

Stress-free living

Selling the idea of an easy way of life is not easy

By Loraine McClish
staff writer

Dr. Rutilio Romero, who developed a process for stress-free living, says, "Life does not have to be complicated. There is an easy way to change things. It's a matter of being able to choose responses to whatever is facing you. It's a matter of getting out of the rut you're in by not reacting the same way over and over again," said the creator of Dr. Romero's Symposium International.

Romero is in Michigan this month to spread the word on how to attain stress-free living and to meet the estimated 500 persons here who have gone through the symposium process.

"He'll spell it out in an introductory 'Evening With Dr. Romero' at 8 p.m. Sept. 23 in Sheraton Southfield's Ballroom B, 17071 Nine Mile Road. The symposiums that follow are given in Mercy Conference Center, 11 Mile and Middlebelt in Farmington Hills.

DR. ROMERO admits that selling the idea of an easy way of life is not easy.

"It's hard to get people to understand why we're here," he said. "It is hard for them to start loving themselves when they've been told so many times how bad they are."

"How many times did you hear how good you were when you were a child?"

he asked. "The conditioning factors were negative from the beginning, and we're coping by them."

The symposium process aims to turn that negative conditioning around in sessions that are scheduled on three weekends one month apart.

It does this by giving an understanding of how attitudes and thoughts affect the five dimensions of one's life: the physical, mental, spiritual, social and financial.

Dr. Romero is a chiropractor with practice in New Mexico. His work in stress-free living began when he first recognized that stress caused a chemical imbalance in the body.

"YOUR BODY is your bio-computer,

and it reflects everything the mind thinks. So the toxins created by the negative thinking will show up physically.

"But your thoughts and attitudes, negative or positive, also rule your financial state, your relationships, your moods, your self-esteem, every part of you and your life," he said.

Dr. Romero gave a simple example of how he believes thoughts can rule one's life.

"When you say to yourself something like 'Things are going so good I don't see how this is going to last' you push the buttons to make sure those good things are not going to last," he said.

The symposium process is based on

the fight-or-flight laws of survival. That is, when one is threatened, and this might be dozens of times in a single day, he or she reverts to a comfortable and familiar fight-or-flight pattern.

"We do that subconsciously and instantaneously without thought and without control," Dr. Romero said. "In other words, we react."

"The goal is to be able to act; to be free to act and relate to people and situations, not to play the same old tapes in every like situation."

"You can get rid of stress by joggling, but that isn't always possible instantaneously. And our society forbids us to knock one another down when the

stress builds up to the exploding point.

"When you get a handle on yourself and learn what is making you react, you'll be in control and then your potential is limitless," he said.

SYMPOSIUM INTERNATIONAL in the Detroit area is headed by Art and Rose Heman.

The couple are well known in the northwest suburbs for their tea or teaching courses, mostly in the area of communication. They have taught extensively through Oakland Community College, Farmington Youth Assistance and various area churches.

The Hemans will take inquiries by calling Symposium International, 540-4165.

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Senior Adults Giving to Education (SAGE)

Young-and-old mixture bridges generation gap

By Loraine McClish
staff writer

bringing them into the classrooms and having them share those skills with youngsters has passed its pilot-program test in Farmington and is now

ready to expand. The innovative program that mixes the over-60 with the under-16 generations stems from Teaching-Learning

Communities (TLC) in Ann Arbor. It is based on the belief that grandpersons are often buried treasures of warmth, humor, patience, gen-

erosity, experience and skills. And that when the grandperson is a regular visitor in the classroom, his or her diversity of background and values can act to arouse new expectations and hopes for stimulating work with children.

ings said. "Our volunteers certainly don't have to be teachers. They won't be asked to make out a lesson plan or curriculum. Just being there telling of their experiences, sharing, brings a flow of inventive energy."



RANDY BORST/staff photographer

Perle Briggs introduced herself to youngsters in June Lieb's fourth-grade class in Larkshire last spring with slides from her travels she called 'A Quick Trip around the World.' Then students set the pace

by requesting hour-long programs on Africa, Japan and Australia. Narration was no problem for the grandparent who spent her hour with the youths answering questions.

The Farmington Branch of American Association of University Women (AAUW) initiated the pilot program here last spring in cooperation with teachers in Larkshire Elementary School. The program is now known as SAGE (Senior Adults Giving to Education).

"Whether the skill is in birdwatching, stamp collecting, a love of art or music, working with needles or flowers, we will welcome you," she said.

"We've got more schools and teachers lined up to put SAGE in the classrooms this fall," said Phyllis Cummings, speaking for AAUW. "Now we're looking for grandpersons to help bridge the gap between the generations."

CONNECTING the two generations in other cities has borne out two of TLC's basic premises since its inception five years ago.

THOUGH AAUW members who are working on SAGE use the word grandperson, they stress that older adults wishing to be part of the program do not have to be grandparents.

Evaluations have shown that all grandpersons are basically givers of both a human and historical connection. And that each is a distinct individual with not only important, but sometimes nearly lost, skills.

There will be some orientation meeting for the newcomers, but no training in the strict sense of that word," Cummings said.

Further, that the inter-generational sharing does double duty. The youths are enriched with learning experiences from a new relationship. The grandperson often is led to rediscover his or her own worth when hidden talents are brought back into use.

The SAGE volunteer will give some time on a regular basis, imparting to a classroom of students some skill, craft or special knowledge.

These people are multi-ethnic and often multi-lingual," Cummings said. "They come from every social background and occupation and so many times they are so much more than they think they are."

These in the pilot program contracted for one classroom hour a week with participating teachers in Larkshire.

In the Farmington program, teachers step back and allow the grandperson to lead as he or she will for the sharing time, and that develops a greater understanding and awareness of love, learning and mutual interest between a child and older adult.

World travelers Perle Briggs and Exhler Bell Greenfield gave what amounted to a series of travel lectures to their classroom of youngsters.

Cummings will take calls from persons wishing to get involved with SAGE at 476-4735.

Louise McBroom took to the classrooms with talks about the government election process. George Moroz led his students in sessions of creative writing.

"All seniors have something to share. They are a source of ideas that has rarely been tapped before," Cummings said.

"You can enjoy a few days in June to September or the December to March prime times and swap for a week of skiing in the Rockies or even sightseeing in Europe."

"If you vacation two weeks a year, why pay for 52?" Bowden queries.

For sale: vacation digs with inflation protection

By Shirlee Iden
staff writer

home or even a vacation unit prohibitively.

"Those who could afford second homes are tiring of the 365-day-a-year responsibility for property they use only an average of 24 days each year," said Larry C. Bowden.

"Most people will settle for Mud Lake because it's affordable; that's no longer necessary. Now they can have beachfront property, indoor pools, jacuzzis, spectacular views, entertainment and first-class units."

'People can afford an expensive vacation retreat at a reasonable cost and do something very positive about inflation. The time-sharing industry has grown by 2,500 percent since 1975.'

— Larry C. Bowden

Fortunately for us, if we want to fly somewhere, we can buy a ticket, get on the plane and go. We don't have to buy the whole plane, just reserve a seat.

Time sharing is a similar concept applied to vacation property.

Just a couple of years old in Michigan, time sharing has been a good proposition for up to 10 years in other parts of the country and is long established around the world.

The time-sharing concept originated in Europe more than 30 years ago. People there found it advantageous to own a period of time at a resort rather than buying an entire unit they could only use for a few days or weeks of the year.

Though recreation and tourism are big industries in Michigan, the realities of the economy make owning a second

BOWDEN and Peter A. Doria have been in the time-sharing business for eight years. Two years ago, they formed a Southfield firm called American Timesharing, Inc. They serve as consultants to time-sharing firms around the country and marketing agents for Michigan properties.

Time sharing is an idea whose time has come, Bowden, president of the firm, contends. "Time sharing allows the perfect transition. We offer a vacation home, usually with an upgraded lifestyle, without the complete expense.

Bowden is a native Detroitter who grew up in Bloomfield Hills. He and his wife, Lynn, now reside in Farmington Hills. He studied business at Oakland Community College.

Doria, vice president of the time-sharing firm, was born in Brooklyn, N.Y., and came to this area to pursue real estate ventures about 10 years ago. He graduated from the University of Dayton with an engineering degree.

"Engineering didn't require enough creativity," he said. "So I went into real estate and still find it exciting."

Doria, his wife, Patricia, and two children live in Commerce Township.

"Time sharing is an alternative," Doria said. "Up to a few years ago, you bought property, then built a second home or went on a regular vacation if you didn't want to be locked into the maintenance."

Resort Condominiums International (RCI) is a company that makes more than 500 resorts around the world accessible to members for a nominal fee.

"You can exchange for a vacation in 34 countries on six continents through RCI," Doria said. "Actually, in Michigan people vacation a few days at a time on the average."

"You can enjoy a few days in June to September or the December to March prime times and swap for a week of skiing in the Rockies or even sightseeing in Europe."

for another. "Time sharing doesn't lock you into a time slot at all," Bowden said. "You can switch to other locations all over the world."

Most time-share leases are about 50 years long, though some are bought in perpetuity. Bowden said the longer the lease, the more it's worth.

"I can give you 50 years of luxury vacationing for \$48,000," said Doria, referring to Pinestead Reef.

"As in any business venture, there are 'dos' and 'don'ts' to buying time shares. Purchasers should not buy more time than they need, or more pay for 52?" Bowden queries.

Another tip is to buy at a location where you can afford to go, where the distance is not too long and the expense of travel in time and dollars not too great.

"When you can afford it, then you trade for exotic places," said Doria.



Larry C. Bowden

Grandmother, mother and baby share birthday

Hillary Ann Garden was born Aug. 24 — a birthday she shares with both her mother and grandmother.

The infant's parents are Mr. and Mrs. Gregory Garden; she is the former Jean Ann Davidson. Both of Hillary's parents grew up in Farmington.

Hillary's maternal grandparents are Mr. and Mrs. Paul (Kathleen) David-

son, of Farmington. Mrs. Davidson also has a birthday on Aug. 24.

Hillary's paternal grandparents are Mr. and Mrs. Bill Garden, who are now residents of St. Helen, Mich. Before his retirement, Garden was a member of the Farmington Police Department.

The youngest member of the Garden family was born in Providence Hospital's birthing center.

BOWDEN points out that most people going on a vacation get a hotel, not a home to live in.

"Families may stay together in one room or get an expensive condominium if they can afford it. Vacations cost transportation, accommodations and then the out-of-pocket expenses for food, souvenirs or gifts.

"Time sharing wipes out the accommodation cost. You can travel further.

Much of the attraction of time sharing is the possibility to swap your week

at Pinestead-Reef, a development of vacation villas in Traverse City, for which American Timeshare, Inc. is the exclusive marketing agent, it is possi-

the economy. You shouldn't purchase more than 300 miles from home."

One absolute rule is never to consider buying anything sight unseen, said Bowden.

"You should visit the facility. Never, never purchase off an artist's rendering or after taking a look at a hole in the ground."

Most time-sharing sales have a non-disturbance clause which insures that even if the company goes bankrupt, the investor cannot be disturbed, Doria said.