



Daniel Jeremy Silver Collection Digitization Project

Featuring collections from the Western Reserve Historical Society and
The Jacob Rader Marcus Center of the American Jewish Archives

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

Series III: The Temple Tifereth-Israel, 1946-1993, undated.

Sub-series B: Sermons, 1950-1989, undated.

Reel
62

Box
20

Folder
1263

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. "Human 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, too, 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."

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	26	27 Lunch With The Rabbi Uptown Sheraton-Beachwood 12:00 - 1:30 p.m.	28	29	30	31 No Religious School
No Religious School			WINTER VACATION NO CLASSES		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	2	3 TWA FIRST TUESDAY 11:45 - Lunch 12:45 p.m. - program Fellowship & Study Group Rabbi David Sandmel 10:30 a.m. - Branch	4	5	6	7 Shabbat Service 9:00 a.m. - Branch
No Religious School		Temple Young Associates Board Meeting 8:00 p.m.	AMERICAN JEWISH ARCHIVES CLASSES RESUME		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	11	12	13	14 Shabbat Service 9:00 a.m. - Branch TMC At Home Dinners
		Temple Board Meeting 8:00 p.m. - Branch			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
				Tu Bi'shvat	Service - 5:30 p.m. The Temple Chapel THIRD FRIDAY 7:45 p.m. - Branch	

to know about the B - Tidy of Queen's long from 24's & 15 -
Field work to know of other people's ^{and} ~~their~~ line needs to find
a sports -

Open R.P.S. earlier had - a new ~~style~~ : IF HE?

So I want:

- 1) He's a regular English
- 2) " " " game
- 3) " " gifted child
- 4) He's misguided.

Field work to go! He's got it right under finger to work
in the ground after a level - Tidy has held back of his
power, so he has to go to Thelgar I feel on the weekend - and
but stop the work to by there



The message is off - Bellevue ought to be done -
I'm not sure it is . You can understand the younger people
as intense needs . One's great deal of children flourish
around - looking for something to do with very intensity - to
reach very concentrated on one's studies - to go to the
what he is meant to do ? - one is left to figure what to
can I ever do any day at ?

A recent study of an young person with the first
time suggested that downward mobility has become
a major factor - in the area .

There were it trips and they are not just
the line in fact - in the area that they're clear
that such work can be done in the area if any

6

1251

for your sake it.

The image shows two pages of a handwritten letter. The left page is on WRHS (Western Rhode Island Hospital School) paper, featuring a large, faint, stylized 'WRHS' logo. The right page is on American Jewish Archives paper, featuring a menorah logo and the text 'AMERICAN JEWISH ARCHIVES' at the top. The handwriting is in cursive and appears to be from the mid-20th century. The text on the left page includes 'acted to be' and 'I was not to be'. The text on the right page includes 'had been' and 'to be'.

7

more 2:1 & 3 + 4 1/2. referenced paper (man - Law - Phil.)
 was a more subtle one - 2 1/2 pages MK / MFA / MSW.
 For the possible future in next home of case - initial couple -
 the name py case sub be more substituted due to renewal,

His emphasis in case Trinity is on the right path
 in a disordered day in renewal & child renewal.
 transcribed manual of 19. / manual of 22 / Double & in
 late 20's in early 30's. 507.7 to me, 357. of the same
 in case renewal renewal. 27-27 same renewal. 2 case
 a matter of a single word has been renewed for a few years - 8
 in new - in mid - 30's - "You know by the case, & case
 6 renewal, will have a renewal

The case in child renewal renewal a number of
 potential renewal renewal - for the renewal & case renewal. renewal
 may have had renewal renewal renewal - but renewal renewal
 not renewal renewal renewal & to be -- a fact that the
 Rules a renewal renewal renewal renewal renewal of the
renewal - "Everyone who hears of the will laugh because
 of no -- renewal renewal renewal renewal renewal
 do even renewal renewal renewal renewal renewal
renewal - renewal renewal renewal renewal renewal.

of front are put in - let station then test ^{double} ~~long~~ ~~under~~
knowing & small time double - not and not under the
has no will large -

96% of land is now intended to be pay
to many

85% has to be double

Public delg in managing & other man has expected
a renewal of business & operations. Small business is down at
40, with little change in what is intended, so are we
a small record for land - & small under control of the
property - is to say : EVERYONE who has of the 414
LAUGH be in of me - may be the same in the 30's
know of rent is the best if it is not any long ago dead
but a delayed payment problem - may cause people to
have enough to relieve judges of a double amount
divided in two years - but are not able to pay it
back

Proquien used to agree that delayed payments
would enable men to double their rate - in
the early periods under 44 years ago, the would see
to be been and by the early periods enough
in an advance to pay - But a dear deal at the
figure has not been the same - The day for figures
of 3-6 - to 2.1 double land place generation ago to
the scale of double in the early years in the
early years. Delayed payments have not been
from double - To do figures are representative
the point here
the same as before

What delegat wants he has to make a new
category between admission & recap - no final info. I've
been here because I think of justice in almost any way you
want - ~~The whole purpose of the~~ ^{the} ~~the~~
~~the~~ & we are made out of it is unfair, unjust -
before responsibility - ^{unethical} unfulfilled by the system /
in order to -

~~Forming a group~~ 4
The way to needs is not a written one. The
new to young & to adults - the in the world - not
clear after that of the system - one decide & make
where justice the will endure adversity. But
we need you & justice from one direction - double
freedom - the first & the second can - what has
decided need & be prepared to help people - the
the group.

24. But for the single person - the whole is a whole -
to him & social life which must be accepted as reality
interest when he is able to see that the of reality -
24. the new is needed to the people & the people -
new needs the people - the people - the people -
the people the people the people the people -
the people the people the people the people -
the people the people the people the people -
the people the people the people the people -

her I made seem - I had a excellent ~~note~~ of interest - (10)
all to tell an average ; she can hardly help - can
an unreliable emitted note - a prince married
reuben & co only ; Tucker's helpful - but "He will feel
the only" - The only ^{best} ~~with~~ her putting in to of - succeeded with
doesn't seem that attractive

Skills of her - Conditional - but at a critical
cost - ~~subsequent~~ ^{subsequent} - fully at the base of her mind
can not what she shall be doing - a fully negated
to the end of the game here -

Being very sick and
 " " a friend has it as well as 4 children
 who can be arranged in a few weeks
 66% 4 to 18-27 possible nexted last year - for
 33% have but a few relatives. well - for -
 who is in order as well as married - in
 with many

So next year for lunch the price $\frac{C_2}{1}$ is

u. d. d. d.

2. 2. 1978
Droptail needs about say 100 words to
reach comment - But it needs not much - 4 seconds
into - cost for entering is - never when
for ^{aperture} lens found self - for never when - find
open event - a page to be able read
a for - we are and almost
I have also been 100, by 4 books

But as a new - last a decision for new -
where to go children where first visit is somewhat
attended one of you - last time

Went to meeting on the first day and
met - Carol - when she was young - she was very kind
and a - kind a "sweet"

Index of July 4 children and of parents - 6
while last July - to read last -

