

Suburban Life

Lorraine McClish editor / 477-5450



(F)10

At the Berlin Wall

Student travels to see history happen

By Lorraine McClish
staff writer

EVERYBODY SHE knew warned her not to travel anywhere in Germany on the weekend when news came that the Berlin Wall was coming down. But Christy Hopkins did travel to witness the historic event and said it was the most exciting 72 hours she had ever spent.

"All of the professors were leery about us going," said Hopkins, who is

a junior at Miami University of Ohio's fourth campus in Luxembourg. "Nobody knew what the military was going to be doing. There was a lot of concern for our physical safety. We were warned that the trains and the train stations would be packed. We were warned that we would never get a place to stay overnight."

"Most of us (students) took advantage of the weekends with some travel and that weekend we were scheduled to go to Nice. We were

told to forget about Berlin and just go on to Nice as we had planned," the Farmington Hills resident said.

"Then one of the professors said he would never recommend that we go, but said if he was our age and in our position, he surely would be there."

"That did it. That made up our minds."

There were eight of us in my group, and when we came back there was a lot of sorry people who wished they had gone with us. We were the envy of everyone on campus."

THE DOOMSAYERS were right. The train stations and trains were crowded. The group of eight was not too concerned about whether or not they got overnight accommodations, and they didn't. They went for 72 hours with back packs in place, with neither sleep nor showers and really didn't care.

"There was so much to do and see. I was so excited I don't think I could have slept anyway. It was elbow to elbow everywhere you went and so many Americans. I think every American who was in Europe must have made the effort to get there," she said.

There was a lot of confusion, too. When we passed through Checkpoint Charlie (from West Berlin to East Berlin) you are supposed to show your passports, but nobody knew ex-

actly what to do when we did show them."

Hopkins described East Berlin as "bleak . . . just bleak."

She said, "We each had 25 marks — about \$13 — that we thought we would use to buy a souvenir, but the quality of everything we saw was so bad we didn't buy anything. We spent our money in a restaurant."

Coming out of East Berlin — along with East Berliners — was a high point for Hopkins.

"Everyone was cheering and everyone was handing out presents — just tokens — cigarettes, pencils — but so beautiful."

"I knew those presents weren't for us, but I was given a pencil and I took it and I have it and it is the best memento I could have," she said.

The best memory she has, she said, was carrying a lighted torch while singing and chanting "The Wall Must Fall."

HOPKINS is the daughter of Mr. and Mrs. Mark Hopkins. Her family has lived in Farmington Hills several times for various periods of time.

During one of those times she attended Mercy High School for two years.

After a winter-break visit with her parents, Hopkins is now back on the Luxembourg campus where she is majoring in international economics.



Christy Hopkins took this picture of her fellow student, Kari Koenig, on their weekend together in East and West Berlin. Anyone who was willing to stand and sing got a torch to hold, she said, while the throng chanted or sang "The Wall Must Fall."



"Most of us took advantage of the weekends with some travel and that weekend we were scheduled to go to Nice. We were told to forget about Berlin and just go on to Nice as we had planned."
— Christy Hopkins

When your kids are rivals

Pediatrician: don't panic, sibling rivalry is normal

By Susan Steinhilber
staff writer

LITTLE JOHNNY, previously a model child, flushes his baby sister's photo down the toilet.

Or, he tugs on her hair as he walks by causing her to start screaming.

In a day and age when the molded clay or "you are how you are raised" theory is popular, parents may ask themselves, "Where does this come from? What did I do wrong?" according to Dr. John Dorsey, a Birmingham pediatrician.

Parents, however, should not blame themselves, he said.

"Sibling rivalry is natural. Lots of times they are just looking for their place in the sun."

Dorsey, who has practiced since

1957, has had some experience with kids. In addition to being the father of two grown sons, he estimates that at least 250,000 children have been his patients over the years.

DORSEY said one reason for sibling rivalry is the arrival of a baby when an older child is experiencing separation anxiety, usually between 1 and 2 years old.

"They want you in their pocket," Dorsey said. "They are very uncertain. Because they have the separation feelings they are intensely jealous of anyone who comes in."

Not all babies will experience separation anxiety, but because many do, if asked, Dorsey will recommend that parents space their children so that the new baby is either under 1

year old, or over age 2.

"A 1-year-old baby is so close to that baby that there isn't any turf violation," he said, "and a 2½ or 3-year-old with a baby brother or sister also doesn't have much turf violation."

The older they get, the less jealousy there is, he added.

An older child's jealousy could cause a mom to feel guilty that she is not devoting more time to them. However, that child's negative behavior gets 90 percent of the attention, while the baby gets 10 percent, Dorsey pointed out.

So, a mom who hears the baby screaming and knows that Johnny has pushed her over, should not waste time feeling guilty about not giving Johnny more attention, but should take charge of the situation immediately.

"The child who is the object of the jealousy has a right to be protected and you have a right to instantly protect him," said Dorsey. "When it gets down to one of them being ruthless, you have a right to get into it right away."

DISCIPLINING the aggressive youngster can be done "very simply, without getting angry," he said, by sending the child to his room, and setting the egg timer for 10 minutes.

It's a method Dorsey favors because it allows the child to retain his or her self esteem, while letting the child know you are in charge.

"Children really want to be told what to do."

It also avoids frustration on the parent's part, because children often do not listen to logic when parents ask them to not do something.

When it's time for the child to come out, a fresh start can be made. "You say, you can come out now, and that's all you say."

What if the baby just fell and the child was wrongly blamed?

"The short, sharp separation, even if you are wrong, never gets you in trouble."

Some children may be manipulative and say they enjoy going to their room. Eventually, however the discipline will cause them to miss doing something they enjoy, he said.

If they decide to stay in their room, that's OK too, he added.

ANOTHER BENEFIT of the method is it avoids magnifying the situation by being too severe a punishment to fit the deed.

Dorsey told of one father who forbade his little girl from eating an ice cream at Dairy Queen for one month after she spilled some on her dress there. The girl was so young she was just bewildered, but if she had been older, she would have been resentful and angry, he said.

Dorsey pointed out that the method may also prevent parents from reaching the boiling point.

"The child has really taken an adult mind and screwed it over" when a parent explodes, he said.

If the children are older, parents should realize that arguments can be healthy. "Freud said you have a family that never argues with each other, you are probably looking at some psychopathic people."

He qualified that by saying that as with younger kids, a parent has a right to step in when the children's argument becomes nasty.

AS FOR anger in children, Dorsey said parents are often afraid of an-

ger in themselves and to punish their children for expressing it. However, anger has a place in our lives, he said.

"You have a right to controlled anger in defense of something legitimate," he said. "It's healthy to express anger. People who implode the anger wind up with ulcers and other psychiatric ailments. It's OK as long as we have the anger and the anger doesn't have us."

Children punished for their anger may develop a pattern of "passive-resistance." They may "forget" to bring dad's pliers inside so that they get rained on, or get in trouble with school authorities for expressing anger there.

Parents may tell a child that they shouldn't feel angry, but Dorsey said it would be better to identify with them.

"I never hurts to say, 'I can remember, I used to feel the same way under the same circumstances.' As long as you can identify, you would be surprised to see how loyal they will be. We all tend to be such moralists."



Aging with Dignity is topic for OWLs

All of the important ingredients needed to age with dignity will be spelled out when Farmington Older Women's League (OWL) hosts Sandra Schiff as guest speaker for its next meeting.

Her topic is "Healthy Aging" — subtitled "Aging With Dignity." The event begins at 7 p.m. Monday, Feb. 5, in Farmington Branch Library, on State and Liberty streets.

All programs sponsored by OWL are free of charge, open to all interested persons. This is in accordance with one of the objectives of the national organization which is to educate and dispense information on the issues concerning mid-life and older women in America.

An issue with Schiff on her job as an instructor for Services To The Aged at Wayne State University is the attitude Americans hold about aging.

"We're still treating our elderly as a throw-away society," Schiff said. "All of the training I do has its accent on being sensitive to aging."

"We seem to think old age is catching. We have a don't-touch-too-frail feeling about our elderly that has got to be dispelled."

There has to be educating and re-

educating of our leaders and legislators on all of the scientific studies that have been done that completely reverse so many of our myths about aging and memory, on sex, on so many issues.

"And we've got to get back to revering our elders as the Europeans do. Do you know that the nursing homes in Norway are the equivalent of some of our finest country clubs?"

SCHIFF TOOK her master's degree in social work from Wayne State University and has been practicing in the mental health and chemical dependency field for 15 years.

She has specialized in gerontology and chemical dependency and is a well respected and highly sought after trainer for those going into those fields. Her articles have been published in the "Journal of Aging" and "Generations."

In addition the Farmington Hills resident is marketing director for Eastwood Clinics, a group of non-profit out-patient and residential programs for mental health and chemical dependency. The clinics are located throughout the tri-county area.

On March 3 Farmington OWL observes Women's History Monday with a luncheon, followed by a talk called "How the Suffragists Changed Michigan."

The speaker is Dr. Elizabeth Glese, who is the education director for Michigan Women's Hall of Fame Museum.

Inquiries about any facet of Farmington OWL or Michigan OWL are taken by Virginia Nicoll, 474-3094.

Nicoll is a Farmington resident, program chairperson for Farmington OWL and president of Michigan OWL. She is also taking reservations for the local chapter's Women's History Month celebration luncheon and speaker.



"We seem to think old age is catching. We have a don't-touch-too-frail feeling about our elderly that has got to be dispelled."
— Sandra Schiff