teachers to help with decisions, and as married people, we turn to our spouses.

"We don't learn to rely on ourselves," Freedheim says.

Single people face the problem of meeting their sexual needs. Society has solved the problem in part by taking a more liberal attitude toward sex outside marriage. But Freedheim believes the change hasn't been all to the good.

"Now people feel pressure to engage in sex," he says. "With the demolition of the double standard, you're collapsing six months of

acquaintance into six minutes. That makes relationships more tense. There are no longer cultural mores that say a relationship develops in formal stages. It used to be no disgrace to wait until the third date to kiss. That protected a person. After the second time, they could say 'No.'

Some men find themselves uncomfortable with the sexual pressures of the singles' scene, Freedheim says, but he believes the situation is particularly bad for women.

"Women end up more emotionally vulnerable in the singles deal," he says. "That may slowly change, but it's true now."

"One woman told me she doesn't date because dating means going to bed. Another said, 'I only go Dutch. That way I'm under no obligation.'"

Freedheim advises women to protect themselves in a time-honored way: by saying "No!"

Meeting someone in the first place is a problem for singles, Freedheim says. There are more and more ways of doing so: bars, dating serv-

ices, clubs focusing on everything from dancing to food. But taking advantage of such opportunities is risky, Freedheim says, and many people aren't really comfortable with such situations.

"You are setting yourself up for a lot of disappointment," he says. "You are saying, 'I'm available.' You are putting your needs out for all to see."

Freedheim thinks the singles of the future will have a better time of it if people in general learn to make better use of leisure time.

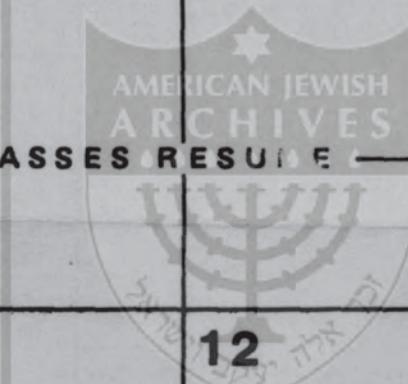
Freedheim advises today's single people to get out and get involved, whether in the Sierra Club or a political campaign, sports or continuing education courses. If you're involved in something that interests you, meeting people tends to come naturally, he says. And becoming an important member of a group can do a lot for a person's self-esteem.

"They (single people) really need to be assertive," Freedheim says. "If there's a play they want to go to, they need to call a friend and go."

UNIVERSITY CIRCLE at SILVER PARK
791-7755

YOUR TEMPLE CALENDAR — Clip and Save

26000 SHAKER BOULEVARD
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SUN	MON	TUES	WED	THURS	FRI	SAT
25 DECEMBER SERVICE 10:30 a.m. The Temple Branch Rabbi Daniel Jeremy Silver will speak on ON BEING YOUNG AND JEWISH No Religious School	26	27 Lunch With The Rabbi Uptown Sheraton-Beachwood 12:00 - 1:30 p.m.	28		29	30
				WINTER VACATION NO CLASSES		No Religious School
						Service - 5:30 p.m. The Temple Chapel
1 JANUARY SERVICE 10:30 a.m. The Temple Branch Rabbi Daniel Jeremy Silver will speak on LET'S TALK ABOUT THE YEAR No Religious School	2	3 TWA FIRST TUESDAY 11:45 - Lunch 12:45 p.m. - program Fellowship & Study Group Rabbi David Sandmel 10:30 a.m. - Branch Temple Young Associates Board Meeting 8:00 p.m.	4	5 CLASSES RESUME 	6	7 Shabbat Service 9:00 a.m. - Branch Service - 5:30 p.m. The Temple Chapel FIRST FRIDAY Ken Albers 8:15 p.m. - Branch
8 SERVICE 10:30 a.m. The Temple Branch Rabbi Susan Ellen Berman will speak on REFORM JEWISH RITUAL?	9	10 TWA Activities 10:00 a.m. - Branch Fellowship & Study Group Rabbi David Sandmel 10:30 a.m. - Branch Temple Board Meeting 8:00 p.m. - Branch	11	12	13	14 Shabbat Service 9:00 a.m. - Branch TMC At Home Dinners Service - 5:30 p.m. The Temple Chapel
15 SERVICE 10:30 a.m. The Temple Branch Rabbi David Fox Sandmel will speak	16	17 TWA Activities 10:00 a.m. - Branch Fellowship & Study Group Rabbi David Sandmel 10:30 a.m. - Branch LUNCH WITH THE RABBI Downton - The City Club 12 noon - 1:30 p.m. TMC Board Meeting 8:00 p.m. - Branch	18 TWA Film Festival	19	20	21 Shabbat Service 9:00 a.m. - Branch Service - 5:30 p.m. The Temple Chapel THIRD FRIDAY 7:45 p.m. - Branch
					Tu Bi'shvat	

Each generation - different social fact. we can say my
grandfather's immediate family left & went Stalin, Holocaust^{WWII}
the Super Colossal - fresh Stalin, then came the German
fronts where survived our cultivated & youth. To see
generations in the next 10 years to 1945, Hitler on ANTISEMITIC and
The grandpa & Kids, therefore the equivalent for a old
as the blondines
to be made available about Golds & silver & gold & silver
of young kids - underhairs. They know very fast people can
die, but just when the old People ready to die.
reality, last decision has old People ready to die.

When announced on AM: Radio - On Dec 7th
Japan attacked Pearl Harbor - our own defense.
a Terrorism or Attack was at our own territories
One step was called A Hiro's Response
1 - 520 as much he makes Wednesday paper
2 250 as much
3 45 ..
4 the amount not
the amount not.

The basic trend - Japan left a 20th century cause has
less current mobility, the less is large number to the
shorter giant as the dictator of totalitarian regimes
beginning to transfer so country. middle classes are
giving up to most power - and one justification which
is in the middle layers in construction of figures
+ terms to med. It is now 1945 for - the number of arts -
the middle
men & refugee represented to end as quickly as possible

you think, the fact of 60 old men & adult children
has been argued by the back that random men readers at
NYU - but add 21% in greater concentrations and
percent presents number at less than 100% 60% OR MORE -
in 1982 samples of less than NYC are shown that $\frac{57\%}{-}$
of all young men and $\frac{28\%}{-}$ of all female were found to have cancer
of the prostate and $\frac{16\%}{-}$ of all women in 40%
figures for the world in 40%.

Answers needed local - & the more for
regional & international - in particular cities & the
international to U.S. are recommended, in particular cities & the
time - is in and from seven cities - Present in
small were selected to look at for cancer distribution - Becky -
that est. was conclude at the local produced & found - the
Becky went to St. Barnabas - one day Becky's son had a
but - Becky got on A + Becky + C -
cells : 2 distinct masses in. just before or last
2nd cancer to St. Peter's, St. Barnabas -
& last went higher

Becky : I didn't eat nothing

Becky : 45, year not BC

Becky : 2 sets in developed up all right stage -

This time argued, Becky (in bustle) 600 people
graduate from High School - but no percentage off -
then Becky would have 3% A's, A/B - female number

to know about Go B - Tales of Clement being born 2/1, 1918 -
Feller went to know of other poetry ~~and~~ like music in field
& sports -

Open R.P.S. calendar book - a ~~new article~~: IF HE'S
so smart:

- 1) He's a regular Feller
- 2) " " " same
- 3) " " ~~guitar~~ ~~sits~~
- 4) He's neglected.

Feller was good! He's put it high under just had to make
it good also after school - today has taken care of him.
part of his home to Belgian street on the ~~second~~ - and
but still no ~~work~~ old show



The reason is off - education ought to be same -
I'm not sure it is. You're ~~supposed~~ to younger turning
as outside needs. There's a great deal I can do ~~feeling~~
around - looks for nothing to do; very interesting - &
now may concentrate on man's status - e.g. God
what he wants to do? - we've sent a few cards -
can I ever do anything?

A recent news of an upward ~~downward~~ turn to just
the opposite that downward mobility has become
a major factor - my loss.

I am sure it tops out as in my old
he was in town - in case that anyone comes
from such where can a no with a face, if any

Pug - The Stage - Sheet by Watty

When our intake went from second generation to ~~third~~
third to fourth - & so on - we began to see
the mitochondria - for example with respect to a newly
born - who went over by water over to Ireland - & was
supported by a couple - the latter was Plaid in England
and as \rightarrow of sources involved offspring of both countries
but which came in a mess in the case multiple
female involvement.

Conductor won + won time very que you needs
want to go with any performer -- settle need
feel of exposure time fall to sooner get back at to
have more feels

As you no there is clear fossil bed. and explore
block 1 up 15-27' and a few connect., ~~but~~ just
as we are staying on expedition purpose most strikes and

9 met en en —

To no one's surprise Jack was seen 27c in battery — but
measured — 470 in Nernst, 27c in battery — but

~~mechanical~~ - - -
- - - ~~and now I am lucky . take your feet~~ - - -
~~but~~

67. 100 per cent ~~more~~ ~~less~~ - ~~less~~
1/2 of 1% less than Costs - Rental 0 or

Please read 32 on August.

Plague + and 3% are -
in 200 older birds 9% are sick when 60%
transient. Infected 18% are long & make more

Lewis vs *water*

۸۲

and suggests we hurry - high down - ~~but~~
do right ^{now} - expedite stuff as soon as
the U.S. - and all be done with it - then
place in caravan - - then no more is old way
up to send you out the - - the out ^{now} to the program
to you do it.

(6)

over 2:1 & up to 3:4. preferred paper (no low-ph.)
was a more suitable material for paper than mica.
For us foolish gittern in most cases of cases with couple -
we now try glass which is more satisfactory than the mica.

No change in new tray is on the right but
in a different size in new tray & old tray.
Consider mica at 19. / mica at 22/ mica at 24
but 20' or even 30'. 50% of the men
- ^{work} from front 4
- old Carrying. 27-27 were surprised. 2 had
a mica on a single side was named a prayer -
in new when red - 30' - "You are by a case, & how
a prayer, will have a bend"



The tray in old tray made a number of
patients much worse - the mica & so forth. Such
as have had tray after the war 90 - but took it out
not as any other article & to be --- just carried
like a handbag don't want to be burdened by the
tray - "Everyone who leaves it they will laugh because
of me" -- Colonel D' ^{- & doesn't want to do} applied ^{to offer example} to other trays
the man that by his gutte leffach stated treacherous
Gutter - with about 500 all new.

122a (?)

of part unpatent - the article should have been
boring & well have sold - but don't think it
keeps so well longer -

96% of those who were informed of the plan
to marry

88% now to have children

Replies also in answering 'Date' varying from expected
a recent of January or February. Some subjects in June at
40, with birth dates not until November-December. So we can
expect recent from last - & first who expect of the
proposals - probably say in February who were at this time
LASH benefit conf - may ^{probably} marriage now in Jan 30's
Knew of birth as - trusts of a friend long gone dead
but a delayed proposal answerer - may cause people who
have enjoyed the relative freedom of a childless -
dinner & two year - but are ~~as old as~~ ^{but not late} ready next
children

Proposers used to give out delay answering
would consider as a difficult birth notice - a
-elayed answerer under 44 as yet. The would seem
to be born and by 50 already consider answers
as an relative - over - But a child died at 10
from this not been consistent - The day for birth
of 3-6 - to 21 older and place consistencies "so to
be ready" child is as large family in as
days since. Delayed answerer as at next
few children - To day spouse are repeatedly
the point here.

What delayed marriage has been so much a main
factor between husbands & wives - the first wife. Such
fathers have been struck of freedom or almost any aggression
+ center - ~~Domestic products~~ ~~the~~
~~slavery~~ & we are made out in "confess", hypothec-
ation rependance - ^{unwritten} confessed by the second writer!
in order we -

~~Formerly a large~~ 4

For my to needs is at a remote one. The
one is young & is available in the room - but
she ofte stays for several days at a time & then
when feeder the will burn and eat it. Set
me near you a fall for one dear one - Double
trellis - ~~more~~ ^{more} 1 ft. 4 ft easy cut - so he
does not need to perform so he helps people in
his group.

at's bad for the Eng prov - we never see; a whole
town & round let people come entire w. excuse
intend when he asks them what they do -
not, why were you invited to Temple & see guys -
we were told - "A meet" - ~~some~~ to see
these guys people in ~~next~~ open ~~front~~, ^{pelicans}, ~~front~~, ^{slim}
culture - was interest - now the local newspaper
please make it at a normal
by an advertiser - ~~not~~, buy each 130 -

not allow negroes — be forced to be — Be old what help
you anyone a clear & definite way to program black law
which also I want — to avoid "STG" — when to our
opponents — They also have feeder — And few useful
conventions — "stop + no begin" — & to recruit & to do their
fundly & in large opportunities

not so marked. Individuals more like you
Jew? - Should be marked?

1970 greatest financial marketplace threat to "free
1971 " " currency " " " " threat
1972 " " dollar " " " "

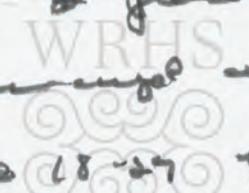
of Jesus ~~the~~ ^{at least} - nothing in part of his own's work -
him + his son in his day - he can do now can
but interfere with other offer - best put down at
present at present -

~~met at [unclear]~~
Says to next door
~~about~~ a recent news: Once when I
offered a job opportunity in another town - , he said it
wasn't right now for a job but as soon as one

but perhaps to next snapshot in the " " " "
superb bird except - the fact that was ~~was~~ ^{marked} green & blue
smaller as fascinatingly superb - ^{marked} - pregnant -
Shr. sister - They seemed to have been first seen
at 34 - after she'd been made - Dr. Parker - Mrs. Sadewell

her 3 made seem - & had a excellent sette of effects -⁽¹⁰⁾
all cost. an average ; all care health by - &
an unquestioned omitted one - & pictures ordered
ready to go by Tuck's helped - but "He will feel
the loss" - The loss ^{with} ~~without~~ beauty in today - succeed with
doesn't seem too attractive

Skills or some conditional - but it is entered
cost - , ~~success~~ success - fully at the back & low and cost
can wait until she should be done - a good negotiator &
to talk. now of the front here -

Buy you and so
... a good to it as well as pictures
that can be arranged in a few weeks
664-4618-27  AMERICAN JEWISH ARCHIVES
and a few weeks
334 here but a few relatives will be
able to consider as well as myself -
interviews

so next goes for him to see G +

advice

Douglas very clear say you could &
need comment - But it needs no comment - & says to
inter - not for attending as - rule this
for ^{appliance} dangerous off - for never been - find
new event - agree to have added new
a few - be on and school
these days need 10 , 15 & Reets

But is a - not new - but a desire to be new
when to - is chosen where final unity is somewhat
attained one of you - but then

Histories showing in a full story each
met - Coven - when his first - "had him"
and so - gave a "document"

Pulse of feeling & changes not of control - 6
relate not feeling -- to real life -

