

## Suburban Life

suburban life inside

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By Loraine McClish  
staff writer

A Farmington Hills clinical psychologist invites all comers to bring their questions on relationships to her on her new call-in radio program on WPON, 1460 AM.

Dr. June Gantz, host for "Psychology for You," will be holding the questions at 6:30 p.m. every Wednesday until April 3, when the program will be switched to a 10 a.m. Wednesday time slot.

"When clients talk to me about their anxiety or their depression, so often their problem is what is happening to them interactively with their parents, their spouse, their lover, their children, their best friend," said Gantz, who has been in practice for 18 years. "We hold to some very irrational belief systems and one of the most damaging is our irrational belief that a relationship has to be perfect, that we should never be rejected, should always be loved. This isn't a mental illness. It's what our culture teaches us," Gantz said.

"Our roads are filled with rejection. Yet so many of us believe that if that relationship isn't perfect we should discard it. How unreasonable to believe

that one person should fulfill every need you have, whether that person is your mother or your child or your husband."

GANTZ SUMS up her philosophy on relationships by telling her clients what she calls her "apples and potatoes story."

"It is very possible to shop for and buy the perfect apple. There are perfect apples," she says. "But there just are no perfect potatoes. So you buy the best in the market, pare away the knots and the eyes and use the best of what's left."

"Think of your relationships as the potatoes in life. Peel away what isn't right for you and keep the rest, savor the rest, savor the good parts. All relationships have their limitations and we need all the relationships in life that we can handle. If you get rid of them because they aren't perfect you are going to regret it," she said.

Gantz believes we live in a "spoiled society," one that can afford to throw out the imperfect and replace it quickly and easily with the new and the perfect.

"As with things, so with people," she said. "When it isn't working perfectly, then out the door."

Gantz believes the "spoiled society" also is caught up in possessiveness and ownership of things that spill over into relationships.

"So much anxiety stems from wanting that person to be exclusively yours," she said. "This possessiveness is so unreasonable. A thing might be exclusively yours, but never a person, not a child, not a spouse, not a best friend."

LOW SELF esteem plays a big part in good or bad relationships, Gantz said.

"People depend too much on outside sources for their happiness, so they come to expect others in their life to furnish their good feelings for them. They are all tangled up in what everybody else is thinking about them. Comes a rejection, or what they believe is a rejection, and the relationship falls apart," she said.

"If a friend doesn't return a book you've loaned, this is not a very good reason to discard maybe the best friend you've ever had. Just don't loan him any more books. But keep all the good things he has to offer you."

Gantz said the biggest complaint she gets from her clients on relationships concerns non-reciprocity.

"I hear so many stories about all I do for him and how little he does for me," she said.

Her overall advice to clients, she said, is "Keep the best. Then give the best to all your relationships."

Gantz took her bachelor's and master's degree from Temple University in Philadelphia and her doctorate from Wayne State University. For a while she taught psychology at Oakland Community College, and then the Albert Einstein College of Medicine in New York where she also authored papers for several professional journals. She is now in private practice in Farmington Hills and affiliated with Consultant's Clinic in Southfield.

GANTZ DEVOTES the first 15 minutes of her radio program to a guest and the last 15 minutes to answering questions from callers.

Programs lined up will concern parenting, live-in lovers, marriage, self-esteem, how relationships are altered by PMS (Pre-Menstrual Syndrome), romance after 40, the single life, and mistresses.

"We still have mistresses. She didn't disappear. But she has changed," Gantz said.

## To your health

### Direct line leads to easy breathing

By Shirlee Rose Iden  
staff writer

For those with asthma or other respiratory ailments, there's a life line as near as the telephone.

By dialing 1-800-222-LUNG, anyone can get referrals to physicians, answers to specific questions about chronic lung disease or, excellent informational pamphlets.

"LUNG-line is set up to give very personalized help," said Dr. Bruce Dubin of the Southfield Center for Asthma and Allergic Disorders.

The telephone help line is a service of the National Jewish Hospital in Denver, long noted as a center for research and treatment of chronic lung disease.

Dubin, who studied at the National Jewish Hospital, recommends LUNG-line for patients who are traveling or moving and need referral to a physician, or simply want information.

"Anyone can call during normal working hours," he said. "A nurse answers the line and she has entire resource staff to fall back on. If they can't answer a question, they contact a staff physician who is expert and calls the patient back."

DISEASES such as asthma, emphysema and tuberculosis have been the focus of the Denver Hospital, which has been a center for treatment of resistant cases for many years.

"People generally are not aware that TB is still around," said Dubin.

"But the prevalence of the disease has increased in recent years because of immigrants from Southeast Asia and other poor countries who have come here."

"The hospital has also become a center for AIDS research because of the existing expertise in immunology."

Dubin explained that immunology is a relatively new field with knowledge doubling every few months.

A native Detroit, he attended Eastern Michigan University before his medical studies and work at the National Jewish Hospital.

"When I was 9, I wanted to be a electronics technician," he said, smiling. "For 13 years, I have taught flying, which has given me a whole new perspective on life. I even taught my wife, Karen, and it's a real release for us."

Presently, like every physician, his goal is to keep patients alive and in his case, breathing easy.

DUBIN'S patients, who are greeted by an office decorated with aviation and space memorabilia and a sign that reads "We accept Visa and Mastercard" are all ages, from six months to 80 plus. "Chronic respiratory problems are about 10 percent of the problems I see," he said.

One of his most frequent questions to patients is: "Why do you

smoke?" Dubin is deeply involved in educating the public against smoking.

"The more I get involved in no-smoke programs, the more I believe that we could eliminate our national deficit if we could stop the health toll of smoking."

"Cigarettes are addictive and smoking is a psychological addiction. Some men are more intimate with their cigarettes than with their spouses."

"To end smoking, you have to end the relationship with your cigarettes."

DUBIN SAID that lung cancer is now surpassing breast cancer among women because there's a new generation of smokers.

"Twenty-six states already have anti-smoke legislation of one kind or another, yet, here in Michigan, Senator Jack Faxon's proposed anti-smoke legislation may never get out of committee."

"It's not a matter of personal freedom, it's a matter of health. There is simply no safe level of tobacco smoke."

He added that second-hand smoke is making it hard for his women to conceive, and causing heart problems as well.

He sees some progress in the workplace where more companies are banning smoking at work and says, "the American Medical Association has finally taken a stand against tobacco use."

Dubin contends that patients with chronic lung disease have special problems, largely because of lack of education.

"People look at asthma as a disease of children, but it isn't," he said. "We have many Yuppies living with it. And there's just no feeling worse than not being able to breathe."

"ONE PROBLEM asthmatics have is they look normal, and they have to contend with the idea other people have that their ailment is in their head."

"Genetics, pollutants are all problems for these people, often created by the environment, such as the people who get meat-wrapping asthma."

Dubin said research and practice is constant and recently an exercise program has been started for patients with emphysema.

"They've found that individual muscle strengthening seems to be beneficial."

Emphysema, Dubin explained, is not just a smoker's disease, but can be hereditary. "Emphysema can result from the patient lacking a certain enzyme."

In terms of control, he teaches a patient to learn to control their illness rather than have it control them. "I also believe they must be informed consumers and ask the right questions."

Asked what he would wish for, if granted one, Dubin said it would be that doctors "try to understand those with chronic respiratory problems, both kids and adults."

Those who want to learn more about Lung-line may call 1-800-222-LUNG.

## Tre Ore opens Holy Week services at Prince of Peace

Among the several special Holy Week Services planned at Prince of Peace Lutheran Church, on the corner of 12 Mile and New Market roads, east of Farmington Road, is its annual Tre Ore Service from noon to 3 p.m. Good Friday. The service is divided into seven 20-minute segments, with a five-minute break between each, allowing those with tight schedules to leave without interrupting.

The worship encounter dates back to the days of Ignatius of Loyola, a 16th-century Spanish soldier and bon vivant. The idea for this service, which lends well for private meditation, came when he was recuperating from a battle wound at the famous Montserrat, where he committed his life to God before the high altar at the Chapel of the Benedictine Monastery located there. Ignatius is also the founder of the religious order known as the Society of Jesus, or the Jesuits.

The Tre Ore Service has found a place in many Christian communities and is observed annually around the world. It is designed in such a way that one can attend without interrupting his or her

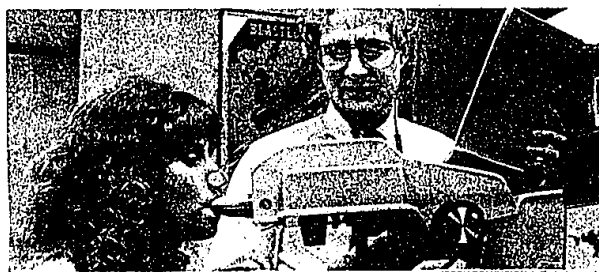
work schedule. It can fit nicely into a lunch hour slot but local merchants are asked to cooperate on that day to allow employees to take advantage of this once-a-year ritual.

Though no special offering will be received, a basket will be placed at the door for those wishing to contribute. All the money collected will be donated to some local agency to assist the hungry.

On Maundy Thursday, March 27, a Eucharistic Service will be conducted at 7:30 p.m., preceded by a re-enactment of the Passover Meal, during which the Sacrament of Holy Communion was instituted.

On Good Friday the Service of Darkness, called Tenebrae, will be conducted at 7:30 p.m. The seven meditations for that service will be based on the Seven Last Words from the Cross.

Good Sunday morning, a Sunrise Service will begin at 7 a.m. followed by breakfast served by members of the Women's League. The high festival service of praise and thanksgiving will be conducted at 10:45 a.m.



Dr. Bruce Dubin of Southfield Center for Asthma and Allergic Disorders watches Karen Wegienek during a pulmonary test.

The doctor and his client are both residents of Farmington Hills.

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