



Shalom



September 1996

Elul 5756-Tishri 5757

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5757 - GUT YUNTIFF!

New Year's Greetings from Community Leaders

As I look back on 5756, I think of all the accomplishments our Jewish community has attained. The increased personal involvement along with the expanded presence of the Central Kentucky Jewish Federation has been a successful combination throughout the year.

Each individual who has contributed their time and effort, or made a donation to the Federation, has added to the well being of Jews and people in need internationally, nationally and locally. As a community, we should be proud.

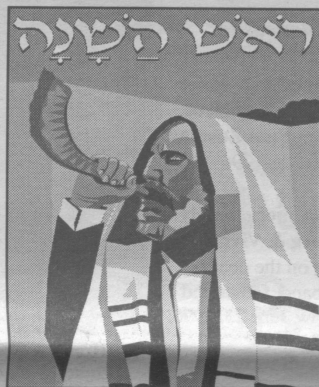
However, with 5757 approaching, we have yet another year of commitment and goals. Everyone's continued dedication, plus an increased level of participation is required to meet the growing needs of our community and Jewish people worldwide.

On a personal note, I would like to thank everyone for their well wishes during my recent hospital stay. Each gesture of concern meant a lot to me and my family.

Again, let me thank each and everyone of you for giving of yourself in 5756. The Federation Board, staff and myself look forward to a continued successful liaison in 5757. L'Shanah Tovah!

*Tomas Milch H., President
Central Kentucky Jewish Federation*

For many of us this is a favorite time of the year. Let us hope that it is a time of reflection, renewal, rededication, and return. On behalf of the entire Ohavay Zion Family, I



wish each and every member of our community a meaningful and joyous New Year.

*Bruce Broudy, President
Ohavay Zion Synagogue*

Hadassah wishes our Lexington community a healthy and happy New Year. We pray for "Shalom" - PEACE, both at home and throughout the world. Let 5757 bring the peace we so desperately desire and richly deserve. L'Shanah Tovah!

*Rhoda Kay, President
Lexington Chapter of Hadassah*

These are the Days of Awe-Yamin

noraim-when we celebrate the beginning of the new year and strive for atonement of our misdeeds of the past year. It is a significant time of the year for us as individuals and as a community. In this month of *Elul* we have begun to examine our lives and our relationships; at Rosh Hashanah our slumbering souls are awakened by the blasts of the shofar; and on Yom Kippur we have a spiritual marathon-the day when we pray continuously for forgiveness and renewal.

From the Lexington Havurah-*L'shanah tovah u-metukah tikateivu*-May you be inscribed for a good and sweet year.

*Judy Baumann, President
Lexington Havurah*

As we welcome the new year,
may all your dreams be fulfilled
may all your prayers be answered
may the year be one of good health
may the year be full of happiness.

As we enter the year 5757,
may the Lexington Jewish community
strengthen its ties
may our Judaism become a priority in
each of our lives.

As Rosh Hashanah approaches,
may we all have a Happy New Year.

*Ben Baker, President
Temple Adath Israel*

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Selichot Service is September 7

The Ohavay Zion Synagogue-Temple Adath Israel *Selichot* Service will be held Saturday night, September 7 at Ohavay Zion on Alumni Drive. The service begins at 11:30 PM.

Selichot is a Hebrew word meaning *forgiveness* and refers to the special prayers of penitence recited during the Rosh Hashanah season.

Daniel B. Syme says in *The Jewish Home*, "Traditional Jews recite *Selichot* beginning late at night on the Saturday before Rosh Hashanah and continue before dawn on the days between the New Year and Yom Kippur. Reform Jews usually do so on the Saturday night just prior to Rosh Hashanah."

September 7
Selichot Observed

September 14 & 15
Rosh Hashanah

September 23
Yom Kippur

September 28
First Day of Sukkot

COMMUNITY

MILESTONES

Mazel Tov to:

Jonathan & Lisa Miller
and **Bob & Penny Miller**
on the birth of their
daughter and granddaughter
Abigail Julia Miller,
June 28, 1996.

Marvin & Charlene Frank
on the birth of their grand-
son, **Samuel Douglas**
Frank, August 8, 1996.
The proud parents are
Michael & Laura Frank.

Louis & Wendy Stegman
on the birth of their grand-
son **Jacob Elliott Stegman**,
July 21, 1996. The proud
parents are **David &**
Jennifer Stegman.

Bret & Alison Caller on
the birth of their daughter
Danielle Lauren,
August 19, 1996.

Condolences to:

Ben Kaufmann & Janet
Zusman on the death of
Janet's father, **Saul Zusman**
on July 28, 1996.

Freida Shraberg, Emily
Shraberg & Vivian
Shraberg on the death of
their husband, father and
brother-in-law, June 23, 1996.

We note with sorrow the
death of **Steven Bernzweig**,
July 26, 1996.

Shalom

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CKJF



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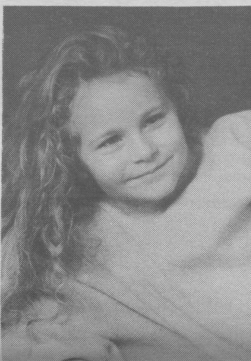
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Local Youngster Plays "Homeless" in Movie Production

by **Holly Barnhill**

A dilapidated ware-
house, tucked away in one of
Lexington's high crime areas,
was home to a group of dirty,
depraved-looking youngsters for
a few days in August. One of
these kids was eight-year-old
Jordan Barnhill, a member of the
Lexington Jewish community.



Jordan Barnhill
Photo by **McConathy**
Photography



This motley crew, including Jordan (far right in front) plays a group of homeless kids in "The Detail." Photo by James Herring Photography

What possible circumstances
could have put Jordan in this
position? And where was the
support of family and friends dur-
ing this time of need?

Relax, it's all make
believe. Jordan is one of many
local actors appearing in *The*
Detail, an action-adventure movie
shot entirely in Lexington.

The Detail is the story of
"Beck," a former special forces

operative who foils a hostage sit-
uation set up by "Wells."
"Wells" vows revenge, and
frames "Beck" for the kidnap-
ping of a rich debutante. With the
help of some old military buddies,
a group of homeless children, and
a beautiful nurse, "Beck" goes on
a quest to clear his name, and
bring down "Wells."

Jordan, and the other
"homeless" children, spent sever-
al days shooting in the ware-
house. The first day, the kids
were careful where they sat and
were repulsed by the "Hollywood
dirt" applied to their faces and tat-
tered clothes.

By the third day the chil-
dren were truly into their roles.
The movie dirt blended in with
the real dirt acquired from not
only sitting on, but also laying on
the grimy concrete warehouse
floors. Half-eaten food, lawn
chairs and trash were strewn
around the premises. The only
thing out of place was the assort-
ment of video games each child
had in their possession.

Jordan landed her role
through an open call audition held
this past spring by the movie's
production company, Nightwing
Productions, Ltd. John Frank,
President of Nightwing, is also
the Director, writer and one of the
actors in *The Detail*.

Distribution of the film
has yet to be determined.
However, Jordan tells those ask-
ing about seeing the movie, "I'll
call you."

New Americans Join Family in Lexington

The Central
Kentucky Jewish
Federation wel-
comed its newest Americans,
Yuriy and Tatyana Khanukayev
to Lexington on July 17.

Yuriy and Tatyana are
the parents of Svetlana Alkhasov,
who with her family, has been in
Lexington for two years.

Yuriy, a professed music
lover, was formerly a conductor
and music teacher. Svetlana, his
daughter, is an accomplished
pianist.

Tatyana worked in the
field of architecture and construc-
tion design.

The Khanukayevs enjoy
early morning walks, badminton,
and caring for their grandchild-
ren, seven-year-old Solomon
and Maria, who is four.



Shebetey & Svetlana Alkhasov, with their children Solomon & Maria, greet Svetlana's parents Yuriy & Tatyana Khanukayev at the airport.

TORAH



RABBI ERIC R. SLATON TORAH COMMENTARY

Torah Portions for the month of September

September 7, NITZAVIM- VAYELECH

This portion continues with Moses' third departing speech. Moses stresses the binding nature of the covenant and warns the people that their descendants will stray. G-d will punish them and they will suffer though not be destroyed. After the people repent, G-d will forgive them and allow them to return to enjoy all the blessings of the land.

Joshua is appointed to succeed Moses, who will die shortly. Moses reassures the people that G-d will be with them. Moses completes the writing of the Torah and gives it to the elders and the Kohanim. They are to read it publicly on a regular basis for it is the inheritance of all the people.

September 14 & 15, Rosh HaShana - Conservative - 1st day Reform - 2nd day Genesis 21:1-34

Isaac is born to Sarah and Abraham. Sarah sees Ishmael, Abraham's other son by her handmaid Hagar, as a threat and insists that they be banished. Abraham is reluctant but G-d assures him that Ishmael will prosper. Hagar wanders in the wilderness and when she sees her son is about to perish from thirst, places him under a bush and waits for him to die. A divine messenger shows her a well that she had not seen and Ishmael is saved.

Rosh HaShana - Conservative - 2nd day Reform - 1st day Genesis 22:1-24

The Akeda, or binding of Isaac. Abraham and Isaac are tested when G-d demands that Abraham sacrifice his son. Both are willing to follow G-d's command, yet at the last moment G-d tells Abraham to sacrifice a ram instead. A powerful story that has become an important image for Jews willing to lay down their lives "al kiddush haShem", for the sanctification of G-d's name.

September 21, Haazinu

This chapter is a farewell song of Moses which is a beautiful poem. G-d's faithfulness is in sharp contrast to Israel's faithlessness. The people of Israel will be unfaithful and will be punished by exile from their land. Yet G-d will be merciful and after Israel has suffered, the Jewish people will return to their land.

Moses is told to go to Mt. Nebo from where he will be allowed to look at the land. Having seen the land, it will be the place of his death. The ultimate tragedy is that while no one worked as hard as Moses to bring the people to the land nor was as steadfast in his commitment to G-d, Moses is denied entrance into the land itself.

September 23, Yom Kippur - Conservative - Leviticus 16

The Torah tells of the High Priests' duties on Yom Kippur. Only on this most holy of days, purified from ritual defilement and sin, could the High Priest enter the Holy of Holies to plead for forgiveness. Upon the head of a scapegoat were placed all the sins of the

people and this goat was sent into the wilderness to be killed. How ironic that through the ages Jews should become the scapegoat for the people among whom we lived.

Yom Kippur - Reform - Deuteronomy 29:9-14 & 30:

Moses tells the generation of Hebrews born in freedom that they are all entering into an eternal covenant with G-d. It is not simply for the elite, or even for that generation, nor is it not impossibly difficult. It is, however, a choice that they must make. The choice is between life and death, between blessing or curse. If they are faithful they will remain in the good land, which God has provided.

In the afternoon, Traditional congregations read about the depths to which humans can sink, perhaps to remind us not to become too intoxicated by our sincere pleadings.

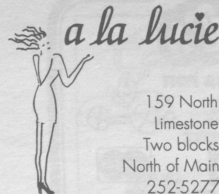
Reform congregations read the Holiness code. This code demands that service to God is not only ritual in nature, but of moral and ethical behavior as well.

September 28 & 29 Sukkot I & II

This portion deals with sacred time, Shabbat, the High Holy days and the three pilgrimage festivals, Passover, Shavuot and Sukkot. While other peoples had holy places, objects and people, Judaism demanded that time itself was to be sanctified and dedicated to the service of G-d.

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Editorial

Is the Vote for the Man, the Woman, or the Image?

This is an election year and it occurs to me that this might be a contest between the wives instead of the husbands. I have been frustrated for a long time trying to weigh the pros and cons of President Clinton versus Senator Dole. Then, to simplify things, I chose to compare Mrs. Dole to Mrs. Clinton.

Now I must admit that this article was written the day after Mrs. Dole's impassioned speech at the Republican Convention. Mrs. Dole broke with tradition and stepped down from the podium, into the audience, to deliver her speech.

Her choreography was very effective. Mrs. Dole accomplished what the Senator and all his aides and advisors have been unable to achieve, she showed the humanistic side of Bob Dole.

She reminded her listeners of Bob Dole's humble beginnings, his service during the war, the critical injuries he incurred in battle, and the three years of hospitalization required to come back from those injuries.

The Doles' charitable foundation for the disabled was mentioned, complete with a wheelchair bound man named Tim, who inspired the need for the foundation, in the audience.

Mrs. Dole also spoke of the reverse birthdays she and the Senator have celebrated. On their birthdays the Doles go to a home for the impoverished elderly and pass out gifts and lend a helping hand.

From his humble beginnings, to his personal struggles, to his many achievements, a "different" Bob Dole was revealed to the audience by his wife Elizabeth Dole. He no longer appeared as a depriver of the needy, a staunch foe of women's rights, or a cold, one-dimensional politician. Even a Democratic politician was quoted expounding Dole's honesty.

Withing 20 minutes a "new" Bob Dole was born, and best of all - it was on TV.

Since the advent of electronic media, I believe the charisma, or lack thereof, can make or break a politician. Kennedy did a

lot of political no-no's when he was President, yet his youthful, charismatic energy played well in the press. Clinton, though not quite Kennedy status, still possesses a comfortable electronic image. Any way you look at it, Bob Dole does not.

However, Hillary Clinton and Elizabeth Dole are another story, they seem to have equal footing in front of a camera. If not for the strong well-spoken Hillary, Mr. Clinton might not be President today. But one of the dangers of being a "media darling," is there is no place to go but down, and Hillary has found that out the hard way.

Mrs. Clinton's prior business dealings have come under scrutiny, as has her role in the White House Travel Office scandal, the suicide of a top White House official, and files that disappear and reappear. Some consider Mrs. Clinton more of a detriment than an asset to the Clinton campaign.

Mrs. Clinton is still a very capable and eloquent speaker, yet when the voters listen to

her will they hear her words or will they see her negative headlines.

So even though both women are comfortable with the press, Mrs. Dole is making her climb up, while Mrs. Clinton seems to be spiraling downward in popularity.

However, with or without the press, the point of the election is the issues. Both women seem to be for all that is good, and against all that is bad, just like their husbands.

The only clear difference is the abortion issue. Who will win votes, or lose them, based on their stand on abortion remains to be seen, but that may depend on the number of Christian Coalitioners versus the female population.

Well so much for simplifying things by looking at the wives. I'm glad Beavis and Butthead aren't married or running for office - or are they?

requirements," says Danny Snellon. Recent meetings have taken place at the main branch of the Lexington Public Library and at a sportsman's shop in Paris, northeast of Lexington. Attendance at these meetings has ranged from 10 to 20 people.

In Boone County, in northern Kentucky, a militia called the Defenders of Liberty is believed to have a core group of 30 to 40 individuals. Unlike the Kentucky Citizens Militia, the Defenders of Liberty do wear uniforms and undergo paramilitary training.

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Letters to the Editor:

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All letters must be signed and include your phone number. Please limit letters to 200 words. Shalom reserves the right to edit submitted letters for content, clarity and brevity.

EDITORIAL POLICY

The opinions expressed in this Editorial are those of the Editor and represent only the Editor's viewpoint.

FEATURE

Behind the Scenes at the Olympics

by Bruce Engel

I thought going with my wife, Mary, and our two children to the Olympics in Atlanta was a great idea. Surely we'd have the time of our lives.

Great, but what do you do for an encore?

Danny, Lizzie and I stood in the Olympic ring fountains in Centennial Park and let the water drench us. How am I supposed to take them back to Jacobson Park?

We've seen the Dream Team play. How are we supposed to go back to a Henry Clay basketball game?

We've seen some of the world's best wrestlers? How are we supposed to go back to the Woodford County Invitational?

The Games were the best of everything - and the most crowded and the most expensive.

How crowded? There were Olympic volunteers assigned to stop the flow of traffic onto the escalators in the train stations every two or three minutes, lest they get overloaded.

How expensive? \$3.50 for a hot dog, \$3.25 for a 20-ounce soda, \$636 for a ticket to the closing ceremonies. (Guess which one we didn't buy).

Those of you who watched on TV were the fans of these games.

Those of us who were there, were more participants than fans. Through high decibel levels and high-class high jinks we were part of what made it exciting for you to watch. We were part of the show.

Watching other fans provided some of our best memories.

I'll long remember multilingual cheering, fans draped in their nations' flags, a wave of

flashbulbs following Michael Johnson around the track, and pins, pins everywhere.

The last event we attended was the finals of women's team handball, a sport we had never seen. It's a lot like soccer, only you throw the ball rather than kick it.

place a party atmosphere.

But the fans were the best part.

It was Denmark vs. South Korea for the gold medal, and the seating arrangement allowed their fans to congregate in boisterous, homogenous clumps.

The Danes, all dressed in red, were stomping, clapping, chanting, all to the beat of a big bass drum.

The Koreans were just as loud, even though their drum was smaller. Most of them had these bright yellow, air-filled plastic tubes. When you knocked two of them together it made a neat sound. 100 pairs knocking together in unison was a sight and sound to behold.

At halftime, I took the children to the bathroom and ran into an American with a pair of the tubes. I asked him where he got them.

"Traded with a Korean for a pin," he said.

So we went over to the Korean section. I asked some teens there where they had gotten the tubes.

"Someone was handing them out," a girl said. Then a boy said, "Do you want to trade?"

Just what I wanted to hear, and we both know that trading meant pins. It always does at the Olympics.

I took off my hat, which had several pins on it, so they could pick one. Fortunately, they picked one I wasn't very attached to. The Israel pin was on Danny's hat, so it was never at risk.

We bought hats and shirts and posters and pins and saved all our ticket stubs, but that tube, long since deflated, is my favorite Olympic souvenir.

It was good advice.

The game was high-scoring, fast-paced and action-packed. When there were breaks, music filled the arena, giving the



Lizzie, Bruce & Danny Engel stay cool in the Olympic ring fountains

It was a double-header, first the bronze-medal game, then the gold-medal game.

For our first Olympic event we were in our seats an hour before the competition began. But after 11 events we became a bit jaded and decided to cruise in at the middle of the bronze-medal game.

The trouble was that the seats were not reserved. You could sit anywhere, but being late the best seats were taken.

An usher suggested we sit behind one of the goals. It was better for people watching, she said.



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FEATURE

Farrakhan: Is He Another Hitler?

by Michael E. Adelstein

In terms of his popularity, the number one anti-Semite in the U.S. is Louis Farrakhan, the charismatic minister of the black Nation of Islam.

What kind of nut is this fellow? What makes him tick? Why is he so belligerent towards Jews?

An incisive profile of Farrakhan was written recently in the *New Yorker* by Henry Louis Gates, Jr., the eminent head of Harvard's African-American program and a leading American author and critic.

Despite calling Farrakhan "a black Satan," Gates admits that he is a "a man of enormous intelligence, curiosity, and charm."

He is also a man of many contradictions. On the one hand he is an admirer of Jews. He has stated that "Jewish people are the world leaders...They are some of the most brilliant people on this planet. The Jews are some of the greatest scientists, the

greatest thinkers, the greatest writers, the greatest theologians, the greatest in music, the greatest in business."

"And people hate them sometimes because of envy, and because the Jews succeed in spite of the hatred of their Gentile brethren, or anybody else's hatred. I admire that, as God is my witness." Farrakhan attributes this superiority of Jews to their being the recipients of "divine revelation."

But on the other hand, he believes that a cabal of Jews meet regularly in a Park Avenue or Hollywood apartment to plan the course of the nation. These Jews, whom he calls "scoundrels," plan evil, even though "there are very, very wise Jews who plan good."

Ironically, this anti-Semite believes that he may have Jewish blood in his veins. He asserts that his father was Portuguese and many of them were Sephardic Jews.

As a boy, he loved listening to the Jewish cantors in Boston. All his musical idols

were Jewish. He tells how his "heroes were Jewish. The greatest was Jascha Heifetz."

He relates how he heard about Vladimir Horowitz's death while he was driving. At that time, he stopped his car and said "a prayer for his soul."

In his speeches, Farrakhan states that he is not condemning all Jews but only some Jews. Yet this partial anti-Semitism is still dangerous anti-Semitism. And Farrakhan's paranoid diatribes are harmful, particularly those about Jews owning slaves, being against affirmative action, opposing Jesse Jackson's Presidential candidacy, and manipulating international events through their control of central banks.

These and other issues appeal to poor blacks looking for a villain to blame for their fate in life. Farrakhan's message plays well with ignorant people and contributes to his growing power as indicated by the popularity of his recent March on Washington. The Nation of Islam with its neat and clean young men has created a favorable image among the

black population. And Farrakhan's charisma attracts growing audiences.

Interestingly, Farrakhan seems to realize the nature of his psychological obsession with anti-Semitism. He has stated: "I would prefer that this whole conflict (with Jews) would go away, in truth. But it's like I'm locked now in a struggle. It's like both of us got a hold on each other, and each of us is filled with electricity. I can't let them go, and they can't let me go."

What can Jews do about Farrakhan? I'd like to suggest that Jewish leaders meet with him and explain the facts of national and international life. Let leading Jewish bankers and financiers take him to Wall Street and show him how

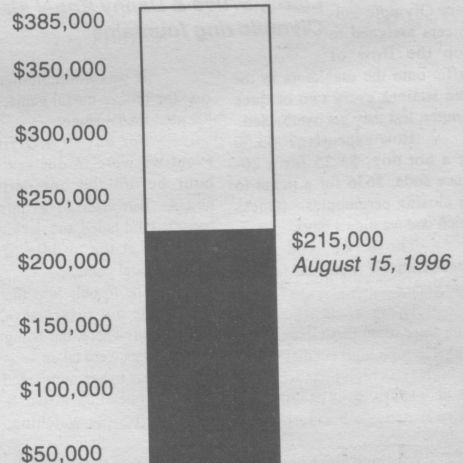
much markets are influenced by events and people in Japan, Germany, Hong Kong, and other countries. Let Jewish historians talk with him about the small number of Jews living in the South before the Civil War and the few black domestic slave servants they owned. Let other Jewish leaders discuss affirmative action and other misleading ideas he has.

Perhaps none of these meetings will do any good. But we can try. If Jews can meet, shake hands, and talk with Arafat, we can do the same with Farrakhan.

Should we invite him to Lexington?

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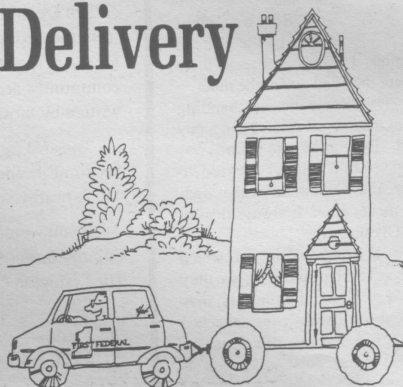
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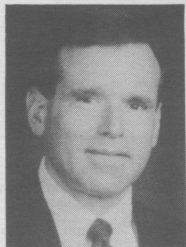
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FEATURE



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by Arthur R. Salomon

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To avoid any interest penalties, money must stay on deposit for seven years. To avoid Federal tax penalties, deposits need to remain in the annuity until age 59 1/2.

A buyer has three meth-

ods of obtaining funds from an annuity:

A. Partial Withdrawal:

Which may be subject to contract fees and charges if money has not been on deposit for the specified seven years.

B. Complete Withdrawal:

Subject to contract fees and charges as noted above.

C. Periodic Income:

(Normally for life) upon annuitization of the contract, which often occurs at retirement.

While the funds are in the annuity they grow, income tax deferred or income tax free. Under current law, withdrawals from the annuity prior to annuitization will be considered as though the interest portion comes out first and the return of investment contribution second. IRC Sec. 72 (e) This may result in additional ordinary income tax.

Income payments received after the contract is annuitized are partially non-taxable, with a portion of each payment considered to be a return of the buyer's invested capital.

In general, the excludable portion is determined by dividing the amount paid for the contract by the number of years the annuity is expected to pay. Government life expectancy tables are published for single life and for joint lives. Reg. Sec. 1.72-9

The amount received each year in excess of the excludable portion will be taxed as ordinary income.

Variable annuities are sold by prospectus only. The prospectus contains important information concerning charges and expenses. The prospectus should be read carefully before investing.

Arthur R. Salomon is owner and President of Salomon and Co. located in Lexington, KY.

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PARTIALLY FUNDED BY A GRANT FROM THE JEWISH FEDERATION OF CINCINNATI

September 15
is the Deadline
for the October issue of Shalom

AND I SHALL DWELL AMONG THEM

The gallery features the work of today's master photographers from around the nation and world, including Neil Folberg, a San Francisco native now living in Israel. His book of color photographs, "And I Shall Dwell Among Them, Historic Synagogues of the World" with an essay by Yom Tov Assis, is now available at Julia's Gallery.



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FEATURE

ASK Jewish Family Services

by Mollye Schwab



Ask Jewish Family Services is a regular column in *Shalom* that is intended to reflect personal and family situations that may provide information and resources to readers in the community. It is intended to provide general information, but it may not necessarily relate to all readers. Letters and phone calls to ASK JFS are welcome and can be sent to Jewish Family Services, 340 Romany Road, Lexington, KY 40502; or call (606) 269-8244.

Dear JFS,

I do volunteer work with an agency that gives care to older people. I always thought that the older you get, the less happy you are. Some of the people I visit though seem happy. Does this mean that I need to watch for the time when they become sad about being old? Is there anything I should do when I see them become sad other than be with them and keep them from being alone?

Sincerely,
Uncertain

Dear Uncertain,

There is a common myth that depression (or being sad) is synonymous with aging. The fact is however, that some of the literature suggests that the frequency of depression in older persons is actually less than once thought. In fact, the literature suggests that depression can be more frequent with younger persons. Depression does occur in older persons, however, it is not synonymous with aging and there are things that you can do.

One of the leading causes of depression in older persons has been noted to be missing social relationships with others. Other causes can be due to the onset of a traumatic event or events. Side effects from certain drugs or genetics have also been known to play a part in depression. Still other incidences of depression have come for no clear reason. Whatever the reason, if even known, any symptom of depression should not be ignored. Treatment is available and it often does work.

In fact, depression is the most treatable of all mental illnesses. About 60 to 80 percent of depressed people can be treated successfully outside a hospital with psychotherapy alone or with special drugs. In older persons, it has been shown that treatments such as psychotherapy and support groups help people deal with major life changes, which is often a factor in depression. Short "talk" therapies have also been shown successful when they are done on a continuous, regular schedule. Attempts at improving social relationships have proven to be very beneficial. Community involvement of an older person is extremely important. To be integrated in the community, and not to lose those relationships is often vital.

Antidepressant drugs can also help upon order from a physician or psychiatrist. Many older people take a number of drugs for other problems, therefore it is important for a doctor to be aware of and know the side effects to watch for and/or avoid. There are still other treatments which can be assessed with a physician and/or psychiatrist.

In order to get help from depression, one must first recognize the symptoms of depression and verify those symptoms with a physician or mental health professional. Perhaps the major symptom of depression is a marked loss of interest or pleasure in activities. Other symptoms persist as well, however, loss of interest or pleasure is the most common.

Other common signs of depression are as follows. If several of these symptoms last for more than two weeks, see a doctor.

- An empty feeling, ongoing sadness and anxiety
- Tiredness, lack of energy
- Loss of interest or pleasure in ordinary activities, including sex
- Sleep problems, including very early morning waking
- Problems with eating and weight (gain or loss)
- Frequent crying
- Difficulty concentrating, remembering, or making decisions
- Feeling hopeless, helpless, worthless
- Irritability
- Thoughts of death or suicide

Most likely, we are all either older or close to someone who is older in years. The best thing we can all do in regards to depression is to prevent it. Prevention means fostering and maintaining relationships with people and maintaining the interest and hobbies that keep mind and body active. Staying in touch with family and friends in the community are known to be ways to keep depression in the distance.

If you or someone you care about is at risk for depression or showing signs of depression, call on someone to help. Call on your friends, family, doctor, or as always, call Jewish Family Services for help or information. Remember there is a treatment, and treatment can work.

ASK JFS is for informational purposes to the readers of *Shalom*. For other personal, and confidential requests for services, contact Jewish Family Services at the JFS office or call (606) 269-8244.

Reference information for this article came from AJFCA Conference "Care of Depression and Anxiety in Older People" (Presenters, David Saltman & Neil Newstein) and "Age Page" National Institute on Aging -U.S. Department of Health & Human Services; Summer Series on Aging Conference at UK Sanders Brown Center on Aging.

ISRAEL

Finding My Jewish Self in Israel

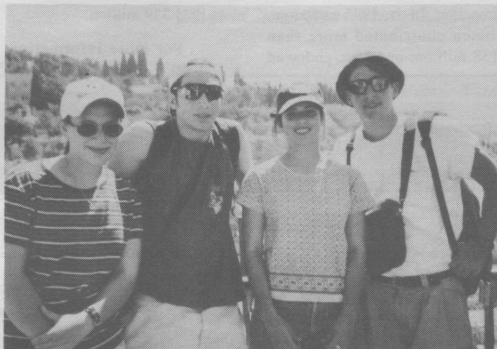
by Amy Crystal

All my life I have been provided with a good religious background. Every Sunday morning I would wake up early to attend religious school. Three years of Monday afternoons were devoted to Hebrew school. I have attended camp GUCI for six summers, and participated in my local Youth group as well. I went through Consecration, had a Bat Mitzvah, and was confirmed.

Despite my Jewish past, something was missing. I was never religiously strong. All the resources were there for me, I just never felt the special connection. I even questioned parts of the Jewish faith.

That all changed with my experiences in Israel this past summer. My whole life I had been piecing together my Judaism, and this summer I found the final piece to my puzzle in Israel.

My experiences in Israel were quite different from most people. Instead of going with my family, I joined over 500 teenagers in a five week program



Amy Crystal (third from left) and three of her friends in the city of Jerusalem.

Yitzhak Rabin's grave and learned about the six day war at Ammunition Hill. I even got to ride a camel, float in the Dead Sea, and see the sunrise from Masada.

For four days, I camped and hiked in the Negev, and snorkeled in the Red Sea. In Hama'aleh, Israel, I participated in an archeological dig. My group spent some time in the Golan Heights, hiked and enjoyed the cooler weather. I even got to see Lebanon, Syria, and Egypt.

Mediterranean to Israel. The idea was to simulate "The Exodus" which was the ship that many Jews took after WWII (to leave Europe and go to Palestine). This was a wonderful way to enter the land of Israel. It was breathtaking to see the land of Israel from the ship.

Other activities made this trip very unique too. For example, when we were in the Arab town of Akko, our group got to meet some Arab teens. Before I met them, I thought that they would be really different from me, and not like me because I was Jewish. Fortunately, I was very wrong. The Arabs were extremely friendly, and were not all that different.

Also, for four days, I participated in an interaction experience with Israeli teens as guests in their homes. It was nice to stay in a real Israeli house and learn about their lifestyle. I enjoyed meeting the Israelis and "hanging out" with them.

Then, I selected to take part in a Mitzvah Corps project. For five days, every morning about 15 other teens and myself went to an Arab day camp to play with the kids. Even though they spoke no English, we were still able to communicate through body language. It was nice to break the walls of prejudice and do something special for the Arab kids. It also gave me a chance to learn more about the Arab cul-

ture.

By doing things besides the normal tourist attractions, I actually felt like I got more out of my trip. Instead of being just a tourist, I got to see first hand what it is like to live in Israel. On the last day I even planted a tree--thus giving something back to the land.

For me, this trip has changed my life forever. I now have a stronger sense of where I stand in Judaism, and what being Jewish means to me. I learned more about the history of the Jews, and about the land of Israel. I cannot even begin to describe in words some of the emotions I felt while in Israel. My religious

beliefs have strengthened tremendously. By going with a group of peers and friends, I gained more from this experience than if I would have gone with just my family. Our group leaders taught me a lot about the country and Judaism, and led great group discussions.

Going to Israel is an important and necessary part of Judaism. I not only feel more secure about my religion, but also about myself. This summer I had the experience of a lifetime in Eretz Yisrael.



Amy visited Yitzhak Rabin's grave at Mt. Herzl

organized by NFTY (Northern Federation of Temple Youth). I traveled with a group from camp GUCI. Like all tourist trips to Israel, I hit the highlights.

I went to pray at the Kotel, saw the old city, went to Yad Vashem, the Diaspora museum, and learned about Israeli Independence at Dizengoff's House. At Mt. Herzl, I saw

I learned a lot and enjoyed all of these activities, but my trip to Israel did not just consist of tourist attractions. I actually got to interact with the people and the land of Israel in a way that most visitors do not. To begin with, I did not fly directly to Israel. Instead, we flew to Athens, Greece where we boarded a ship to take us across the

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ISRAEL

Benjamin Netanyahu and Leah Rabin to Appear at Conference in Jerusalem

NEW YORK, NY, Leah Rabin, widow of former Israel Prime Minister Yitzhak Rabin, and Israel Prime Minister Benjamin Netanyahu are among the confirmed guests at the first-ever United Jewish Appeal National Women's Campaign International Lion of Judah Conference in Jerusalem. The Conference is scheduled for October 13-17, 1996.

Some 600 women leaders from established Jewish communities in North America, Western Europe, South Africa

program represents 7,000 women around the world -- each of whom gives at least \$5,000 to the annual

campaign. In the 1995 campaign, women contributed more than \$138 million; and have endowed

more than \$89 million.

For more information,

please call Gail Reiss at the UJA National Women's Campaign, (212) 880-1275.



Leah Rabin will be a guest at the UJA International Lion of Judah Conference

and Australia will join 100 women struggling to create an accountable Jewish society in their own developing countries.

"The Conference is weeks away, and it has already become one of the most challenging and rewarding experiences of my life," said Carole Solomon of New York, International Lion of Judah Conference Chairman. "The mix of Jewish women from emerging communities and established ones is so engaging."

Other Conference guests include: CBS News Correspondent Bob Simon and Academy Award-winner Gerda Klein (who recently spoke at the Major Gifts dinner in Lexington), author of *One Survivor Remembers*.

The UJA Lion of Judah

Teen Israel Experience

Back

Forward

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Location: <http://www.teenisrael.org>

What's new?

What's cool?

The Israel Experience

North American Teens Boarding! For The Experience Of A Lifetime!

Web!

What?

Call!

<http://www.teenisrael.org>

This is one cool Web site! Log in and check out over 250 trips designed for teens and college-age individuals -- everything from hiking up Masada at the crack of dawn to snorkeling on the coral reefs of Eilat to working on a kibbutz to getting credit for university courses. Check them all out on the World Wide Web.

If you're not online, call **1-800-567-ISRAEL** in Canada
or **1-800-27-ISRAEL** in the US.

The CRB Foundation of Montréal and Jerusalem believes that the Israel Experience can uniquely enrich the lives of Jewish youth. It is dedicated to helping ensure that all North American Jewish youth participate in an Israel Experience.

The teenisrael.org Web site designed and built by Néray MarCom, Toronto, Canada

FEATURE

CAMP SHALOM 1996



Jeff, or is it Seth, Westerman contemplates his dive

What I Liked Best About Camp Shalom

Kinderkamps:	Max Sullivan, "Playground." Aaron Davidson, "Playground and swimming."
Alef:	Ittai Eres, "Swimming, games, and lots of other fun stuff."
Bet:	Ariel Elias, "Swimming, art, and basketball."
Gimmel:	Arrava Lev, "Swimming, art, and PE."
Dalet:	April Edwards, "The teachers, art, and swimming." Jeff Westerman, "Teachers, art, CITs, swimming, and snacks."
Hay:	Leah Martin & Tasha Sharer, "Swimming and art." Jacob Rosenberg, "Making Potato Latkas."
Avodah:	Anne Rosenberg, "My friends and meeting new ones." Jeremy Gantz, "My friends, swimming, and art."



Nicky Danow, and her brother Sam, designed the logo for the camp T-shirts

As you can see, we had two weeks full of fun and laughter.

We have been enlightened by Lana Unger University of Kentucky Entomologist, and learned about getting along from Sharyn Sharer and George Childs of the

Alison Courant discussed how it feels to be included and excluded. Campers had fun singing and dancing to silly songs. Then they took a trip to Israel by plane, where they learned a lot of facts and toured a Kibbutz, the Wailing Wall and The Dead Sea.

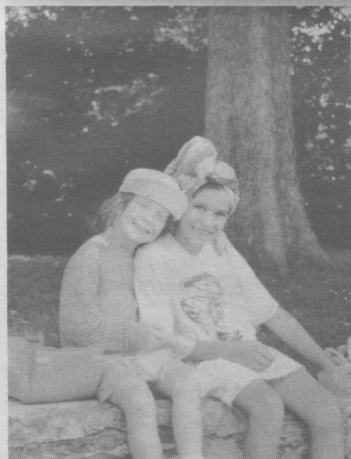
Jonathan Salomon taught us the basics of basketball, kickball, and other outdoor and pool games. He helped us plant our plants in "Israel."

I am so proud of the entire staff. Together they worked hard to reach our common goal of having the most successful Camp Shalom ever. I feel we reached this goal and more. Thank you to all our parents for their support.

*Sarah Danow
Director of Camp Shalom*



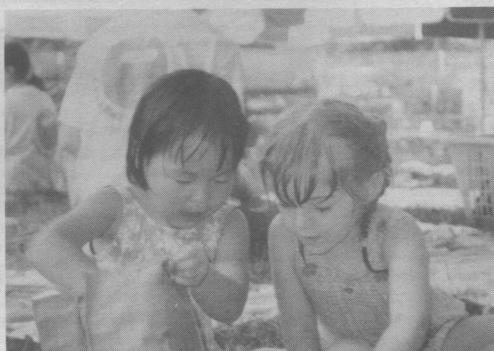
The Kinderkamps, with their counselor David Anthony Mandel, after a hard day at the pool



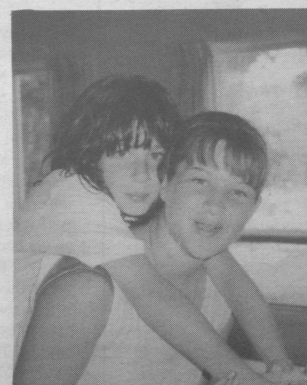
"Girlfriends" Tasha Sharer & Leah Martin

National Conference's Green Circle program. We were entertained by Meg Crellin and Elise Mandel as they taught us Folk Dances, and Sandy Adland led our Music Program.

With the expertise of Ilona Szekely, our campers created their own Israeli postage stamps. They made table cloths, centerpieces, and Keppahs for Shabbat. They also made passports and plane tickets for their trip to Israel.



Kinderkamps Emma Simpson & Becky Meece enjoy lunch time



Arrava Lev gets a ride from Pre-CIT Rudo Greissworth

A Little Yiddish Never Hurt!

To help preserve a piece of the Jewish traditions, following are some Yiddish words and their meanings. The Yiddish words are transliterated phonetically into the Roman alphabet. So, just read them as you see them!

Balebos - Owner, the big boss

Bal Toyreh - Learned man, scholar

Bareden yenem - To gossip

Barimer - Braggert, show-off

Baroygis - Angry

Billik - Cheap, inexpensive

Brech a fus! - Break a leg

Chap a gang! - Beat it!

Chropen - Snore

Deigeh nisht! - Don't worry

Dumkop - Dumbbell, dunce

Eilt zich! - Hurry up!

Faigeleh - Little bird or homosexual

Frailech - Happy

Fremder - Stranger

Gai avek! - Go away!

Geshmak - Tasty, delicious

Get - Divorce

Gezunterhait - In good health

Shmatteh - Rag, anything worthless

Shmooz - Chat, talk

Ummeglich! - Impossible!

Source: A Dictionary of Yiddish Slang & Idioms

TEMPLE ADATH ISRAEL

It doesn't happen every year, but this year it does...

Simchat Torah/Consecration
October 4, 7:30 PM

...is on a Friday night, Erev Shabbat.

...celebrate the joy of Simchat Torah/Consecration as we end & begin the cycle of the Torah reading and welcome the members of our Kindergarten class into their formal religious education and let us celebrate Family Shabbat with the TAI Makhela.

The Sukkah Project

THE OPPORTUNITY TO BUILD YOUR OWN SUKKAH IS HERE WITH THIS EASY TO BUILD, EASY TO STORE SUKKAH KIT.

Many Temple families have inquired about fulfilling the MITZVAH of building their own Sukkah. This kit makes it easy and affordable.

Over the past five years, North Carolina woodworker Steve Henry Herman has developed a simple, do-it-yourself Sukkah kit. You buy the hardware for only \$36 from the Temple and purchase the lumber, approximately another \$36 from any lumber yard.

The kit includes an illustrated assembly book which has been developed with the assistance of a top instructional designer to render the project...*totally klutz-proof*. The kit contains all the heavy-duty steel braces and self-drilling screws. The only tool you need is a screwdriver. Depending on the length of 2-by-4's and 2-by-2's you buy (8, 10, or 12 feet) will determine your Sukkah size.

Creating the sides is up to you. You can use tarps, burlap, whatever to finish the Sukkah and make it your own.

The Temple will have seven sets of the hardware available for purchase. As soon as the hardware arrive, a Sukkah will be built in the Temple courtyard for everyone to see.

If you are interested in purchasing the hardware, contact Rabbi Adland.

TEMPLE ADATH ISRAEL FALL ADULT EDUCATION PROGRAM

INTRODUCTION TO HEBREW

Mondays 7:00-7:55 PM

Cost: Members \$50
Non-members \$65
(cost covers books, materials, Hebrew Marathon)

Many Jews desire to add depth to their Jewish soul and substance to their Jewish knowledge. Introduction to Hebrew can be an important step in fulfilling this aspiration. This course teaches the Alef-Bet, beginning reading, and introduces the student to Biblical and prayer book Hebrew. No prior knowledge of Hebrew is required.

The goal of this course is to bring the non-Hebrew reader into the world of the Hebrew reader. At the end of this course, a graduate will be able to follow the Hebrew reading at services and with a little practice begin reading with the congregation.

The class will meet on 10 Monday evenings and one all day Hebrew Marathon session on Sunday, November 3.

The Hebrew Marathon is part of the class.

Class Dates are: September 30; October 14, 21, 28; November 4, 11, 18, 25; December 2 & 16.

BASIC JUDAISM

Mondays: 8:05-9:00 PM

Cost: Members - individual \$45
couple \$70
Non-members - individual \$50
couple \$75
(cost covers books and materials, couples may share books)

Basic Judaism introduces the student to a slice of the Jewish experience. The course will survey Jewish values, holidays and life cycle celebrations, worship, Jewish ideas of God, and the long road of Jewish history. This course is designed to refresh the Jewish memory of the religious school graduate, teach those with no knowledge of Judaism, and encourage further Jewish study by everyone in the areas mentioned above.

This course is a survey course. The remaining programs on the Adult Education calendar are a supplement to what is taught in Basic Judaism.

Class Dates are: September 30; October 14, 21, 28; November 4, 11, 18, 25; December 2 & 16.

To register for either or both of these courses please contact the Temple office at 269-2979.

TEMPLE ADATH ISRAEL

SHABBAT SERVICES

Friday, September 6

Erev Shabbat Service 8 PM
Torah Portion: Nitzavim/Vayeilech
Deuteronomy: 29:9-31:30
Marilyn Langley will sing
Child Care Available

Saturday, September 7

Selichot Service 11:30 PM
at Ohavay Zion Synagogue

Friday, September 13

Erev Rosh HaShanah
7 PM - Early Service
9 PM - Late Service
Torah Portion: Rosh HaShanah
Genesis 22:1-19

Saturday, September 14

Rosh HaShanah
8:45 AM - Family Service
10:30 AM - Late Service
4 PM Tashlich Service

Friday, September 20

Erev Shabbat Service 8 PM
Torah Portion: Ha-azinu
Deuteronomy 32:1-52
Anniversaries of 50 years
or more will be honored
Child Care Available

Saturday, September 21

Torah Study 9:30 AM
Worship 10:30 AM

Sunday, September 22

TAI Makhela 9 AM
Religious School 9:45 AM
Cemetery Memorial
Service 12:30 PM
At Lexington Cemetery
Erev Yom Kippur - Kol Nidre
6:45 PM - Early Service
9:15 PM - Late Service
Child Care Available

Monday, September 23

Yom Kippur
8:45 AM - Family Service
10:30 AM - Late Service
3 PM - Afternoon Service
4:30 PM Yizkor and
Concluding Service
Break-the-Fast immediately
following services

Friday, September 27

Erev Sukkot
Shabbat at Home
Kabbalat Shabbat
Service 5:30-6 PM
Torah Portion: Sukkot
Leviticus 23:33-44
NO Child Care Available

Saturday, September 28

Torah Study 9:30 AM
Worship 10:30 AM

HIGH HOLY DAYS 1996 SERVICE SCHEDULE

Friday, September 13

Erev Rosh Hashanah
7 PM - Early Service
9 PM - Late Service

Saturday, September 14

Rosh Hashanah
8:45 AM - Family Service
10:30 AM - Late Service
4 PM Tashlich Service &
Family Picnic at Jacobson
Park, Shelter #5

Sunday, September 22

Cemetery Memorial Service
12:30 PM at Lexington Cemetery
Kol Nidre
6:45 PM - Early Service
9:15 PM Late Service

Monday, September 23

Yom Kippur
8:45 AM - Family Service
10:30 AM - Late Service
3 PM - Afternoon Service
4:30 PM Yizkor &
Concluding Service
Break-the-fast immediately
following services

BREAK-THE-FAST

If you are planning to
attend the Break-The-Fast im-
mediately after services on **Monday,
September 23**, please **RSVP TO
THE TEMPLE OFFICE AT
269-2979 by Friday, September
20th**. Please bring a **Vegetable,
Salad or Dessert**.

HOPE CENTER HARVEST

We are updating and
adding to our list of people who
would like to volunteer to help
clean fresh produce.

This produce is donated
by area farmers and often spoils.
Volunteers would be working on
Sunday mornings as required. If
you would like to have your
name put on our list, please call
Lowell Nigoff at 233-1173 (day
time) or 278-5220 (evenings).

RELIGIOUS SCHOOL

IF YOU ARE INTER-
ESTED IN TEACHING AND/
OR SUBSTITUTING FOR ANY
GRADE LEVEL, INCLUDING
SENIOR BLOCK, CONTACT
JUDI WURMSER HIGDON AT
276-3728.

First day of Religious
School is Sunday, September 8,
at 9:45 AM. **DON'T FORGET
THE PICNIC AT WOOD-
LAND PARK!!!**

First day of Hebrew
School is Monday, September 9,
at 4:30 PM.

OPENING PICNIC

Brotherhood invites all
members to the Religious School
Opening Picnic immediately fol-
lowing Religious School on
Sunday, September 8, at
Woodland Park. **HOPE TO SEE
EVERYONE THERE!!!**

COMMITTEE MEETINGS

Board of Trustees - Tuesday, September 3, 7:30 PM

Sisterhood Board - Monday, September 16, 7:30 PM

Executive Meeting - Thursday, September 26, 7:30 PM

Board of Trustees - Tuesday, October 1, 7:30 PM

SHABBAT AT HOME

It's Here! It's time to mark your calendars and make your
reservations for the very first Shabbat at Home on Friday evening,
September 27. Temple Adath Israel's congregants will be able to par-
ticipate in celebrating the joyous occasion of Shabbat in a Temple
member's home. Rabbi Adland has prepared a beautiful service that
will be available to each family who is hosting. The idea of the
evening is to share...share the beauty of Shabbat...share in our worship
as a community...and share in the first ever Shabbat at Home!

Not only will it be a meaningful event...it will be fun! If
you're interested in hosting, or attending...please call Beth Engel at
269-6555 or the Temple office at 269-2979. **PLEASE CALL ASAP** so
we can track attendance and make sure everyone has a home to go to.

LET'S LEARN 1996-97

7:30 - 9:00 PM

Tuesdays: October 8, 15, 22: **The History of Israel/The
Land of Israel/The State of Israel Today**

This is an elective class for Adult Confirmation.

We will explore "The History of Israel" by looking at how
Israel came into existence; the peoples who lived in Palestine when the
Jewish settlers arrived and the competing Zionist philosophies that
helped form the modern political parties. The second week will be a
look at the land of Israel today. The third week will investigate where
Israel is today and where it may be tomorrow.

SISTERHOOD OPENING LUNCHEON

Wednesday, September 18th
12:30 PM

Cost: \$10

Please RSVP by Sept. 16, to
the TAI office 269-2979

guest speaker

Dr. Randy Waldman

topic:

DOMESTIC VIOLENCE AND RECONSTRUCTIVE SURGERY

TAI member Dr. Waldman is Vice-President
of the American Academy of Facial Plastic
Surgery and organizer of the Domestic
Violence Program which provides
reconstructive surgery for abused women.

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OVER 70 HOMES RECEIVING
THIS WEEKLY MESSAGE



Do you have an e-mail address??
Many members of Temple Adath
Israel do and Rabbi Adland wants to
know. Every Shabbat, Rabbi Adland is
sending out a special message to
those whose e-mail addresses are on
his distribution lists. (Presently over
40 people are on the lists.) In order to receive this
message, he needs your address. Please send it to Temple
or send an email to Rabbi Adland at **JAdland@aol.com**.

Also, Rabbi Adland only received email addresses of
five of our Temple youth in college or graduate school.
Please send this address along as well.

COMMUNITY

Lexington Havurah

High Holiday Services

Saturday, September 7	Selichot The Baumanns' - 685 Shasta Circle	8:00 PM
Saturday, September 14	Rosh Hashanah	10:00 AM-LPL
Sunday, September 15	Rosh Hashanah Tashlich at the home of Beth Goldstein & Raphi Finkel 2942 Montavesta Road	10:00 AM-LTS 5:30 PM
Sunday, September 22	Kol Nidre	8:00 PM-LTS
Monday, September 23	Yom Kippur Shacharit Mincha, Neilah, Break-fast	10:00 AM-LPL 6:00 PM-LTS
Sunday, September 29	Open Sukkah Celebration at the home of Kate and Steve Davis-Rosenbaum 346 Sheridan Road	5:00 PM
Sunday, October 6	Simchat Torah	10:00 AM (??)

LPL=Lexington Public Library, Downtown, Conference Room

LTS=Lexington Theological Seminary, 631 South Limestone

Kabbalat Shabbat Service to Welcome New and Prospective Members

Friday, October 18 at 8:00 PM
(location to be announced)

High Holiday services at the Lexington Havurah are egalitarian and peer-led-one of our best participatory efforts! Each service is divided into all its component parts, with two members generally being responsible for leading each segment. By Simchat Torah, almost all members, including teens and children will have led or participated in one part of a service! It is indeed a joyful way to welcome in the year 5757!

Havurah Board Members for 1996-1997 are:

President	Judy Baumann
V. P./Bulletin	Ernie Cohen
Secretary	Kathy Kroot
Treasurer	Francie Chassen-Lopez
Education	David Wekstein
Membership	JoEllen Green Kaiser
Religious Committee Co-Chairs	Phil Berger
	Uri Smith
Social	Kathy Feinberg
CKJF Representative	Robert Baumann

For further information about the Lexington Havurah, contact Judy Baumann at (606) 223-1299 or Ernie Cohen at (606) 272-1459.

Lexington Chapter of Hadassah

Hadassah Special Events

Wednesday, September 4, 1996 7:30 PM
Opening Meeting - "SONGS OF ISRAEL"
Music through the ages from Ancient to Klezmer to Contemporary

Thursday, September 19, 1996 7:30 PM
Discussion Group-Linda Ravvin's House
"JERUSALEM THROUGH DIFFERENT EYES"

Wednesday, October 9, 1996 evening
Donor Campaign phonathon
Hadassah's **major Fundraiser**

Thursday, October 24, 1996 8:00 PM
Meeting-Joseph Beth Bookstore
"VOICES FOR CHANGE"
Bel Simon-National Speaker
Discussion on changing roles for the Jewish Woman of the 90's in America

Wednesday, November 6, 1996 7:30 PM
Meeting - **"OSTEOPOROSIS"** - a disease affecting women ages 20 to 90.
Is it **YOUR** concern?

Thursday, November 21, 1996 7:30 PM
Discussion Group-Ohavay Zion Synagogue
Euphoria or Blues-a post election analysis

Rabbi Litvin
of the
Louisville Chabad will lead a
study session
Tuesday, **September 10,**
at the CKJF office.
12:00 Noon.
Kosher luncheon available.

OHAVAY ZION SYNAGOGUE

SERVICE SCHEDULE

September 1996

Elul - Tishrei 5757

September 6-7, Elul 23
Shabbat Nitzavim Va-Yelech

Friday Evening 8:00 pm
Bima Hillary Rouben
Oneg SHABBATON

Shabbat Morning
Preliminary Service 9:30 am
Shacharit 10:00 am
Bima Lisa Satin
English Reader Alan Kirschenbaum

September 13-14, Tishrei 1
1 ROSH HaSHANAH

Friday Evening 8:00 pm
Bima Bruce Broudy
Oneg NO ONEG

Shabbat Morning
Preliminary Service 9:30 am
Shacharit 10:00 am
Bima Bruce Broudy
English Reader No English reading

September 20-21, Tishrei 8
Shabbat Ha'azinu

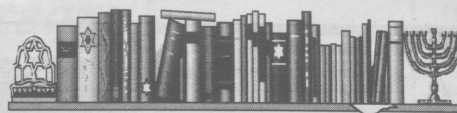
Friday Evening 8:00 pm
Bima Charlie Spiegel
Oneg Norma & Arthur Allweiss
Pam Allweiss & Larry Herman

Shabbat Morning
Preliminary Service 9:30 am
Shacharit 10:00 am
Bima Lou Kroot
English Reader Cindy Derer

September 27-28, Tishrei 15
Shabbat Shor Oh Chesev
1 SUKKOT

Friday Evening 8:00 pm
Bima Rick Zimmerman
Oneg Ricki & Doug Harrison
Kathy & Alan Stein
Ann & Eddie Stein
Teri Harper

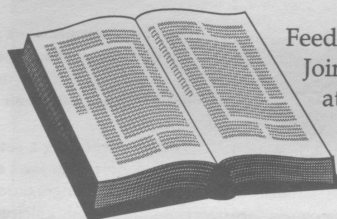
Shabbat Morning
Preliminary Service 9:30 am
Shacharit 10:00 am
Bima Ricki Rosenberg
English Reader No English reading



TORAH STUDY

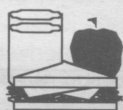
Join Rabbi Slaton for a lively discussion every Tuesday morning at 10:30 am at Ohavay Zion Synagogue's weekly Torah Study!

Talmud Study



Feed your spirit AND your body!
Join us every Thursday at 7:30 AM
at Ohavay Zion Synagogue for
Daven, Bagels & Talmud

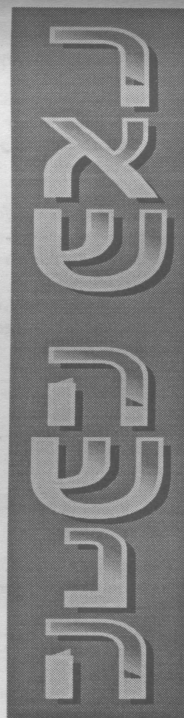
Downtown Lunch n' Learn



Wednesday, September 18th
12:00 noon
Gratz Park Inn
120 West 2nd Street



R.S.V.P.
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OZS CALENDAR OF EVENTS SEPTEMBER

- September 1 NO SCHOOL - Labor Day Weekend
- September 3 Torah Study 10:30am
Hebrew School 4:45 pm
OZS Board Meeting 8pm
- September 5 Daven, Bagels & Talmud 7:30 am
Social Action Committee at Hope Center 5:30pm
- September 6 Shabbaton
- September 8 Hebrew/Religious School
Special Parents' Day Program
Hot Dog Lunch 11:30 am
- September 10 Torah Study 10:30am
Hebrew School 4:45 pm
- September 12 Daven, Bagels & Talmud 7:30 am
Educ Comm Mtg 7 pm
- September 14 1 Rosh HaShanah
- September 15 2 Rosh HaShanah - NO SCHOOL
- September 17 Torah Study 10:30am
Hebrew School 4:45 pm
Rel Comm Mtg 8pm
- September 19 Daven, Bagels & Talmud 7:30 am
- September 22 Hebrew/Religious School
Teachers' Meeting 12 - 1 pm
Cemetery Service 12:30pm
Kol Nidre 7pm
- September 23 Yom Kippur
- September 24 Torah Study 10:30am
Hebrew School 4:45 pm
Executive Board Mtg 8pm
- September 26 Daven, Bagels & Talmud 7:30 am
- September 27 Oneg in the Sukkah
- September 28 1 Sukkot
- September 29 2 Sukkot
Kindergarten Consecration Service

Shalom...September 1996...

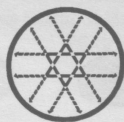
HIGH HOLYDAYS



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High Holydays 5757/1996 Jewish Tradition Teaches That "Silence is Agreement"

Silence is appropriate, even useful, as we look inward at this sacred time of year. During the High Holydays we reflect, gaining perspective and seeking forgiveness; washing away the sins of the past and beginning anew. Throughout the rest of the year, we speak up; letting others know what we stand for and what we won't stand for.

How can we reconcile this quiet period of self-examination with our Jewish tradition of speaking out in pursuit of justice for the poor and the stranger?

Millions who live among us struggle under the crushing weight of poverty and hunger. Many are children who have not yet gained control of their lives; many others are elderly and have lost the ability to care for themselves. Others are simply too weak, too sick or too deeply disillusioned to rise above their poverty -- unless we help them.

How can we keep silent about their plight when Jewish tradition teaches us that "silence is agreement?"

As you look inward during these High Holydays, MAZON asks that you reach outward to those who are hungry by contributing the dollars you and your family save by not eating on Yom Kippur -- or by giving whatever amount you deem appropriate. Your one day of fast, and your momentary silence, will speak volumes as you help MAZON feed those so desperately in need; those whose fast will not end at sundown.

MAZON: A Jewish Response to Hunger
12401 Wilshire Blvd., Suite 303
Los Angeles, CA 90025-1015

**YES, I/we choose to help ease the involuntary
fast suffered by millions of hungry people**

Enclosed is a check for \$ _____
Name _____
Address _____
City, State, Zip _____



Home Ceremonial Reading

ROSH HASHANAH 5757

During the course of the festive meal on the eve of Rosh Hashanah slices of apple dipped in honey are distributed to the participants. The following is read by all who gather:

For centuries, Jews have celebrated Rosh Hashanah by eating apples and honey. We express our hopes and prayers that this New Year ahead will be especially sweet for ourselves, our loved ones, and all the Jewish people throughout the world.

Seated at this festive table, we remember our precious heritage. We understand that this New Year 5757 is a sacred time for reflection and hope, as we pray for guidance to meet the challenges of the coming year.

Change and transitions abound. We are witnessing the ingathering of Jews from all the corners of the globe to the Land of Israel. The people of Israel are still trying to envision a better world ahead, at peace with their neighbors and secure and untroubled within their country's borders.

We are witnessing a resurgence of vitality in Jewish study and observance here and abroad. American Jews are rediscovering and repossessing their ancient heritage; schools and congregations are sprouting in the former Soviet Union. This New Year is a time for our spiritual renewal as well.

May this Rosh Hashanah bring Jews together in respect and mutual commitment, in understanding and tolerance, ready to strengthen and help each other-- for all Israel is responsible for one another.

Kol Yis-ra-el ah-ray-vim zeh ba-zeh.

כל ישראל אחראים זה בזה.

As we dip our apples in the honey, may we know a new measure of sweetness. May all Jews find a better life in the year ahead. May we continue to grow in our commitment to our people and our faith. May the world become a sweeter place for all God's children.

Ye-hi ra-tzon mil-fa-ne-ha

יהי רצון מלפניך, ה' אלהינו ואליהם אבותינו.

**Ah-do-nai Eh-lo-hay-nu vay-lo-hay ah-vo-tay-nu,
she-te-ha-desh ah-lay-nu sha-nah to-vah u-me-tu-kah.**

May it be your will, Ahdonai, our God and God of our ancestors,
to renew for us a good and sweet year.



Prepared by the UJA Rabbinic Cabinet, 99 Park Avenue, Suite 300, New York, NY 10016-1599, (212)880-1418

UJA Offers Rosh Hashanah Readings

In addition to the Home Ceremonial Reading above, the UJA offers a second text - a responsive reading designed for recitation in the synagogue before the blowing of the shofar. It states that as the New Year begins and we gather in prayer, we remember "the nobility of our heritage and the obligations we have to Jews and all humanity." It explains that the blast of the shofar reminds us of "our shared destiny and our common hopes," and asks, "May the shofar stir us to compassion, to generosity, to partnership with Israel and to realize a world at peace."

For copies, please contact Rabbi Daniel Z. Kramer, Director of the UJA Rabbinic Cabinet at (212) 880-1418.

COMMUNITY

Happy Anniversary!



STEVE & KAREN EDELSTEIN, married
September 3, 1961 in Cincinnati, Ohio.

Please send in your wedding photo
to appear in *Shalom*. Send photo, anniver-
sary date and where you were married to:

Shalom
Central Kentucky Jewish Federation
340 Romany Road
Lexington, KY 40502

Photos must be received before
newspaper deadline.

**September 15 is the deadline
for the October issue.**



COKIE & RENEE HYMSON, married
September 20, 1957 in Lexington, Ky.

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YEAR?

Choose to make 5757 the best year yet. Your increased gift to the UJA Federation Campaign is reflected every-day in the men, women and children it serves. Every dollar you give translates into services you will provide. Every dollar you don't give translates into another Jew left alone, hungry or scared. Choose to help. ☆ The UJA Federation Campaign is at the heart of a sacred Jewish trust to build, strengthen and care for our community around the world. Keep that trust. At home, in Israel and in 58 countries, no gift touches more lives.



UJA FEDERATION CAMPAIGN

For ourselves. For our children. For Israel. Forever.

COMMUNITY

Lexingtonian Attends National Social Action Retreat

WASHINGTON, D.C.-- Approximately 80 rabbis, rabbinic students, educators, social action leaders, and activists from both the Reform and Conservative Jewish movements concluded their first-ever joint social action training retreat, held at Gallaudet University in Washington, DC, July 14-16. Reaffirming the Jewish people's historic commitment to the pursuit of social and economic justice, participants from Jewish communities across the United States spent three days sharpening their programming, organizing, advocacy and coalition building skills.

It was "the opportunity to freely exchange ideas, hear informative and exciting speak-

ers, and learn about social action issues" which brought retreat participant Simone Salomon of Lexington's Ohavay Zion Synagogue to the conference.

The National Social Action Activist Training Retreat, planned jointly by the United Synagogue of Conservative Judaism (USCJ) and the Union of American Hebrew Congregations (UAHC), heard experts from the religious and secular communities address the conference on a wide range of issues, with special attention to economic justice and environmental concerns.

Organizers of some of the most successful synagogue-based social justice programming in the nation joined the retreat to

describe how such programs were built. These included a Health Fair providing 70 screening tests to the general community at Temple Beth Emeth in Albany, NY; a coalition of Washington DC synagogues involved in supporting low-income housing; and a Minneapolis-based coalition of Jews that provides technical assistance to synagogues and rabbis involved in local economic empowerment efforts.

The social action training retreat was made possible by a grant from the Ford Foundation as part of its "Common Ground for the Common Good" program. The program is a coordinated effort of the Catholic, Protestant, and Jewish communities.



- Weddings
- Parties
- Special Events

2341 Woodhill Drive
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Lexington, Kentucky 40555

(606) 266-1197

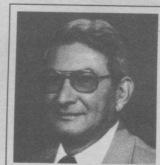


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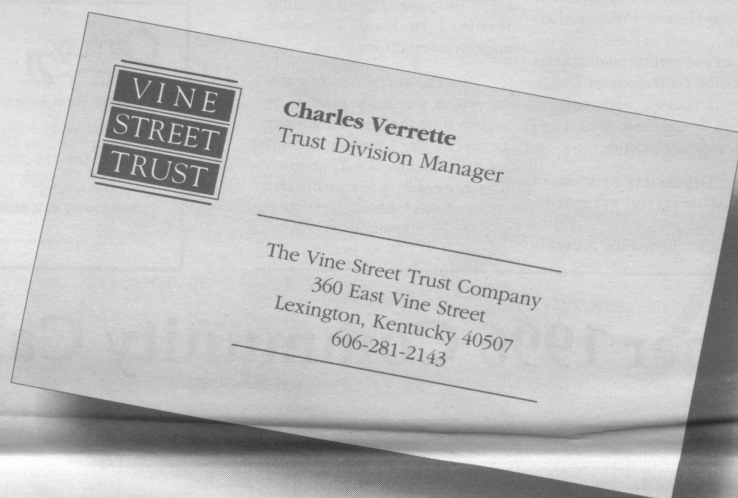
Charles Stern
REALTOR®



September 1996 Community Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
1	2 Labor Day	3 TAI and OZS Board Meetings 7:30 PM	4 Hadassah Opening Meeting 7:30 PM	5	6	7 Havurah Shlichot Service 9:00 PM Joint Selichot Service at OZS Nitzvaim/Va'yavlekh ...																																																																																				
8 Havurah Mezuzah Hanging in afternoon Grandparents' Day	9 Havurah Board Meeting 8:00 PM	10 Chabad Study 12:00 PM Hadassah Board Meeting 7:30 PM	11	12	13 Deadline for Shalom Erev Rosh HaShanah	14 Rosh HaShanah																																																																																				
15 Rosh HaShanah	16 Tzom G'daliah	17 Resettlement Committee Meeting 7:30 PM	18 CKJF Executive Committee 7:30 PM TAI Sisterhood meeting	19 Hadassah Women's Discussion Group 7:30 PM	20	21 Shuvah Ha'azinu																																																																																				
22 Kol Nidre	23 Yom Kippur Yizkor	24	25 CKJF Board Meeting 7:30 PM	26	27 Erev Sukkot	28 Sukkot																																																																																				
29 Sukkot	30 Hol HaMoyad Sukkot	August <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> October <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>					S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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