

Getting it together

'You're the cream in my coffee'

By
BOB TRENZ,
Ph.D.



Love is a necessity. It is not just a luxury, as some pragmatic anti-sentimentalists would argue. It is an important ingredient in our emotional diet. When people have it, they thrive; even when the love is not quite right, it brings out the best in human beings.

Feeling loved means feeling all right about yourself. Feeling loved means feeling really close to another and closer to humanity.

That everyone loves a lover is more than a catchy lyric. It's true. When we feel loved, we are more loving. Feeling loved adds to our ability to be compassionate toward others. And we are more valued and knowable by others because we have been accepted. Acceptance is the key to acceptance to those with whom we come in contact.

Feeling loved and becoming a loving person is one of the best things that can happen to us. But it is as rare as it is precious. Not because people don't want it, but because they discourage it with the very efforts they make to find it.

WE WANT SO desperately to feel less separated from others, but we do exactly the right things to keep us apart.

The right things to keep us really are means we must first be known. But we are afraid to expose ourselves. We hide behind

our privacy fence, framing to share our secret thoughts and experiences with someone who may not understand. So what we never learn is that we are surrounded by people who are much more similar to us inside than they are different.

I am reminded of a remarkable incident that occurred when three young married men decided to level with each other about their "frightening" secrets.

Not long ago, I was so ashamed that when I told my wife I still masturbate by myself a couple of times a week. But before he could continue, he was interrupted by his two started friends, saying almost simultaneously: "You

In addition to the separation of privacy, there is the separation caused by quick

judgements. Trying to be good, moral people we often separate ourselves from others by being closed-minded about values and behavior which we don't understand. We reject people who seem to be different.

But, most of all, we keep apart from each other because we don't really accept ourselves. Instead of expressing all of our inner feelings, we choose only those that seem most acceptable. In order to win another's love we present our most valued, most admirable side.

WE EMPHASIZE OWN achievements and hide our failures. We act fearless when we are scared to death. We project self-confidence instead of insecurity. Extravagance instead of shyness.

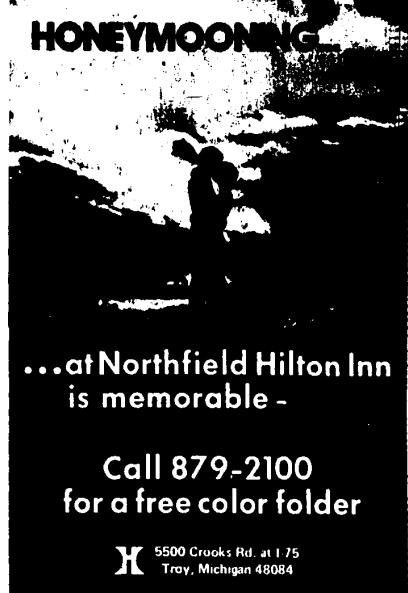
The less acceptable, weaker part of us is stuffed into a closet, hidden behind our protective image. In this way, it is not unusual for the less pleasant parts to be hidden even from ourselves.

And that's the source of our unloved feelings. Those banished segments of our personality are the heart of our lonely acts. For no matter how much we may be loved and admired for our strong exterior, we know that our lover isn't even aware of our secret ugliness. So we feel loved for our performance, not accepted for being ourselves.

But we loved in these conditions feels tentative. It seems to be contingent upon our ability to keep up an acceptable front.

To really loved, loved for who we truly are we must feel known and accepted by our lover. We must admit our true

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Association ball to pick Cinderella

The most outstanding, gorgeous, hand-some, brightest hunk of masculine pukhriude our Tri-County Kingdom has to offer is the title the Women's Committee of the American Lung Association will confer the man who looks for it to name as Cinderella of their Cinderella Ball Saturday, Oct. 2 in Raleigh House, Southfield.

They will also be on the lookout for two brothers to stand beside him and help him reign over the ball. The three men

chosen will receive \$2,000 worth of donated gifts.

The event will include a formal ball and a disco-after-party to be followed by the ceremonial selection of the Cinderella. The ball becomes a ballroom affair and must have a sponsor. Any restaurant, business, social, religious or political organization may sponsor their own Cinderella.

Those who attend the ball and the after-party will be asked to vote on a ballot to select the Cinderella.

The committee asks only that he be a cross between Robert Redford, Charles Bronson, Lorne Greene, Yul Brenner, Burt Reynolds, Paul Newman, Marlon Brando and Gregory Peck.

Any man who is nominated will be eagerly accepted. They posted not a bidding list if he possesses qualities of more than three of those mentioned he must provide his own protection.

Tickets for the ball are \$6.50 per person and \$12.50 per couple. For the disco- after-party tickets are \$5 per couple. Proceeds from the event will be donated to the American Lung Association.

Classes teach decorating

Anyone interested in housing and interiors will be helped by two courses being offered through the College of Lifelong Learning for Wayne State University's department of family and consumer resources that fall.

Introduction to Housing and Interiors meets Monday and Wednesday from 5:30-7:30 p.m. starting Oct. 4. Taught by Arlene Abel, member of the American Society of Interior Designers, it will cover functional, aesthetic, and financial aspects of the home and its furnishings. Floor plans and selected designs will be analyzed.

Twentieth Century Interior Art Nouveau through Contemporary taught by A.S.I.D. member Thomas Notholt, will examine furnishings and accessories in relation to developments in materials and technology. Architectural relevance and market sources will also be explored.

WAC vets pick new officers

The Detroit Chapter of the Women's Army Corps-Veterans Association recently installed new officers at a special installation dinner at The Boar's Head Inn, Dearborn, Mich.

New officers for 1974-75 are: President, Dorothy Dickey of Dearborn, High; first vice president, Virginia Nagy of Madison Hts.; second vice president, Lorraine Wall of Royal Oak; treasurer, Bette Bulger of Detroit; recording secretary, Violet Kuncak of Grand Pontiac; art correspondent, Karen Koenig of Novi; and Chaplain, Lucy Needham of Novi.

Missigal-Armenia Benevete Low of Pontiac, Mrs. Bulger was also elected to the office of national Sgt-at-Arms at a recent WAC convention held in Miami.

Entries accepted no later than midnight, October 31, 1974.

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