

The Indiana Jewish
Post & Opinion

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Mi Sheberach

A Focus on Healing



Cover art
by Bruce David
(see p. NAT 2).

Father joins son in Eye Care practice

STORY AND PHOTOS BY JENNIE COHEN

Over this past summer I had a chance to sit down and talk with Dr. John Abrams and his father Jerry "J.J." Abrams about their combined 82 years of treating eyes for residents of Indianapolis and suburbs. John has been rated "Top Doc" for ophthalmology in Indianapolis Monthly every year for the past seven years, about as long as that magazine has been keeping track. He was proud of being selected by his peers each time.

When I first saw John at his Carmel office, I noticed a pink ribbon on his white lab coat. He told me his mother had died of breast cancer several years ago and he has been a supporter of finding a cure.

John is confident when it comes to talking about his work and he also makes one feel completely at ease. These qualities of knowledge and experience combined with a good bedside manner must be one of the reasons he is so successful.

When I talked to John's father Jerry the next day at their Westside office, I sensed the same confidence and enjoyment of the work. Even though he is 83, he is just as steady with his hands as a young man and with a sharp memory to boot.

John Abrams is an ophthalmologist and his father, Jerry, is an optometrist with Abrams EyeCare Associates. Three offices make it convenient to almost anyone in Indianapolis and surrounding areas. Two are in Indianapolis, one on the Westside near 38th St. and I-465 and one midtown on Senate near Methodist Hospital, and one is located in Carmel on North Meridian near 116th Street.

Six years ago, the two joined forces at the west office. This was after John had been at it for 20 years and Jerry had been working in the field for 55 years. This move, to be with his son, relieved Jerry of the hassles of keeping up his own office. And many of his patients followed him. He works three days a week and John works with him only one of those three.

"I like having him in the office. Family businesses can be complicated, but not a lot of people get the opportunity to work with a parent. Every day when I work, someone will ask me if I have a relative that

worked on Washington Street," John remarked.

Now John's daughter Leslie is in medical school in Indianapolis, so there is a possibility that a third generation will join the practice. Of the six doctors at Abrams EyeCare, four are Jewish: John and J.J., Debra Mann, and Michael Rothbaum.

John always knew he wanted to be in medicine, but he did not know it would be ophthalmology. Growing up it was always around him. When he was training in medicine, he was interested in three areas. One was orthopedics and sports medicine because, while he was an Indiana Pacer ball boy, he got to know and enjoy the work of the team orthopedic physician. He had an art background going back to middle school so he considered going into plastic surgery. The reason he chose ophthalmology is because it is a good mix of patient interaction in the office, and microscopic surgery with a lot of high tech devices and tiny instruments.

John's artistic background in high school was working with leather. Besides making wallets, briefcases and belts, he did portraits, including Einstein, that he carved in leather.

John is a past president of the Jewish Federation of Greater Indianapolis. He served during the worst economic time in recent years, so it was challenging. One good accomplishment that came out of that time was their new ATID program of leadership development. One of a few controversial issues they were dealing with was whether or not to have the JCC open on Saturday morning. To be competitive with other fitness centers they needed to be open on Saturday when people are off work and have the time to use the facilities. Besides, more than half of the members now are not Jewish. Also most the other JCC's in the Midwest are open Saturdays.

When do you recommend that a child see an eye doctor for the first time?

Babies are usually screened right after birth to look for any congenital abnormalities. I recommend that children have a complete eye exam before they start school. Today, pediatricians are fairly good about screening for eye



Left to right: John Abrams and Jerry Abrams explain an eye problem to a patient (unidentified). Inset (L-R): John and Jerry.

problems and then children are screened in school every few years after that.

From college age to 50 years of age, I recommend every two years to have one's eyes checked unless one wears contacts or glasses or has an eye condition and then it is more frequent. Also if there is a history of glaucoma or macular degeneration, some people come more frequently.

Adults 50 and older should be checked every year. One of the reasons for that is to check for glaucoma, because usually there are no symptoms until it is far advanced and irreversible damage has occurred. To diagnose it, the eye pressure needs to be measured in the doctor's office.

Are there any preventative measures one can do to keep their eyes healthy?

Sunglasses are the best defense against a lot of the eye problems we are seeing earlier and with more frequency than in the past, specifically cataracts and macular degeneration. The ultraviolet rays that we are exposed to now are much worse than decades ago. Ten years ago, the average age for cataract surgery was upper 70s or early 80s. Now it is late 60s or early 70s. Studies are predicting that it's going to be even earlier ten years from now.

What other eye diseases are prevalent today that people should be aware of?

Macular degeneration (MD) is one. We know a lot more about it and we are seeing a lot more of it today. Two things that can be helpful to prevent it are wearing sunglasses to protect the eyes

from the harmful sunrays, and maintaining proper nutrition and taking vitamin supplements.

Our lifestyles today, including eating a lot of fast food and processed food, are not as healthy as they used to be. I recommend taking a multivitamin every morning. There are some vitamins that help slow down macular degeneration for those who already have it. Genetics plays an important role in this disease. Macular degeneration is a common disease of Jews who are of Northern European descent. Our environment is a contributing factor, but also people are living longer.

New treatments for MD are available that have been helpful when bleeding occurs in the eye. Israel is one of the leading places for research using stem cells for MD.

Diabetes, which is much more prevalent now, often results in decreased vision and can lead to blindness. Earlier diagnosis and improved treatments have led to better outcomes when diabetes affects the eyes. There have been many advances in the care of diabetic eye disease.

Are there other preventative measures to keep eyes healthy?

There are some vitamin supplements to help with dry eyes. This is very common especially in women during childbearing years and as they get older and the eyes get dryer. Flaxseed oil, omega fatty acids and supplements that help lubricate are recommended as dry eye treatments.

What new treatments have developed recently to help with eye conditions?

Lasik has been a huge development to help make people's lives easier and get rid of glasses for those who are nearsighted or have astigmatism, and (to a lesser degree) those who are farsighted. Another good breakthrough is the new premium implants for cataract surgery.

In the past when we took out a cataract, we would put in a permanent lens to help people see far away, but they still needed reading glasses. Or they still needed glasses to correct for astigmatism. Now we have premium implants that act as bifocals or will eliminate astigmatism. Not only can we help one see well by getting rid of the cloudy cataract, but we can also help them get rid of their glass prescription at the same time.

Cataract surgery has improved dramatically to the point that it's not very risky, doesn't take long, and is highly successful. Fixing people's sight with Lasik and cataract surgery is life altering. This is one of the main reasons I still enjoy my job after more than 20 years because I am able to help improve people's lives.

How harmful is chlorine for the eyes, especially those who swim a lot?

Goggles can help with that, but the eyes are pretty tough. Chlorine doesn't hurt except to make the eyes irritated and that can clear up within 24 hours.

Is there one aspect of your job that you especially enjoy?

I take care of the eyes for a lot of athletes here in town. I have taken care of the Pacers and the Butler Bulldogs for more (see Eye Care, page IN 11)

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Food Bliss Workshop

Local food gurus unite: Teach the joys of 'scratch' cooking with whole foods and the bliss of a plant based diet.

Vegecurious? What do President Bill Clinton and Alicia Silverstone have in common? According to the Vegetarian Times 2008 poll, they are part of the 3.2% of Americans who are Vegetarian, 10% Flexitarians, and 0.5 that claim to be Vegans.

To help Hoosiers transcend the addiction to machine cuisine and corpulent, unhealthy Midwestern eating behaviors, Eat Right Now WISH TV 8 host on Weekend Daybreak News, and food columnist, Chef Wendell Fowler along with Raw Food Chef and healing Guru, Audrey Barron, announced today the availability of seats for a six-week **Food Bliss Workshop**.

The high energy event centers on vegetarian, vegan, and raw diet recipes and principles, startling facts and revelations, new products, preparation techniques, Locavore menu planning, and nutritional literacy that will place the American Diet in direct context with soaring Western disease rates and costly health care.

Local favorite, Audrey Barron and media personality Chef Wendell point out America has the most costly health care on earth, yet rank the 11th healthiest nation in the world because the health care industry has failed to embrace, and have mutually ignored the Hippocratic reality of

food as medicine. The duo believes a whole foods/plant based diet is the foundation for vibrant health and high quality of life.

Certified Raw Foods chef, Audrey, a graduate of the renowned Living Light Culinary Institute in Ft. Bragg, California is also a well regarded Nationally Certified Massage Therapist, a graduate of the IUPUI Therapeutic Massage Program and is a member of the Associated Bodywork and Massage Professionals. Motivational speaker and Locavore, Chef Wendell is a professional food journalist in 8 American cities. He locally writes for Indiana Living Green Magazine, The South Side Times, and Senior Life. His WISH TV Segment on healthy eating draws solid ratings

Food Bliss's unique workshop provides participants with firsthand insight on how to re-embrace cooking 'Real Food' from scratch, where the home chef controls the ingredients, not a scientist in a lab. For more information on classes, including pricing and how to sign up, go to: FoodBlissWorkshops.blogspot.com, or call 317-501-7606.

The "green" event provides a highly coveted chance to meet personally with industry notables.

The Workshop will be held at Mother Nature's Sun, 6516 Ferguson, Indianapolis, 317-253-5683. Class dates: 1-19, 1-26, 2-2, 2-9, 2-16, and 2-23 from 6:30 p.m. to 8:30 p.m.

A full meal, recipes, fact-sheet handouts are provided. Contacts: Wendell R. Fowler, www.chefwendell.com, and Audrey Barron, Audrey@beofbliss.com and www.beofbliss.com. ★

Home Services Unlimited named to the HomeCare Elite Top 500

Home Services Unlimited today announced that it has been named one of the top 500 home health agencies in the country, according to the 2010 HomeCare Elite™. Now in its fifth year, the HomeCare Elite identifies the top 25 percent of home health agencies in the United States and further highlights the top 100 and top 500 agencies overall. Winners are ranked by an analysis of performance measures in quality outcomes, quality improvement, and financial performance.

"The 2010 HomeCare Elite winners continue to demonstrate a commitment to providing their patients with the best possible Home Services Unlimited on being one of the top home care agencies in the country. In addition, we salute all forward-thinking providers who are already working on measuring and improving their performance using OASIS-C outcomes and process measures and HH-CAHPS results. This important data will also be used in identifying the HomeCare Elite in the future."

President Etelka Froymovich credits her employees skills and compassion with the company's ability to rank as one of the HomeCare Elite. She said, "We believe in exceeding expectations."

(see Home Service, page IN 11)

Crohn's & Colitis Foundation Raise Awareness for IBD

On Sat., Jan. 29, 2011 at 7:00 p.m. at the prestigious Conrad Hotel in downtown Indianapolis, the Indiana Chapter of the Crohn's & Colitis Foundation will host its 5th Annual Casino Night and Silent Auction. The event which raises critical funds for research and support programs is also one of the organization's tools for spreading awareness about Crohn's disease and ulcerative colitis, collectively known as Inflammatory Bowel Disease (IBD).

IBD affects more than 30,000 Hoosiers many of whom live in extreme pain and silence. Due to the nature of these diseases and the symptoms that accompany the disease, IBD is often not discussed leaving patients feeling isolated. CCFA is working to change this! With events like Casino Night and our annual Take Steps Walk in the spring, the Indiana Chapter of the Crohn's & Colitis Foundation is working to educate Indiana and provide resources to all

IBD patients, their families and caretakers.

The Casino Night will include a brief program to educate guests on the work of CCFA and the resources we have available followed by an evening of Vegas style games. A Silent Auction featuring signed Colts gear, designer handbags and getaway trips will serve to help the Foundation raise the money needed to continue providing camps for children with IBD, support groups and other services as well as continue vital research towards a cure, some of which is happening right here in Indiana.

Abdul from WXNT's "Abdul in the Morning" will serve as this year's Emcee. Sponsors include: VEI: Community Health Network; Katz, Sapper & Miller Certified Accountants; Indiana University School of Medicine Department of Gastroenterology and Hepatology; Maddox, Hargett & Caruso, P.C.; Dave and Beth

Workman and the Monarch Beverage Company.

To purchase tickets or learn more visit: www.ccfa.org/chapters/indiana or call 800-332-6029

About the Crohn's & Colitis Foundation of America

The Crohn's & Colitis Foundation's mission is to cure Crohn's disease and ulcerative colitis, and to improve the quality of life of children and adults affected by these diseases. The Foundation consistently meets the standards of organizations that monitor charities, including the Better Business Bureau's Wise Giving Alliance (give.org) and the American Institute of Philanthropy (charitywatch.org). More than 81cents of every dollar the Foundation spends goes to mission-critical programs. For more information visit: www.ccfa.org. ★



Derby Dinner
PLAYHOUSE

Now Playing

WEEKEND COMEDY

This comedy mistakenly pairs two couples from different generations for a weekend get-away when they rent the same cabin. Once they decide to share it, hilarity ensues as the clash between ages and lifestyles plays out.

Thru February 20

812-288-8281 • www.derbydinner.com

Community Events

Jewish Bereavement Group

The Albert & Sara Reuben Senior and Community Resource Center has begun a bereavement group in partnership with Community Home Health Services, a part of the Community Health Network. This bereavement group, which has a Jewish perspective and is facilitated by Rabbi Bruce Pfeffer, is open to all. Questions should be directed to Julie Sondhelm at 317-259-6822 at ext. 6. Meeting dates and times are the third Monday of each month from 10 a.m.-11:30 a.m. and the first Thursday of each month from 7 p.m.-8:30 p.m.

Raising Jewish children... but you're not Jewish?

The Mother's Circle provides FREE education and support for women of other religious backgrounds who are raising Jewish children in the context of an interfaith marriage or committed relationship with a Jewish partner. A new class began in November. If you or someone you know would benefit from this warm, welcoming program, please

contact Patti Freeman Dorson at 317-441-5259.

BJE Cooking for the Jewish Year – Tu Bishvat

Sun., Jan. 16, 2011, 10 a.m. – 11:30 a.m. Join us as we make almond cookies for Tu Bishvat and learn more about the Jewish festival for trees. Cost is \$10.00 per family. Pre-registration is required. Contact Miles Roger: mroger@bjeindy.org for more information.

JCC Business Network

January 19, and every third Wednesdays of the month, at the JCC, from 6:30-8:30 p.m., 6701 Hoover Rd. RSVP to Larry Rothenberg at lrothenberg@jccindy.org, or call 317-715-9233.

Game Night at CST

Men's Club is hosting this fun filled Game Night on Sat., Jan. 22nd at 7 p.m. at Shaarey Tefilla. Bring your favorite deck of euchre cards or board games.

\$10/couple at the door - \$4/person in advance. RSVP: leopold.henry@gmail.com

Israeli Movie Night!

Tues., Jan. 25, 7 p.m. in the Laikin Auditorium of the Arthur

M. Glick JCC. Movies are always free of charge. *In The Secrets* a religious-themed drama, complications arise when the relationships between a group of women residing in a *midrasha* (all female seminary) in Safed turn suddenly volatile. RSVP on the Federation website: www.JFGI.org or on Facebook.

Jewish lawyers

Jewish lawyers group meets for lunch on the fourth Wednesday of each month. The next meeting is Jan. 26 at Shapiro's downtown at 12:15 p.m. Presently the group's leaders are Irwin Levin, Zeff Weiss and Elliot Levin. More info: contact Elliot at edl@rubin-levin.net.

6th Annual YLD Wine Tasting

Sat., Jan. 29, 2011 at 8 p.m. at the Indianapolis Art Center, 820 E. 62nd Street.

Join the Young Leadership Division for our most popular event of the year! Wine, food, art, what more could you want? Purchase your tickets online in advance at the Federation's website, www.JFGI.org. \$20/single or \$35/couple in advance or \$25 each at the door.

HAI Annual Trivia Night

Trivia night will take place Sat., Feb. 5, 2011 at 8:00 p.m. at the HAI Cultural Arts Center. It is sponsored by the HAI PTO. Dessert, coffee, and wine will be served.

Cost: \$18.00 per person in advance, \$20.00 per person at the door. Make reservations by Mon., Jan. 31, 2011. Questions? Please contact Janine Fogel 872-0631 or janinefogel@comcast.net. Each trivia team has a total of six members.

(see Events, page IN 7)

Jewish Speed Dating event

Single? Still haven't found your special Valentine? February 14th is fast approaching, but you don't have to dread the day any longer! Instead, embrace it at the **Regional Jewish Speed Dating Party** where you just might meet your heart's desire. Join other Jewish young professionals, 21-35, from Cincinnati, Columbus, Toledo, Dayton, Indianapolis, Lexington, Louisville, and Knoxville on Saturday, February 12th at downtown Cincinnati's Westin Hotel on Fountain Square, where you can **"fast track all your first dates"** with some of the region's most eligible Jewish men and women this Valentine's Day weekend!

The event is **FREE** with advance reservations and is being sponsored by **Access**, Cincinnati's popular program for Jewish young adults, which is an initiative of The Mayerson Foundation. The evening will take place in the Westin's famous Fountain Room, overlooking Fountain Square, where guests will break the ice over cocktails, appetizers and conversation starters while they go on dozens of "mini dates" all in the same evening. Then, if there's chemistry in the air, there'll be plenty of opportunities for more one-on-one time when the group hits some of downtown Cincinnati's hottest bars for a special Saturday Night **HeBREW Happy Hour Hop!**

Add One – Jewish Regional Speed Dating

"This is Access' third Speed Dating event, and the second to be open to the entire region,"



explains Program Coordinator, Rachel Plowden. "Last year, nearly 100 people participated in the event, with a large percentage coming from other cities in the area. Many matches were made, some of which are still going strong! For those who feel they already know all the eligible Jewish men and women in their own community, this is a perfect opportunity to meet a whole new group of people, all who live within a reasonable driving distance of each other!" she adds.

For anyone coming from out of town, **Access** has secured a special rate for event participants at the Westin Hotel of just \$99 per night. There is no cost to participate in this event, however, hotel accommodations, meals and drinks at the HeBREW Happy Hour Hop go on each individual's own tab. **This event is strictly limited to Jewish men and women between the ages of 21-35.** Advance reservations are **mandatory**. Space is limited and will be allotted on a first come first served basis.

(see Speed Daing, page IN 11)

The 11th Annual * invites you to... *

Casino Night & Silent Auction

Saturday, Mar. 12th @ Congregation Shaarey Tefilla
7:30 p.m. 3085 W. 116th St., Carmel

Las Vegas-style Cash Gambling *
Black Jack, Poker, Craps
Hors d'oeuvres & Desserts
Elegant Casino Attire

tickets / info: **733-2169**
\$25 in Advance,
\$30 after Feb. 19th

Visit us on the web at www.shaareytefilla.org
To Benefit Congregation Shaarey Tefilla; License No. 121979

Purdue Jewish Studies courses open to all

Jewish Studies Program Noon Lecture and Discussion Series – Spring 2011

Wednesday, February 9 ~ Stewart Center, Room 320 ~ 12:30 p.m.

David Sanders, Associate Professor, Markey Center for Structural Biology, Department of Biological Sciences, Purdue University, "The Psychology of Elisha ben Avuyah."

Wednesday, March 2 ~ Stewart Center, Room 320 ~ 12:30 p.m.

Jennifer Oldham, Winner of the 2010 Edward Simon B'nai B'rith Barzillai Lodge No. 111 Prize in Jewish Studies, "Who is a Jew?"

Wednesday, April 6 ~ Beering Hall, Room 1222 ~ 12:30 p.m.

Fritz Cohen, Professor Emeritus, Department of Foreign Languages and Literatures, Purdue University, "Demonization of the Jew in German Popular Plays of the Late Middle Ages."

Jewish Studies Program Evening Event – Spring 2011 Klatch Jewish Arts Series Presentation

Monday, April 11 ~ Krannert Auditorium ~ 8:00 p.m.

Lafayette Klezmerim: An Evening of Jewish Music,

<http://lafayetteklezmerim.com/>
All members of the Purdue University community and the public are cordially invited to attend these free events offered by the Jewish Studies Program, www.cla.purdue.edu/jewish-studies/.

For more information, contact Alice Wenger, Assistant to the Director Purdue University Jewish Studies Program, Beering Hall of Liberal Arts and Education, Room 6166, 100 N. University Street, West Lafayette, IN 47907-2098, 765-494-7965 office, 765-496-3633 fax, wengera@purdue.edu. Office hours 9-12 and 1-4, M-F. ★

Health and Wellness Programs at the JCC

All events are open to the public and held at the Arthur M. Glick JCC, 6701 Hoover Road. Registration is online at www.jccindy.org, by phone: 317-251-9467, or by visiting a JCC membership desk.

The Mindfulness Diet

led by Doug Hanvey

March 23 and 30

Wed, 6:30–8:30 pm (2 sessions)

\$38 general public / \$25 members

Do you find yourself bouncing from diet to diet? In this class you'll learn how to eat mindfully and discover how mindfulness can help you regain touch with bodily sensations of authentic hunger and satiety. Doug Hanvey, MS, meditation instructor, |originator of the Mindfulness Diet Program and writer for national publications such as Spirituality and Health magazine, will guide you in learning how mindfulness can reduce stress, food cravings and emotional eating. Mindfulness will help any diet or way of eating to work better and offers the possibility of dramatically liberating your relationship to food.

Caregiver Support

with Judy Sosin

No registration, no fee

If you are caring for a family member or friend on a regular basis, you might be interested in participating in this informal discussion. Facilitated by Judy Sosin, MSW, JCC Associate Executive Director, we will provide a safe place to share emotions and experiences, seek and give advice and exchange practical information with others. Contact: jsosin@jccindy.org.

JCC Indoor Triathlon

Sun, Jan 30, 8 am–Noon

Ages 13 and up (by race day)

Swim 20 minutes – Bike 20 minutes – Run 20 minutes

Never done a triathlon before? Want to take your performance to the next level? The JCC Indoor Triathlon is a great way to try a triathlon and maintain your fitness in the winter.

Competitive Athletes

\$35 general public / \$30 members

Athletes will perform the biking segment on our power indoor cycles, and scores will be

based on a power:weight ratio. This is for more serious triathletes looking to compete against other athletes. Total scores are based on a points system.

Non-Competitive Participants
\$30 general public / \$25 members

Participants will receive counts of laps completed during the swim and the run instead of an official score. The biking segment will take place on our indoor cycles but will not be measured. This is for the beginner athlete who is looking to have some fun and get in a great workout on a cold winter.

Nutrition, Fitness and Lifestyle Tips to Manage Menopause Symptoms

with fitness, health and nutrition expert Katherine Matutes, PhD.

March 10 and 17

Thurs, 7:15–8:15 pm (2 sessions)

\$75 general public / \$59 members

Think you are too young to be experiencing menopausal symptoms? Think again! The average age of menopause in the U.S. is 51, and many symptoms begin in the mid-forties. Attend 2 seminars and learn what to expect before and during menopause. Learn how to manage and reduce symptoms through proper nutrition, fitness and lifestyle modifications, which can reduce disease risks associated with menopause.

Family Wellness Counseling

with fitness, health and nutrition expert

Katherine Matutes, PhD.

April 21 and 28

Thurs, TBD (2 session)

\$85 general public / \$69 members

Get started on the path to a healthier family through 2 seminars (the first for adults only and the second for kids and adults together). Fill out a pre-counseling questionnaire and participate in an interactive seminar tailored to your family's specific concerns. Studies show that family counseling is more effective than individual counseling in maintaining the adoption of healthy behavior changes.

Nutrition Counseling

with fitness, health and nutrition expert

Katherine Matutes, PhD.

1st session 90 minutes/\$67.50

Save with the 8-week package!

\$315 value for \$285!

Week: 1-90 min., 2-60 min.,

3-60 min., 4-30 min., 5-45 min.,

6-30 min., 7-45 min., 8-60 min.

Touch base with our staff nutritionist to develop a

personal weight management strategy, to learn disease prevention based on family history or to adopt habits for successful aging. Choose a private 30-min, 45-min or one-hour session to get expert counseling on your individual nutrition concerns. (In-home counseling is also available.) Contact Colleen at crcrispen@jccindy.org for scheduling.

Massage

JCC Massage Therapists

Gennady Chernyak, Rebecca Fletcher, Tom May, Shirley Sauber and Kira Shemesh

Schedule appointments by calling 251-9467, ext. 2226.

Swedish Massage for Men and Women:

1-hour: \$55 general public / \$45 members

1/2-hour: \$35 general public / \$28 members

Specialty Massages for Ladies Only:

Hot Stone Massage: 1-hour: \$69 general public / \$59 members

Deep Tissue Massage: 1-hour: \$65 general public / \$55 members

1/2-hour: \$40 general public / \$33 members

Aromatherapy Massage:

Can be added to any massage:

Add 1 Hour: \$10

Add 1/2 Hour: \$5

Reformer Pilates

The JCC's 7 certified Pilates instructors offer flexible hours and a variety of workouts on the Allegro Tower of Power Reformer. Work one-on-one or in a duet, trio or quartet to improve strength, flexibility, posture and overall body tone. Call 251-9467, ext. 2309 to schedule an appointment or a demo session. If you are new to Pilates, two private sessions are required before you can join a duet, trio or quartet.

Half-hour sessions are great for building muscle stamina and mobility for active adults.

Private:

1-Hour Sessions:

10 sessions: \$600 general public / \$500 members

5 sessions: \$300 general public / \$260 members

1 session: \$65 general public / \$55 members

1/2-Hour Sessions:

1 session: \$33 general public / \$28 members

Duet, Trio & Quartet:

1-Hour Sessions (price per person)

Duet: \$45 general public /

\$35 members

A course of a soul-searching journey for every Jew

RABBI MENDEL SCHUSTERMAN

Life can be a treadmill - as we go through the motions day after day without ever asking why or seeking what really matters to us. This course, prepared by the author of the best-selling book, *Toward a Meaningful Life*, is determined to change that. Presented will be strategies, tips, and suggestions for not only discovering where your true meaning lies, but in actually making it a part of your daily existence. Whether you are dealing with family relationships or job satisfaction, this course will help you look beyond a crisis to find the lessons within. Most important of all, these sessions will help you see life as the mysterious, challenging, and satisfying wonder that it really is.

Course Overview

Starting Monday February 7th at 7pm at the JCC or Tuesday February 8th at the home of Mr Joel and Dr. Yocheved Samson 1026 Golf Lane. For more info go to myjli.com or call 698-6423.

Discovering Your Personal Mission Statement

No business can function without a mission statement, and neither can you. This lesson will help you establish the foundation of a meaningful life – why you're here, why you matter, and how you can make sense of the patterns of your thinking, behavior, and feelings.

Marriage, Love, and Intimacy

How can you nourish the

Tri: \$37 general public / \$27 members

Quartet: \$34 general public / \$24 members

Arthritis Foundation

Aquatic Classes

All instructors are certified by the Arthritis Foundation.

At the Therapy Pool.

10-Class Punch Card, \$50

general public / \$30 members

Individual class, \$6 general

public / \$4 members

Fit Joints Plus:*

Mon/Wed 10:45–11:30 am

Fri 1–2 pm

Deep water aerobic workout

richness and depth of a loving relationship? We'll explore the spiritual factors that can make a relationship greater than the sum of its parts – with a passion that's eternal, purposeful, comfortable, and which truly reflects our Jewish values and attitudes.

Home and Family

Building a home, raising a family – these are the most important sources of warmth and security in our lives. Learn how to nurture and strengthen these vital bonds that embrace us with comfort and connection.

Work, Charity, and Wealth

We all need to earn a living, but that doesn't have to consign us to a plodding drudgery that leaves us feeling half-alive. We'll explore the ins and out of job satisfaction, as well as ways to put money in its proper perspective and keep materialism from overpowering our G-d-given, spiritual natures.

Pain, Loss, and Anxiety

Pain can intrude on our lives at any time. All-consuming, it is a call for attention that launches the natural process of healing. We'll explore ways of coping with difficulty, finding a balance between grieving for what has been lost and feeling hope for the future.

Religion and Faith

Faith is not only the stuff of childhood. It can open us up to the mystery of life, the wonder that defies reason. In this session, we work toward a personal grappling with truth as well as a more mature, dynamic relationship with our Creator.

Rabbi Mendel Schusterman is Director of Adult Education and Camp Gan Israel for Lubavitch of Indiana – cgi@lubavitchindiana.com. ★

while working on range of motion. Must know how to swim. Fee applies.

Aquajoints:*

Mon–Thurs 10–10:45 am

Mon/Wed 9–9:45 am

Tue/Thurs 10:45–11:30 am

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You are welcome to try either of these classes free of charge prior to purchasing a water movement pass. ★

Obituaries

Rozann Rothman, 76

Rozann Rothman of Indianapolis died Mon., Dec. 20, 2010. Graveside services were held Thurs., Dec. 23, 2010 in Washington Park North Cemetery. Arrangements entrusted to Aaron-Ruben-Nelson Mortuary. ★

Belle Shapiro Ashby, 96

Belle Shapiro Ashby of Indianapolis died on Tues., Dec. 21, 2010. She was born on Sept. 16, 1914, the youngest daughter of Louis and Rebecca Shapiro. Belle graduated from Shortridge High School and earned a BFA degree from Herron School of Art. She then worked for L.S. Ayres and Western Electric. Belle retired from P.R. Mallory's Capacitor Division sales department in 1979 after 24 years of service. After retiring, she worked part time for P.R. Mallory until 1984 when she started doing accounting work for the family owned business, Shapiro's Delicatessen.

She was preceded in death by her parents; seven siblings; her daughter, Jeane Ashby Wann and her son-in-law, W.W. Abrams, Jr. She is survived by daughter, Joanne Ashby Abrams of Oakdale, N.Y.; son-in-law, Dan Wann of Indianapolis; five grandchildren,

Amy, Sarah (Amber Hunt), Lauren and Andrew Wann of Indianapolis and Rebecca Abrams (Jared Bianco) of Oakdale, N.Y.; two great-grandchildren, Aiden and Madison and several nieces and nephews.

Memorial contributions may be made to the Lewy Body Dementia Association, 912 Killian Hill Road SW, Lilburn, Ga., 30047. A funeral service was held Wed., Dec. 29, 2010 at the Aaron-Ruben-Nelson Mortuary, 11411 N. Michigan Rd., Zionsville, IN 46077. Burial followed in Beth-El North cemetery. Online condolences may be made at armortuary.com. ★

Becky "Babs" Passo Zoll, 83

Becky "Babs" Passo Zoll of Indianapolis and former resident of Terre Haute, died Dec. 30, 2010.

She was born on June 8, 1927 to Samuel and Sophie Passo. Babs was a member of Indianapolis Hebrew Congregation and a devoted member of Etz Chaim Sephardic Congregation.

She is survived by her loving family, her four sons: Steven (Nancy) Zoll, Mark (Lois) Zoll, Clark (Cheryl) Zoll, Scott Zoll; her brother, Al Passo; sisters, Esther Zuckerman, Celia Yosha and Sally Morris; grandchildren, Ashley Zoll, Stacey (Kevin) Hetrick, Annie Zoll, Jonathan

(see Obituaries, page IN 7)

Sheloshim tributes to Dr. Mark David Pescovitz

By Rabbi Dennis C. Sasso
From December 16, 2010

Eyn d'varim v'eyn omer, said the Psalms. "There are no words, there is no speech" that can recount a life as prolific, eclectic and creative as that of Mark Pescovitz.



But nothing, nothing was more important to Mark than his family: Ora, you were his partner, the love of his life. Together you fulfilled the meaning of the blessing spoken by your father at your wedding in Jerusalem 31 years ago when he pronounced you *reyim ahuvim*, "husband and wife, beloved companions."

You have been companions and partners at home and in the community, in your professional calling and in your service to others. Together you have been ubiquitous. Your presence and imprint are felt in so many places, in the lives of so many people, in so many and profound ways. Your love for one another and for the good of others, defined your relationship.

Aliza, Ari and Naomi, your Dad was so proud of you. Each of you, in your own way, was his favorite child. He followed your every success in law, in the arts, in news casting. He encouraged you, he made you laugh and celebrated the beauty and uniqueness of who you are.

Your Dad took you on exciting trips that helped you explore not only exotic places but also the depths of your relationship as a family and your commitment to *tikkun olam*. Sandy and I have the fondest memories of our trip to Guatemala. Your Dad called it one of the best he ever took.

Mark was a faithful son of Harold and Anita, of blessed memory, who inspired his love of medicine and the arts. He was a devoted brother.

He was beloved as a son to Bella and Dick, whom he would often visit in Jerusalem, even when Ora could not travel with him.

Mark cherished every single member of his and Ora's extended family, his nephews and nieces, and the many people who became part of the expansive Pescovitz orbit of friendship, care and concern. Sandy and I were grateful beneficiaries of

their circle of affections. Today we embrace you with our love and are humble bearers of the affections and support of this grateful community.

Mark's humanitarianism and his Judaism were seamless. His accomplishments in medicine, science and the arts as well as his involvement in civic, cultural and philanthropic endeavors are known in Indianapolis and felt in the farthest corners of the world.

It was Mark's Judaism that informed his humanitarian commitments. Within the Jewish community, Mark was a tireless volunteer, from the Jewish Federation of Greater Indianapolis to the Hasten Hebrew Academy; from this congregation to the Jewish Community Relations Council; from concern for Israel to his involvement in interfaith dialogue. Mark was a knowledgeable and passionate ambassador of the faith and people he loved.

Whatever he did, Mark did it his way. He was genuine and unassuming. He cared little for pomp and prestige. Whether he had his stethoscope or his camera hung around his neck; whether he was holding a mandolin or a piece of expensive art in his hands; whether he was in the presence of the powerful or the lowly, the urban rich or the village poor – Mark was just Mark, with a broad smile (often an explosive laugh) behind his bushy mustache, in his open collar, short sleeve shirt. Mark did not care to impress others, just to be himself.

One of his children mentioned that Mark's favorite book in the Bible was Ecclesiastes/Koheleth. It is my favorite too. Koheleth teaches us that in a world of uncertainty, the transitory quality of life is not an excuse for either abandonment or despair, but rather a call to rejoice and to do good. Mark heeded Koheleth's advice:

"Go eat your bread with joy and drink your wine with a glad heart. Enjoy life with the one you love through all your passing days... for that is your portion in life."

Mark Pescovitz understood that only love and service could counter the arbitrariness of life and give purpose to our fleeting days. Mark's death was tragic. But his life was heroic.

We remember Mark for teaching us:

To live each moment as though it were eternity.

To enjoy what we have without being owned by our possessions.

To pursue wisdom, but to understand the limitations of knowledge.

To use our power to empower others.

And above all, to love, to celebrate, to serve and to say yes to life.

Tehi nishmato...May his soul be bound in the bonds of life eternal.

Rabbi Sandy Eisenberg Sasso
From Dec. 16, 2010

We have gathered here still feeling the shock of the last few days, still finding it hard to believe (accept) the reality of this moment. We come together as a community in grief. Yet even as we are impoverished by Mark's death, we are enriched by his extraordinary life and the grand legacy he leaves.

Dear Ora, Aliza, Naomi, Ari, Mark's brothers and sister, and large extended family. Among Mark's many and varied passions, his greatest love of all was his family. The special affection you knew, the joy, stories and dreams you shared will always be a part of the tapestry of your lives. We cannot possibly know the depth of your personal grief, but we want you to know that we share in your loss.

It is not just family and friends who mourn. Medicine has lost a talented surgeon and researcher, the art and music world has lost a fine artist and philanthropist, the Jewish and civic communities have lost a wise leader and devoted servant, a man of deep faith. All around the world, from Indianapolis to Kenya, from Israel to Malaysia, Egypt, China, and Turkey – all the many remote places where Mark traveled – people are in mourning.

In Eldoret, Kenya where Mark taught physicians to do their first kidney transplants, he was given the honorary title of "Village Elder." He didn't seem quite old enough to be called elder, but that was what he was – always wise and accomplished beyond his years.

One of Mark's childhood friends wrote to us about how when Mark was only nine years old, he saved a friend from drowning.

Wherever Mark went, he saved and changed lives. Whatsoever Mark did, he did with humor and humility. Whatever Mark touched, (see Pescovitz Tributes, page IN 7)

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PESCOVITZ TRIBUTES

(continued from IN 6)

he transformed through his skilled hands, his keen eye and his great, generous heart.

Mark loved the writings of Mark Twain who said: *Always do right. This will gratify some people and astonish the rest.* Mark always did what was right. He astonished us and we are forever grateful.

We honor his memory by putting back into the world some of what his death has taken from us – his vision and creativity, his energy and his heart, his generosity and his service, his inexhaustible commitment to repair the world.

The Psalmist wrote: *Light dawns in the darkness for the upright; For the one who is gracious, compassionate and just.*

Mark Pescovitz was such a person. His life is exalted in honor.

Todd Maurer, JCRC President
Marcia Goldstone, JCRC Executive Director

It is with a tremendous sense of grief that we acknowledge the devastating loss of Mark Pescovitz. Mark's leadership

graced the JCRC, the entire Jewish community, the city of Indianapolis and beyond. His volunteer work stretched across so many different organizations and causes and he enriched them all.

Mark was a special guy – an exceptional professional and a dedicated volunteer to so many different organizations. His infectious smile and good humor – not to mention his intellect and curiosity (about everything) made him a prize "catch" for any agency lucky enough to merit his attention. His thoughtful contributions to our policy discussions enriched the JCRC and helped to make us better-informed and more balanced.

May his memory be for a blessing.

Janie Maurer

I could tell what a caring and compassionate person Mark was by the way he would answer my questions. He always spoke so nicely. He gave so much of his time and he showed respect to everyone. He had a terrific sense of humor and he was a lot of fun to be with. Many of us felt we

were sorry we didn't get to know him better. He sat on so many boards that his passing leaves a void in the community that cannot be filled. When my husband and I went to the funeral we could see how he was loved by so many different people from so many walks of life. Indiana University School of Medicine Dean, D. Craig Brater, MD, spoke so highly of Mark at the funeral. Bart Peterson, the former mayor of Indianapolis, Michael McRobbie, the president of Indiana University, and many other dignitaries were in attendance. Three busloads came from the University of Michigan.

It is a very sad time for all of us in the community. ★

EVENTS

(continued from IN 4)

Meet the Author

Sun., March 6, 10 a.m. at Congregation Beth-El Zedeck. When Rabbi Milton Steinberg (Beth-El Zedeck's first Rabbi, 1928-33) died in 1950, he left an unfinished manuscript. His son, Dr. David Steinberg, president of Long Island University, will talk about his father and the work of publishing an unfinished manuscript. *The Prophet's Wife*

is a rousing portrait of the prophet Hosea and his passionate and free-spirited wife Gomer, at a critical time in the history of Israel. RSVP to the synagogue office, 253-3441. For more information, visit their website: www.bez613.org. ★

OBITUARIES

(continued from IN 6)

Zoll and Lauren Zoll and a great grandson, Connor Hetrick. Babs was preceded in death by her beloved husband of 56 years, Nathan, who passed away in 2005; her grandson, David Zoll and her sisters Mary Campbell and Molly Nahmias. The family would like to extend their gratitude to Babs' caregivers, for their kindness and devoted care. Babs formed a strong bond with them.

Funeral services were held Sun., Jan. 2, 2011 at Aaron-Ruben-Nelson Mortuary, 11411 North Michigan Road. Burial followed in Indianapolis Hebrew Cemetery North. Memorial contributions may be made to Etz Chaim Congregation. ★

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Is your home a healthy home?

BY GIGI FELSHER

In recent years there has been an increasing number of studies confirming the connection between our health and the use of common everyday household chemicals. Since the 1950's, there has been a dramatic increase in the number of man-made chemicals used in the home. The typical home has over 63 hazardous products that together contain hundreds of different chemicals.

Concurrently, there has been a dramatic increase in the incidence of certain chronic health problems and serious illnesses. Research indicates it is more than coincidence. CNN addressed this subject in 2010 with a four-hour special broadcast about the usage of chemicals in everyday products and the increase in many types of illnesses.

Around the turn of the 20th century, the rate of cancer incidence was roughly one in 50. Today, one in three women

and one in two men will face this killer disease. Birth defects and miscarriages have increased, as has infertility. Asthma, once very rare, has tripled in the last 20 years. Attention Deficit Disorder in both adults and children is rising. In 1993, 2 million children took Ritalin to enable them to sit still and learn. By 2000, 17 million prescriptions were being written.

Increasingly scientists are linking these disorders to long-term chemical exposure right in our own homes. We breathe chemical vapors in the air, absorb chemicals through our skin while using cleaning products or personal care items, and swallow small amounts of chemicals when we eat food from dishes that have been cleaned with chemicals that retain a small residue. All of this adds up, and has a far greater impact on the undeveloped nervous systems of small children.

The National Institute of

Occupational Safety and Health (NIOSH) analyzed 2,983 chemicals used in personal care products, with the following results: 884 of the chemicals are toxic, 314 caused biological mutation, 778 caused acute toxicity, 218 caused reproductive complications, 148 caused tumors, 376 caused skin and eye irritations.

As Americans, we have quit smoking, we eat healthier and exercise more, all to reduce our risk for heart disease, cancer, and other illnesses. I enjoy working with families to help them become more informed consumers and convert their homes to smarter, safer, greener products! It's so easy to switch stores and shop green!

I encourage everyone to convert their homes to a healthier, safer environment by eliminating toxic chemicals. Visit my website, www.myhealthsmart.net. Feel free to contact me, Gigi Felsher, regardless of where you live, at 317/843-2250 or gigi@myhealthsmart.net. Here's to a healthy home and family! ★

Chanukkah at Shaarey Tefilla

On a unusually cold late Fall evening with 2" of snow already on the ground on December 8, 2010, hearts and spirits – and the candles – were warm inside Congregation Shaarey Tefilla as 120 people gathered in celebration at the shul's annual Chanukkah Festival.

After the attendees lit their menorahs and recited the blessings together on that eighth night, a 5-star, chicken and latke dinner was presented by the CST Sisterhood. Festivities of Israeli dancing, lead by Bob Mandresh, and a Chanukkah songfest lead by Rabbi Sendrow on his guitar followed. A great time was had by all. (see photos p. IN-9) ★



Above left: CST Board President Joe Offengender presents Arthur Bennett the Grand Prize for his award winning photograph.

Above right: Bennett's winning photo.

Photo contest winners awarded

Following months of shutter's clicking and dozens of entries submitted, the Congregation Shaarey Tefilla Men's Club presented the awards of its 1st Annual Photo Contest at the shul's Chanukkah Festival.

In the Adult Division, First Prize was awarded to Arthur Bennett – a \$100 gift certificate from Robert's Imaging; 2nd to Terry Arnoff – a \$50 gift certificate from Robert's Imaging; and 3rd to Jeremy Pomerantz – a \$25 gift certificate from Robert's Imaging.

In the Youth Division, 1st Place went Herschel Nathan – \$50, and 2nd to Noah Smilg – \$25.

Arthur Bennett was the "Grand Prize" drawing winner and went home with a new Nikon CoolPic Camera.

All winning entries and many other submissions are on display in the shul's lobby. CST Men's Club sends its special thanks to Robert's Imaging for their donations and support. ★



CST Men's Club to join World Wide Wrap Feb. 6

For the third year running, the Congregation Shaarey Tefilla Men's Club will join in the World Wide Wrap promoted by the FJMC (Federation of Jewish Men's Clubs). The participation has continued to grow each year.

Each year, for the past ten, on the morning of the NFL's Super Bowl, FJMC promotes a special morning *minyan* at synagogues around the world where the *mitzvah* of *tefillin* is explained, demonstrated, and filled. This world-wide event is a fixture in synagogues throughout North America and in Australia, India, Europe, and South America.

This year members of the CST Religious School are joining in the activities by making their own "tefillin" from FJMC kits.

The program is schedule for Feb 6, 2011 at 9:30 a.m.

Phil Lande is President the of CST Men's Club and responsible for bringing the World Wide Wrap program to CST.

More information can be found by contacting the CST office, the FJMC website, www.fjmc.org/index.php?option=com_content&view=article&id=67&Itemid=89, or www.worldwidewrap.org.

A story from FJMC:

Several years ago, during Men's Club's World Wide Wrap program, a young man and his father came to the morning service. The young man – he was about a year short of his Bar Mitzvah – carefully donned his tefillin and recited the *shacharit* prayers while his father sat and observed. He was one out of perhaps fifty young people who were attending the Wrap that

morning...nothing unusual.

What was unusual was what happened *after shacharit*...for it was then that the young man turned to his father and asked, "Would you like me to show you how to put them on?" He then proceeded to instruct his father in the *mitzvah* of *tefillin*.

In the ideal world, knowledge of our Jewish traditions is handed down father to son, from parent to child, from generation to generation...just as Joshua received the tradition from Moshe Rabbeinu. But in the real world, many of us have drifted away from our roots. We may want to pass our traditions on to our children, but we don't know those traditions as well as we might. That's where the mission of the FJMC – involving Jewish men in Jewish life – really becomes meaningful.

The World Wide Wrap, now poised for its eleventh year, is a signature program of the FJMC. By educating Men's Club members and their families about the *mitzvah* of *tefillin* – a religious tradition thousands of years old – we help make it possible for our children to be able to follow that tradition and to pass it down to their own children. Or, as in this exceptional instance, to their parents! ★

Every hour, somewhere in the world, the sun is rising.
Every hour, somewhere in the world, Jews are putting on tefillin and reciting Sh'ma Yisrael.



Join Men's Clubs and congregations around the world as we teach and practice the mitzvah of wrapping tefillin.

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Chanukkah at Shaarey Tefilla (See story page IN 8.)



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Rabbi Gettinger Opens State Legislative Session

By MATTHEW J. SILVER

Rabbi Yisrael Gettinger of Congregation B'nai Torah was invited by House Speaker Brian Bosma to give the invocation for this year's opening of the Indiana House of Representatives legislative session in the State Capitol building Jan. 5, 2011, the first time in recent memory an Orthodox rabbi has been thus invited. As part of his remarks, Gettinger, in noting he is eighth generation rabbi, said, "My family came to this country over 100 years ago because we were persecuted terribly where we came from. We are grateful to be here, and thankful the armed forces makes it a safe place. This is a wonderful state, and a great country, and deserves all the blessings of the Almighty in being a moral voice for the world."

After declaring that he has served as a rabbi in Indiana 31 years, and that his four children are born Hoosiers, Rabbi Gettinger said, "At the risk of sounding presumptuous, I would like to suggest that a small plaque be attached permanently to each of your desks that reads, 'One Nation Under God'." The comment elicited a round of applause from the legislators.

"We vote freely, and take our responsibility seriously. But we must also hope that our votes are in harmony with the will of the Almighty," Gettinger concluded.

Rabbi Gettinger is the halachic authority for the Jewish American Affairs Committee of Indiana [JAACI], and previously met Speaker Bosma through JAACI activity working on behalf of the Jewish community. After the invocation he was warmly greeted by many legislators and their aides.

Silver is a free lance writer, researcher, and furniture specialist living in Indianapolis. He can be reached by email: mjsilverhouse@sbcglobal.net. ★

JCRC seeks legislative intern

The Indianapolis Jewish Community Relations Council is currently accepting applications for the Wolf Legislative Intern position.

The Indianapolis JCRC was established in 1942 as the organized Jewish community's public affairs voice to elected officials, the media, and other

religious, racial and ethnic groups. JCRC's mission is to safeguard the rights of Jews here, in Israel and around the world and protect, preserve and promote a just, democratic, and pluralistic American Society.

The JCRC Wolf Legislative Intern is a paid internship position.

The internship will coincide with the Indiana General

Assembly, which convenes from January through April 2011.

Interns must be available to work in Indianapolis at least four full days a week during this time period.

The JCRC Wolf Legislative Intern will (among other things):

- Research Senate and House bill listings on a daily basis for bills pertinent to JCRC issues. Follow assigned bills through the legislative process.

- Attend House and Senate committee hearings and floor sessions at the Indiana State House.

- Attend weekly coalition meetings to learn about other issues concerning the community-at-large and how partnering organizations approach these issues legislatively.

- Update and maintain the government affairs section of the JCRC web site.

Contact Indianapolis JCRC for more information at 1100 W. 42nd St., Indianapolis, IN 46208 or (317) 926-2935 and www.indyjcrc.org. Or David Sklar, Director of Government Affairs, at d_sklar@indyjcrc.org. ★



L-R: Rick Bentley, Rabbi Gettinger, Elliot Bartky, and Allon Friedman at the Indiana House of Representative's speaker's podium.

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EYE CARE

(continued from IN 2)

than 20 years. I work at the Indianapolis Motor Speedway, too. I used to do the RCA tennis championship when it was here and the Ice hockey team for many years. Whenever a player has any problem with or injury to their eyes, I do my best to get them treated and back in the game as soon as possible. It was fun last year to cover the NCAA basketball tournament, because Butler did so well.

Interview with Jerry Abrams

John's father Jerry opened his first office in Jan. 19, 1950 when he was 22, and he has continued practicing for more than 60 years. He got married in 1954 to Barbara Katz from Ft. Lauderdale, Fla. His first son, Jeff, was born two years later, and John was born in 1958. Now he has five grandchildren. For the first 15 years, he was located at Belmont and Washington and then he bought property two miles west at 4516 W. Washington St., and had a private office where he practiced for 40 years. He has worked with Abrams EyeCare the past six years.

Jerry's father was originally from New Jersey. He was in the motion picture business but was transferred to Indianapolis to run an office at 400 N. Illinois St. called Film Row. His mother was born in Louisville and moved to Indianapolis as a young child. Her father was a custom tailor downtown. His mother's uncle in Louisville was a rabbi and a doctor named Simon Salinger. Jerry is a cousin of the famous writer J.D. Salinger.

Jerry's parents were married for 30 years until his father died. He had one brother Herbert, z"l, who was five years older than him. His mother worked at the Kirshbaum Community Center during the Korean War in the 1950s. She was in charge of Sunday night dinners for the Jewish servicemen stationed at Ft. Harrison. Melvin Simon, z"l, founder of Simon Property Group was one of them who came every Sunday night.

Jerry comments about his Jewish upbringing in Indianapolis: "When I was growing up my family attended the Tenth Street Temple where Classical Reform Judaism was practiced. The rabbi was Morris Feuerlicht. We didn't use *yalmalkes* or *tallises* and when I became 13, there were no bar mitzvahs. We had a

Hebrew teacher on Sunday named Mr. Harris who taught us basic Hebrew. We used the Union Prayerbook."

What is it like working with your son?

"When my son was training, he would work in my office on Saturdays, where he learned technical aspects of refraction for spectacles. He went to Indiana University for undergrad, grad, medical school, internship and residency. Even before John went to high school at North Central while he was at Westlane Middle School, he made all sort of things from leather. I told him then he would make a good surgeon because he was so good with his hands."

"Jewishly speaking John was always more traditional than either his brother or me. He took Hebrew all through high school and also at Indiana University. When he married a girl from Beth-El Zedeck, he ended up leaving Reform and becoming Conservative."

Have you ever done any special or unusual kind of work in your field?

I am active in third-world country eye care. For one week every February, I go with a volunteer group of 15 doctors from Indianapolis to Honduras. On the last trip, one doctor did cataract surgery on 50 eyes in four days. The patients were led into the office blind. The other 14 doctors saw 3,100 people in four days.

We took eyeglasses donated from the Lion's Club and gave 5,000 pairs of glasses to the residents. We wrote out prescriptions, and they took them to the dispensary. Those working there picked out the glasses with the closest prescription they could find.

These people never had eye care. We would go to these villages where the people had walked all day and night down from the mountains to receive treatment at the clinic. They would sit for four or five hours in 85-90 degree heat waiting to be seen by a doctor. Then they would go home with their first pair of glasses, probably the only pair they will ever have.

I have been on over a dozen missions like this. I went to Haiti every year for seven years from 1979 to 1985. One experience I will never forget is flying nonstop from Indianapolis to Havana, Cuba in 1999 to do this work for five days.

The mission is called VOSH Indiana. It stands for Volunteer Optometric Services to Humanity. There are about 25 chapters that travel to third world countries.

Read more about father and son, J.J. and John Abrams, at the following website: www.abrams-eyecare.com. ★



HOME SERVICE

(continued from IN 3)

"On the fifth anniversary of HomeCare Elite, DecisionHealth would like to congratulate all of the winners who have achieved excellent clinical and financial outcomes, especially during times of such drastic regulatory changes," added Marci Heydt, DecisionHealth's executive editor of *Home Health Line*.

The 2010 HomeCare Elite is the only performance recognition of its kind in the home health industry. The 2010 HomeCare Elite is brought to the industry by OCS HomeCare, the leading provider of homecare information, and DecisionHealth, publisher of homecare's most respected

independent newsletter *Home Health Line*. The data used for this analysis were compiled from publicly available information. The entire list of the 2010 HomeCare Elite agencies can be viewed by visiting the OCS HomeCare website at www.ocshomecare.com.

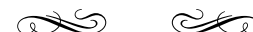
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(continued from IN 4)

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