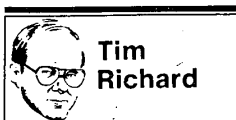


Financial support of education is not U.S. role

I'm old-fashioned. I like to listen to Liszt and read things like the U.S. Constitution, an odd practice I developed in school days. You learn interesting stuff reading the Constitution. Now's a good time to read it because the National Education Association is beginning what union chief Terry McGuire calls "a year-long offensive on behalf of America's public schools."

Says McGuire: "NEA's 1.7 million members will work cooperatively with other community and national groups to defend this nation's traditional support for the public schools — a support that includes federal aid."



Tim Richard

perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our posterity."

Congress has the power to tax, borrow, pay debts, provide for the common defense and general welfare, regulate international commerce, establish rules of bankruptcy and naturalization, coin money, fix standards of weights and measures, punish counterfeiting...

IT MUST BE nice to be a teachers union leader and rewrite history so glibly. In fact, there is no "tradition" of federal aid to education or national support for public schools.

Check the Constitution, which was ordained and established "to form a more

Congress can promote science and useful arts with laws on patents and copyrights, establish a court system below the Supreme Court, define piracy and felonies, declare war, support armies, maintain a navy, call up state militias to suppress insurrection and repel invasions.

Congress may govern the District of Columbia, prohibit importation of slaves after 1808 and override the presidential veto.

Nothing there about supporting education, public or private. Nothing.

THE NOTION of a federal "tradition" in education may be based on a wild reading of the Northwest Ordinance, passed by Congress prior to the Constitution, under the Articles of Confederation in 1785.

The Northwest Ordinance provides only for states to set aside land for education.

The idea of a national government "tradition" of funding public education is purely a concoction of the third quarter of the 20th century.

Indeed, the states which in 1787 formed the Union rarely had systems of public education. Not until the 19th century did states get into the business of free public education on any scale.

Today, the Michigan Constitution has an entire article on education. It's Article VIII, and believe it or not, it's as long as the article in the U.S. Constitution spelling out all the powers of Congress.

Plainly, education is a state function, not a federal obligation.

PUBLIC EDUCATION, which mainly is teachers' salaries, is reported in local school districts by state aid and local taxes, roughly 50 percent each. Federal

spending on education is only 5-10 percent of local districts' budgets and goes mainly for special programs.

NEA's hidden agenda is to change that. NEA would like to see 50 percent local funding, 50 percent state funding and 50 percent federal funding. You're right, that adds up to 150 percent.

In other words, NEA's long-term goal is a 50 percent pay boost at the federal government's expense.

The Reagan Administration has different priorities: beefing up defense and eliminating the Department of Education, among them.

Now, Ronald Reagan isn't on my list of favorite presidents, and it pains me to write this, but President Pruneface is quite correct. National defense is a constitutional duty of the federal government. Beefing up teachers' salaries isn't.

Max makes his retreat, hide intact

It started with soft rustlings, and then louder sounds of movement. I wasn't alone in the living room.

The noise came from the chimney. Something was planning to spend the winter in a nest just above the fireplace damper.

So I called a chimney man and told him I had a squirrel as a tenant. He thought it might be a raccoon, but as he didn't do raccoons, he turned me over to an associate.

Kevin Clark arrived a day or two later with a ladder, a poking stick and flares.

He announced to the creature that trouble was on the way by knocking on the fireplace damper. Then he pulled it open and lit a flare. I ran outside to see what would come out.

When he made his entrance, it was no little Rocky Raccoon with cute bandit eyes. This was a big grey eminence. This was the Godfather of raccoons.

I knew right away we are in for a cold winter. He seemed to be wearing a raccoon coat over his raccoon coat. I called him Max for maximum.

Mega Max laid on top of the chimney along side the two flues, one leading to the fireplace, the other to the furnace. Ho hum. He may have been through all this before because when Sir Kevin tried him with his lance, Max went down the other flue.



THE CHIMNEY sweep went to the basement to start a fire in that flue. Max came up, but when Clark again poked at him he went back down the chimney flue. It was hide and seek for a while until Clark capped one of the flues with metal screening.

Then he caught heavy smoke to flood the remaining flue, and Max re-emerged for his final scene. Clark threatened him with his pole, and Max moved around the chimney to the area where it goes straight down two stories to the ground. At one point he was clinging to the chimney bricks with nothing between him and the ground.

Then he let go. It could have been splat! But it was plop. He landed spread-eagle, face down on the soft grass in my compost pile. He stood up, pulled himself together and went off for a meeting with the mob. Or possibly to find another chimney.

I suggest you put screens over your chimney flues. Max is looking for a home.

A champion break-taker

A few of my friends have expressed curiosity on how a housewife who spends so much time stuck at home entertains herself.

Perhaps they are trying to say I'm not very entertaining to them. Personally, I find me a lot of fun to be with.

I've found over the years that the secret to being a successful and contented housewife is to take a lot of breaks. In fact, I think I can say, in all modesty, that I am probably one of the best "break-takers" in all the world. It's an art, you know.

One of my very favorite breaks in the day is my afternoon nap. I realize that I'm a little old for naps, but it's a habit I picked up from my kids when they were babies.

As any mother of infants can tell you, the highlight of the day is when you're successfully gotten the little gremlins asleep for the afternoon. The brief, but blissful silence is something every mother cherishes.

THE MORE energetic ladies I know would take this time to clean out closets or work on refinishing the furniture. But, I, being a genuinely lazy person, would quickly rush to my own bed as soon as my kids were snuggled safely in their beds.

As the years have so quickly passed, my children outgrew their need for a nap.

I didn't.

I'm hooked. Perhaps I should join a "naps anonymous" group — but I'd probably fall asleep during the meetings.

Another lovely way to take a break —



Nancy Walls Smith

believe me, there are several — is to grab a cigarette, make yourself a nice hot cup of tea, bring along something interesting to read and find a cozy spot to put your feet up.

You can always tell yourself (and your husband) that this is good for your health: by putting your feet up, letting your blood circulate freely throughout your body and getting it reacquainted with your head, your brain cells are stimulated.

Also, by reading something at the same time, you are broadening your intellectual horizons.

Of course if you're reading something frothy like "Soap Opera Digest" (one of my particular favorites) this tends to take away from the intellectual aspects of your argument.

I FIND IT best to hide the soap magazines under the latest issue of "Time" when I'm not reading them.

What hubby doesn't know won't hurt me. There also are the more subtle breaks that I take throughout the day. I find I can kill a refreshing hour or more with just the morning paper and a cup of coffee while sitting at the kitchen table. Even housewives must keep up with current events. My favorite section of the paper is the comics.

My husband claims I have to take a break after I read the paper just to rest up from the exertion of sitting at the kitchen table for so long.

This is not true. I always make a bed or two before I rush to the couch to prop my feet up.

As I keep telling my friends, it's not at all difficult entertaining yourself when you stay at home almost every day.

The difficult part is getting away with it.

Starting next week

Resolved: to stop procrastinating

I'm really ahead of myself. I made some New Year's resolutions by Jan. 15. My big resolve is to stop procrastinating. I'm glad I put this down as my resolution before the end of January. It shows progress.

In preceding years I gave up wagering on football games, drinking, smoking and salt. For a couple of years now I have resisted to store up energy to tackle the real biggies — procrastination and addiction to pancakes. This year I think I am strong enough to tackle these vices.

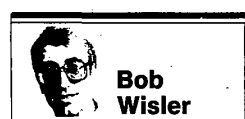
This year I will plan ahead. I will write down my plan on paper, as I am doing now. The experts say you don't have a plan unless it is on paper. So, I am writing down how I will stop procrastinating and how I will stop eating pancakes.

Actually I planned to have this column written in time for the Jan. 2 edition. It just shows you what not writing it down can do.

SOMETIMES there are good reasons for procrastination. Doc Greene, who used to write columns for the Detroit News, said he would never write a column in advance of the day it was necessary. If he did, he said, he might get hit by a truck and die, having gone through the labor of writing a column that it was not necessary to write.

Sometimes if you put off doing something long enough, the necessity for getting it done disappears. Like the transmission went out on one of my cars and I parked the car in front of the house until I could decide whether and where to get it fixed. It sat there for a long time, until the day some guy ran into it and totaled the car.

The wayward driver's insurer settled the matter for me by offering me about three



Bob Wisler

times what I thought the car was worth. Obviously, there are disadvantages. One gets so used to putting things off until the exact time that they need to be done, that there is no margin for error. An unforeseen development can throw you off. You can be delayed for important meetings. Like I was late for a wedding once and it irked people. They felt the bridegroom should be on time.

Those kinds of things may not bother true procrastinators, but they make other people uneasy. It is the effect that procrastination has on other people that eventually causes procrastinators to reform.

IN LINE with not procrastinating, I resolve to make better use of my time. I am going to give up some things, like television, and do something useful, like fix up the house and read the classics.

Television newscasts are out. I decided this after the New Year's Day weekend during which I saw 20 news programs lead off with speculation about whether or not Richard Allen would keep his job as national security advisor. I became weary of seeing Allen in his joggling suit complaining about TV reporters leaving hamburger wrappings all over the front lawn. Never have so many suffered so much watching

something which interested so few.

The thing that I like about reading newspapers instead of watching TV newscasts is that you can choose your news. If you decide early in the game that the story about a Libyan hit squad is all wet, you can choose to skip over that story in the paper and go right to the really important front page news stories, like how many bars are going to open up in Pontiac to accommodate Super Bowl XVI fans, and how Robb Carol Gies enjoys her job and why Robb Timmons was ousted as anchorwoman.

WITH ALL the valuable time I will save. I may even fix the bathroom. It was retiled last year, and I bought a special cabinet and sink to replace the old attached-to-the-wall sink.

Only trouble was, I bought the cabinet without really understanding how it was going to fit. Well, you know how it is. I had the cabinet sitting in the bedroom — ready for a move into the bathroom — for weeks before I realized that the cabinet wasn't going to fit.

I'd like to exchange it for one that will, but do you really expect the guy who sold it to me to exchange a cabinet I bought last July? I don't either, so what I am going to do is modify the cabinet by sawing off parts of the drawers. I am making a plan right now to buy the special saw I need on Sunday when I have a day off.

But it would be un-American not to watch the Super Bowl. Maybe I'd better wait until after the game when I will have a guaranteed bloc of time with no distractions.

Better yet, I will do it next weekend.

Burn-out hits too-busy people

Are you dynamic, charismatic, goal-oriented? Are you determined that your work life must be the best, your work record outstanding, your children stand-outs and shining examples?

Don't look now, but you're a candidate for burn-out.

Like a burned-out light bulb, a burned-out person may be someone whose inner fire has simply fizzled. Though it may not show on the outside, burn-outs are mightily impaired physically and mentally.

A New York psychologist first began applying the term to persons in the helping professions such as medicine, social work and nursing about 10 years ago.

As a practitioner in free drug abuse clinics, with a private practice, active memberships in professional organizations and a family, Dr. Herbert Freudenberg has simply theorized about burn-out. He experienced it himself back in the 1960s.

Large numbers of young persons were dropping out and getting into the drug scene, wandering the streets of New York, broke, scared and sick.

overheard over coffee

Let's hear it for Super Bo

Instead of a Super Bowl day involving a couple of football teams that nobody around here really cares about, why don't we hold a Super Bo Day in honor of the one and only Bo Schembach, a coach we care about.

Bo has done a lot for Michigan's reputation in the past. By turning down a multimillion dollar offer to leave Michigan for Texas, he has given us one of our few examples of a man whose loyalty can't be bought by mere money.

Go Blue.



Shirlee Iden

"LIKE MANY of my colleagues, I wanted to do something to help them," he recalls. "Perhaps because I had been a child in Nazi Germany and had survived only by a miracle and a support network that included many strangers, I was even more eager than others."

He opened a storefront clinic in the East Village, working with volunteer doctors and social workers, but mostly untrained street people.

Busy from 8 a.m. to 6 p.m. in his practice, he would then rush to the clinic and work to 11 p.m. then plunging on to staff meetings and training sessions.

After months of intense overwork, he developed what he later came to diagnose as burn-out: a process which manifests itself in a condition when energies are drained, motivation, attitude and behavior are all radically changed.

Irritable, overburdened, strained, he began to over-identify with the drug addicts he treated and lose objectivity. Finally, he recognized his gross fatigue and other symptoms as a "strange episode in my life, quite uncharacteristic of me."

He decided to talk about it into a tape recorder to see what he could learn. The result was so enlightening, he wrote an article about it. "The tapes gave me important insights and the article served as a catharsis," Freudenberg said.

BURN-OUT is not a new word for something old, the proven for the term insists. He adds it's not simply depression, which is just part of the picture.

Rather, it's a syndrome peculiar to our pressurized society where high expectations and goals are built in.

It hits people like the cancer ward nurse who faces an unrelenting battle against

death, the unemployed person who tries again and again but burns out in tries at re-employment, and workers in industry with unrelenting, repetitive jobs.

"Creativity gets strained, individuals become too rigid in their thinking, and negative attitudes overpower," Freudenberg says.

"Burned out people keep problems to themselves and bottle it all up," Dr. Freudenberg says. "This is especially important in cases of unemployment where a husband can't communicate his feelings to his wife."

"One expression is child abuse and wife abuse, unfortunately."

Dousing the fire before you burn out is first of all a matter of awareness. Freudenberg suggests looking at yourself critically.

"LOOK AT YOUR sleep patterns for disturbances and check your nutrition," he suggests. "Look at your body, are you neglecting yourself medically and dentally?"

Other questions are: How's your sex life and do you take regular time to enjoy privacy?

Freudenberg's experience, theory, advice, and even a check-list on burn-out are all in his book, "Burn-Out: How to Beat the High Cost of Success" just published in paperback by Bantam.

Included is his formula for avoiding burn-out by adding fun to routine, subtracting tension, and above all, letting one's hair down to have fun.

Having coined the phrase, written a book, and made people aware, the doctor, winner of the Psychologist of the Year Award from the American Society of Psychologists in Independent Practice, believes he's made a beginning in dampening down an epidemic of burn-outs in this country and elsewhere.

In fact, some 500 professionals met recently in a two-day, first National Conference on Burn-out.

What worries me is that media people, pressured by relentless deadlines, are top-of-the-list candidates to ignite. Shall I make a date with my husband, call my doctor, bleach my hair or take a day off?