

editorial opinion



Single life has rewards

There's a big difference between being alone and being lonely.

You can be lonely in a crowd and completely involved alone.

To many of those in our couple oriented society, being alone, living alone is the next worst thing to purgatory. You bear it, suffer with it and hope and pray that some day it will end.

Some of my favorite loners tell me there's definitely a stigma to living alone. Efforts to convince people that you have chosen to live alone are met with a combination of pity and skepticism.

"Little old ladies tend to look upon young women who live alone as prostitutes," says one friend.

Helicopter flash knowing looks when a man says he'd rather live alone than with his family, a woman or another man.

In the old days most of us went from the bosom of the family to college and roommates, then into the lap of a spouse and eventually a family of our own.

Sometimes there was a period in the armed services, sometimes extended summer camp or some other group-living activity.

Seldom did any of us actually live alone.

WE LEARNED to share walls, floors, closets, desks, clothes, refrigerators, stoves, checkbooks—in some cases, beds. We proudly proclaim this as part of growing up, this learning to share which we call "getting along with people."

Living alone does have benefits or better, pleasures. This time instead of dwelling on how to survive alone, let's talk about enjoyment.

Living alone doesn't mean you are condemned to solitary. It does mean you pay the rent and utilities, furnish, decorate and establish the household routine (or non-routine) on your own.

You choose your friends and invite them to visit when it suits you. You play music, hammer nails, bake cakes, draw pictures, watch TV and play solitaire or study when you feel like it. You are responsible for one person—yourself.

The only controls on your behavior are those imposed by the apartment superintendent, your own conscience, and your neighbor who may not like your 4 a.m. noise.

You stock the refrigerator with foods you like and leave knowing they will still be there when you return. Same for clothes. They still will be in the closet until you take them out for real trip for mothers of teenage daughters.

ALONENESS FORCES, or should force, the development of personal resources and interests. It can build a strong, resilient type of independence. These are strengths which stand many of us in good stead in later years.

The empty nest syndrome is less likely to be traumatic to someone with resources developed in the years before marriage.

Living alone is not for those who climb walls, easily or need constant interaction or some kind of a presence. It is for those who like themselves and enjoy, at least part of the time, being with themselves.

Living alone is not the end of the world for all who try it. In fact, for some, it's just the beginning.

"Between the lines"

by Carl Stoddard

Signs of a changing world

Sometimes things slip away without, anyone taking notice.

For example, when was the last time you saw a peace symbol painted on a wall or overpass?

Or when was the last time someone popped up two fingers and said "peace"?

It's probably been a while now that anyone really cares. The symbols, at least, had become more of a fad than a rallying cry.

So in the great American tradition, we discarded them.

We threw away more than the trappings. We threw away a commitment.

to an ideal. We discarded the belief that world peace could be achieved through rallies in the park in springtime.

As we gave up the notion of saving the world peacefully, we grew militant and marched from the parks to the streets. And we quit pleading and started demanding.

The response to the demands was predictable in the form of tear gas and organized police sweeps through the streets. In the end we relented and returned to the parks to flip Frisbees and settle into a sort of resolute apathy.

IN THE NEON STARKNESS of the 70s we take little notice of the fact that power, culture and politics have gone the way of both war and Cubans. Checker, Peace symbols have been painted over by the class of 76. And with the disappearance of the symbols has come the abandonment of our ideals.

That to me is a little sad because we as a people need some ideals. Idealism gives us hope and a charted course to a better future.

Perhaps this spring, when the parks become habitable again, we will be reminded that things can be a little better if we try hard to make them so.

Gundella says,

Test ability to send thoughts

A while ago I suggested a few little tests in which you could prove your ability to send out a thought that would be felt and heard, and acted upon by a person who was unaware of your attempts.

Many readers have written to say they have tried these tests and were successful.

In these enlightened times most people are aware that we can and do transmit our thoughts clairvoyantly to others even when we are not trying.

BUT ARE you also aware that you can send thoughts strong enough to move inanimate objects? This is not a super-natural power given only to a few chosen people. It is a power that is present in all of us and needs only to be developed.

Recently Uta Geller appeared on television with his key-bending demonstration. He suggested that his viewers hold keys, spoons, watches or other objects in front of their TV sets for an experiment. Many viewers have testified that keys and spoons bent without physical pressure being applied and stopped watches started and began to tick merrily.

Uta Geller taped that show. At the time it was telecast he was not trying to bend the keys or spoons. He was merely aware that those objects really bent, then they themselves caused it to happen. It was the power of their minds not Geller's, that started those stopped watches.

IN AN earlier column I discussed poltergeists with you. Poltergeists often make their home in schools. They are really not demons, but the physical manifestation of human energies generated and released by living, breathing human beings.

This is not to say that those who are plagued by poltergeists are consciously causing the weird things that take place. However, traumas in our lives sometimes cause anger, frustrations and anxieties that build up energies which must be released.

SOME PEOPLE release these angry energies by engaging in some real physical work. I know of one woman who scrubs the walls every time she gets mad. She had one of the cleanest houses in town.

Others throw things or dump their feet. But there are those who hold all this inside themselves.

Sometimes these energies build up to a point where they break loose and cause water faucets and light switches to turn themselves on or off, toilets to flush and books or dishes to come crashing down from the shelves.

THIS IS an example of uncontrolled, involuntary psychokinetic.

However, it is quite possible for you to learn to use these powers consciously. For instance, you can, with a little practice, actually learn to move objects with nothing more than your mental powers.

Next Week: Some exercises in psychokinetic.

from our readers

Solve school ills

Editor,

You recently wrote about the ills of our schools and how they were not preparing the students to meet the minimum standards of society.

The problem you speak of is not unique to the suburbs. Education is everyone's problem and has become everyone's scapegoat. To blame schools solely for this problem is like blaming the automobile for the social ills. People are still masters of their destiny, or are they?

You speak of tests and how the schools are failing to prepare the students. You quote college professors and their remarks about the high school students' inability to perform at acceptable levels. The colleges are equally affected by these same influences.



knows (mind over matter) when you make like to try.

You may write Gundella at Box 64, Garden City 66125. For a personal reply, please enclose a self-addressed, stamped envelope.

The politicians in their usual pursuit for public acclaim are too quick to endorse spending programs which do not benefit the total school population. The classroom teacher who must get by with the old and relevant books so new expensive equipment can be purchased for the vocational program, and some of the real ills in the educational institution.

You say to register concern about the financial crisis and its effect on schools. Maybe, but what effort does registering concern have when programs of waste are unattended, but there are no funds when a teacher asks for a fair wage?

Your solutions may possibly be band-aids for the wounds of education, but the healing process will require a longer involvement of society and a total revision of priorities and responsibilities for itself and its future.

F. EDWARD VALADE

Farmington Observer & Eccentric

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152-1400

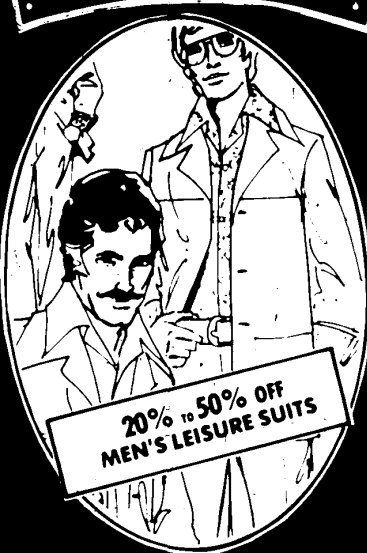
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