

'We refuse to acknowledge some very basic aspects of life'

By The Rev. LLOYD BUSS

Agriculture Secretary Robert Bergland said he was sorry.

He didn't mean to offend the farmers gathered in Washington with his remarks that some had made bad business judgments and others were driven by old-fashioned greed.

It couldn't have been the nature of his remarks that created the offense, but rather the implication that the farmers were the only ones to be so motivated.

Rising neither to his defense nor calling for a retraction of the incident only illustrates how we

refuse to acknowledge some very basic aspects of life.

BERGLAND COULD have said that circumstances had obviously turned against the farmers and they had to seek additional profits through abnormal means.

It would have offended no one and it might have won him a few additional supporters. But he didn't, and so we are left to ponder over our unwillingness to describe a feature of our characteristics in such pejorative terms.

It is much easier, of course, to accept the notion that the unfortunate events and disturbing experiences in life are

caused by forces beyond our immediate control. But when we are assigned, or assume, responsibility for our actions or traits, we become anxious and uncertain, and the unfortunate events and disturbing experiences not only erode our strength but can drive us to despair.

There is no easy reversal of the widespread assumption that we are basically moral and upright people and driven by motives of noble and honest virtues.

But until we come to grips with those deeper and more clouded features of our nature we will never be able to respond to the circumstances of our experiences.

No one has ever been able to define a fair profit with precision, and consequently, we are subjected daily to the rhetoric of those parties who contend for the same funds that will make their profit. With no reference for judgment, we are left with the disturbing conclusion that nothing will ever work out.

CHALLENGING this and changing nomenclatures would not dramatically assuage our feelings and reverse our condition.

But would lead us through the labyrinth of field and mind to an openness and acceptance of ourselves and others as less than perfect and thus more in need of each other than ever before.

Gains more than financial

Job boosts a woman's self-esteem

A job has the same positive effect on a woman's self-esteem that it has on her bank account.

"Working outside the home increases a woman's self-confidence and feelings of worth," two University of Michigan researchers say. "The same is true for women who think of themselves as having or planning a career, whether or not they are currently employed."

Jean Manis and psychology professor Hazel J. Markus are analyzing data compiled by the U-M Center for Continuing Education of Women (CEW) in a comprehensive study of women's transitions from education to employment.

Under a grant from the Ford Foundation, CEW has surveyed 1,415 women who returned to school after several years of child care or other responsibilities. In the coming months, Manis and Markus plan to look at the women's job finding experiences, the barriers they may have encountered, the effect on family relationships and the psychological meaning of work to women of various ages.

THEIR FIRST report, however, focuses on the ways working may affect a woman's view of herself. "By self-esteem, we are simply referring to how

one evaluates herself; a liking or respect for oneself that has some basis in reality," Manis and Markus explain.

"It may be that involvement in a career setting produces experiences that improve feelings of self-worth. And it may be that individuals who feel good about themselves are the most likely to initiate and pursue a career. We assume both factors are at work."

They note that self-esteem is also significantly related to the respondents' annual salary. "When we included age, educational attainment, marital status, number of children, length of employment and salary, the salary variable proved to be the most important predictor of self-esteem. Marital status was a close second."

"Self-esteem was not, however, related to the husband's salary," the researchers say. "One reason may be that the lower the husband's salary, the more likely he is to be working full-time, and thus primarily attuned to his own job performance."

THE WOMEN who answered CEW's survey ranged in age from 22 to 83, with 97 percent in the mid-20s to mid-60s. Seventy-three percent were working, and of these, 61 percent were

working full time. About half had interruptions of five years or more in both their schooling and employment.

They tend to fall into three specific groups, Manis and Markus observe: "The youngest are not only finishing degrees and beginning a career, but are deciding whether or not to get married or have children, and how to time all these events."

"The middle group has pretty much made these decisions and are usually quite busy coping with multiple responsibilities. And the oldest, while still managing a household, are past the need to worry about day to day supervision of children."

Comparing women of the different age groups, the U-M researchers found that it was the third group, those over 45, who were most apt to say they were "doing all that they wanted to do."

The 35-44-year-olds were most apt to say they would do something different in regard to marriage and children. "These women are likely the ones most strained by the demands of combining family and career roles, especially those who are single parents," Manis and Markus note.

Among the respondents who "would

do something different," the most common remarks were: to finish their education sooner; plan a career sooner; wait longer before marrying, and wait longer before having children.

"LIFE IS NEVER quite perfect," the researchers conclude. "The women who are working report time pressures. On good days they would describe their days as full; on bad days, frantic. They wish they had more time for entertaining, socializing and 'just plain relaxing.' Some say they would like to have had more children."

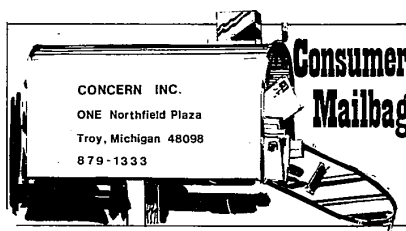
"On the other hand, they do not feel the financial pinch that others report, nor do they experience worries of not knowing what they want to do."

"Of the women who are not working, 35 percent of them would like to be," Manis and Markus add. "They are the only group in which a sizeable percent report a lack of excitement, or challenge in their lives" or say they sense a lack of purpose.

"In sum, the women in our study do not want to shed their close family relationships — far from it — but to have their own independent identities as well," Manis and Markus say.

Thursday, February 29, 1979

(T-4D, S.F.C. 9C, Ro-10B) (C)19D



I have a recipe that calls for tofu. What is tofu?

Mary C. Troy

Tofu is a soft, creamy cake-like bean curd made from soybeans. It is available at most health food stores and can be used in a variety of ways in recipes that range from salad dressings and salad to cheeseless cheese pies and lasagna.

Tofu has no saturated fat or cholesterol and is low in calories. All this and protein too. According to data in "The Book of Tofu" a typical eight-ounce serving supplies 11.5 grams of useful protein; the same amount that is supplied by 3 1/2 oz. of steak or 5 1/2 oz. of hamburger at a much higher cost in cash, cholesterol and calories.

I love my new cookbook! But I must

let you know that the recipe for yogurt cheesecake is not complete. The ingredients call for eggs to be separated and then neglected to tell you what to do with the egg whites. I am an experienced cook and was able to figure it out for myself but perhaps some of your readers need more complete instruction.

Mrs. B., Southfield



REMOVE candle wax from carpeting by applying a warm iron on a blotter over the spot. Repeat until the spot is removed. Read your Observer & Executive Classified section for lots of good buys.

YOGURT CHEESECAKE

Crust:
2 cups wheatgerm
2 tablespoons honey
4 tablespoons softened butter
1 teaspoon cinnamon

Combine ingredients and pat into spring form pan, covering the bottom and bringing up the sides about 1 1/2 inches. Set aside.

Filling:
1/4 cup cornstarch
1 cup plain yogurt
2 cups yogurt cheese (recipe in cookbook)
rind of 1 lemon, grated
1 tablespoon lemon juice
1/2 cup honey
2 teaspoons vanilla
4 eggs, separated

Put cornstarch in blender with yogurt. Blend until starch is dissolved. Add yogurt cheese, blend again. Add lemon rind, juice, honey and vanilla. Blend to combine. Beat egg yolks in large mixing bowl until thick. Add cheese mixture. Beat egg whites until stiff. Fold into cheese mixture. Pour into prepared pan. Bake at 300 degrees for 50 minutes or until center is firm. Turn off oven and leave cake in oven for one more hour. Cool and refrigerate. Makes 8-12 servings.

"This can't be healthy. I like it" is available for \$4.61 from Concern, Inc., Detroit, 1 Northfield Plaza, Troy, Mich.

Grace R. Glushin
Executive director

Your Invitation To Worship

<p>For Church Directory Information Please Call Pat 644-1100 Ext. 217</p> <p>NATIVITY EPISCOPAL CHURCH 2122 E. 14th Ave. S.W. SUNDAY WORSHIP 8:30 A.M. & 10:30 A.M. Sister and Church School at 10:30 Rev. John C. Froeseberg</p>	<p>BEAUTIFUL SAVIOR LUTHERAN CHURCH 5631 North Adams Road Midway, N.E. 4000 WINTER SCHEDULE 8:15 A.M. Morning Service 9:30 A.M. Sunday School 11:00 A.M. Morning Worship Communion 1st Sunday Frid. W. MacLean, Pastor Diane F. Schuler, Pastor MI 65041 MI 65124</p>	<p>CLARENCEVILLE UNITED METHODIST 20300 Middlebelt, Livonia Pastor Gerald Fisher 474-3444 9 a.m. First Worship Service 10:15 a.m. The Church School 11:15 a.m. Second Service of Worship Nursing Provided at All Services</p>	<p>CONCERN INC. ONE Northfield Plaza Troy, Michigan 48098 879-1333</p>	<p>COVENANT BAPTIST Covenant is a church where Christian Education is important. There is a place for you and your family to study and grow.</p>
<p>St. John American Lutheran Church 21225 Gill Road Farmington Charles Fox - Pastor 9:30 & 11:00 A.M. Worship 9:45 Sunday School Nursery at 11:00 Service 616-5584</p>	<p>St. Andrew Lutheran Church LCA 6205 Telegraph Rd. Birmingham 11 and 1st Ave. Sunday Church School 10:30 A.M. Thursday Church School 9:30 A.M. Charles Warren Pastor 546-5207</p>	<p>NORTH BROOK PRESBYTERIAN CHURCH 14 Mile and Laker Road Farmington Hills and Church School 9:30 & 11:00 A.M. Pastors: R. E. Kent MI 60000 Phone 462-0200</p>	<p>United Methodist Church 2000 W. 13 Mile at Evergreen 445-7777 Worship 10:00 am Church School 10:00 am (Nursery through High School) Minister: William Verheest</p>	<p>Holy Cross Greek Orthodox Church 25225 Middlebelt Rd. Farmington Hills 477-1677 Rev. S. J. Anthony, Th.B., Priest 10:30 am Sunday School 10:30 am Divine Liturgy English Sermon "Visitors Always Welcome"</p>
<p>First United Methodist Church 1589 West Maple at Pleasant Ministers: James W. Wright, G. Bryn Evans Thomas H. Beaven Harold L. Weemhoff Church Services 8:30, 9:30, & 11:00 a.m. Church School 9:30 - 11:00 a.m. Nursery Care Provided Nursery School: Monday through Friday 9:00-11:30 a.m.</p>	<p>NORTH CONGREGATIONAL CHURCH 26275 Northwestern Highway near Lahser Southfield Mich. Phone EL 6-1660 Come and Join Us for a Challenging Faith Education Experience Every Sunday Morning Rev. Paul H. Young, Jr., Pastor Dr. Harry M. Langford, Music Dir. Rev. David Howell, D.C.E. Bible Study 9:00 AM Morning Worship 10:30 AM Sunday School 10:30 AM Ample Parking Nursery Care No Stairs Provided</p>	<p>ST. PAUL UNITED METHODIST CHURCH 155 E. Square Lake Road Bloomfield Hills (1/2 Mile East of Woodward) 338-8233 Minister: Dr. Roger Ineson Church School 11:00 A.M. Worship Service 11:00 A.M. Pastor's Day 10 A.M. Christian Reel</p>	<p>EMMANUEL LUTHERAN CHURCH 25425 Lahser Road (Just N. of I-94) Phone 357-1840 Church 10:00 A.M. The Service 10:45 A.M. Sunday School Nursery thru 6th grade Senior Minister Frank & Cecile Associate Minister J. Chester Stuber</p>	<p>FARMINGTON HILLS BAPTIST CHURCH 28301 Middlebelt Road, 1/4 Mile N. of 12 Mile A FULL-SERVICE CHURCH SUNDAY GRADED BIBLE SCHOOL 9:45 AM WORSHIP SERVICES 11 AM and 6 PM CHILDREN'S CHURCH 11 AM WEDNESDAY FAMILY NIGHT 7:30 PM Douglas B. Brown, Pastor 851-0310 Nursery Provided at All Services Ample Parking C.S.A. Affiliated No Steps</p>
<p>WARD UNITED PRESBYTERIAN CHURCH OF LIVONIA Farmington Road & Six Mile Road 422-1150 Worship & Sunday School 9:30 & 11:00 a.m. "How to Get Along with People" Dr. Bartlett L. Hess 7:00 p.m. "The Church of the Open Door" Rev. William C. Moore Wednesday School of Christian Education Family Dinner 6:00 p.m. Classes & Chorus 7:00 p.m. Activities for All Ages 9:30 Sunday Service Broadcast over WNUZ-FM 103.5 Nursery Provided at All Services</p>	<p>The Orchard United Methodist Church 30450 Farmington Road Bloomfield Hills 48304 Morning Worship 9:30 and 11:00 am Church School & Nursery 9:30 am and 11:00 am Special Program for Enthusiastic & Young Adults 11:00 am 11:00 am Ministers: Robert Brown James F. Thomas</p>	<p>The Congregational Church of Birmingham, U.C.C. Woodward at Cranbrook Bloomfield Hills MI 4-4511 Worship and Church School 9:30 & 11:00 Ministers: Charles O. Erlson Earl B. Eckhart</p>	<p>FARMINGTON HILLS CHRISTIAN CENTER Drake Rd. at Freedom Phone 478-1511 Rev. Edmund Lottner-Pastor SUNDAY 9:45 AM-Sunday School 10:45 AM - Worship 7:00 PM - Revival Rally Thursday 7:30 PM Affiliated with the Assemblies of God</p>	<p>Church of the Redeemer Episcopal 18140 Cornett Rd. Southfield 569-4418 Sunday Services 8 & 10:30 AM 9:00 Prayer Book Services Only</p>
<p>First Baptist Church Bates and Wells, Birmingham, Mich. Robert G. Woodson, Minister David W. Smith Home & Armstrong Entrances</p>	<p>First Baptist Church of Farmington Richard Duncan Pastor - Phone 474-0350</p>	<p>First Baptist Church Church School 9:45 AM Worship Service 11:00 AM</p>	<p>Bloomfield Hills Christian Church The Community House 380 South Bates, Birmingham Sunday 10:10 A.M. Bible School 11:00 A.M. Worship 6:00 P.M. Prayer Service Wednesday 7:15 P.M. Bible Study 645-1202</p>	<p>Christian Science Churches FARMINGTON SUNDAY SERVICES 10:30 AM SUNDAY SCHOOL 10:30 AM WEDNESDAY TESTIMONY MEETING 8:00 PM CHILD CARE ROOM Sunday 10:15 AM - Wed. 8:00 PM READING ROOM - 355 East Maple - 644-7935 Open Mon., Tues., Wed., Sat. 10:00-5:30 Thurs. & Fri. 10:00-9:00 All are welcome at our Church Services and the Reading Rooms</p>



"He dwelt in our world, and have been created through the operation of new life. Blessed is the who dwelt with all men in a spirit of unselfish kindness and love."
Baha'ullah
For more information:
Baha'is of Bloomfield
8251 Center
W. Bloomfield, MI 48303
The Baha'i Faith