

FEAR & LOAFING

Enough stuff



Karl Nilsson

The moon weighs 81 quintillion tons.

In case you skipped Mr. Wizard, a quintillion is a thousand quadrillions. And, as Wayne Newton's bookkeeper surely knows, it's written as a one followed by 18 zeros.

In other words, the cold-hearted orb weighs about half as much as the piles of useless junk stacked inside my house.

About this time every spring, I get the powerful urge to shovel out my stockpile of unused items and get organized. But every year, I trip over the same old boxes, get discouraged and fall asleep on a heap of magazines.

What causes an ordinary-looking non-hobo to become obsessed with saving 8-track tapes, old truck tires and slivers of soap?

Anthropologists tell us every human in every culture is born with two instinctive, primal fears — the fear of falling and the fear of finding an eyelash in his cornflakes.

However, a compulsive saver is driven by a third terror — the dread that some day, somewhere, he will need something and won't have it because (A) his spouse, (B) the zoning board or (C) the health department made him throw it out.

THIS FEAR has inspired me to hoard up hundreds of souvenir napkins, dried-up ballpoint pens and socks without partners. With no professional assistance, I have developed my own unique decor, best described as early "Sanford and Son."

Take the kitchen. My culinary tastes are simple. A can opener, a toaster oven and running water are about all the gadgets I can handle without hurting myself. But for some reason, I've accumulated 31,000 small electric appliances, including a "Hot-Dogger," "Salad Shooter," air popper, egg pocher, ice crusher, deep fryer and buffalo chopper.

Eventually, broken-but-repairable objects displaced every molecule of air in the basement, attic and garage. Now, my clothes are hanging from tree limbs. Forced out of the nursery by 30 years of National Geographic, the kids have burrowed under the lawn for shelter.

STREET SEEN

Denise Susan Lucas

Our intrepid Street Scene reporter is always looking for the unusual and welcomes comments and suggestions from readers and entrepreneurs. Send those to this column in care of this newspaper, 36251 Schoolcraft, Livonia 48150, or call 591-2300, Ext. 313.



Bunny express

In the tradition of J. W. Longaberger, America's master basketmaker, Longaberger Baskets of Dayton, Ohio, introduces the 1990 Easter Basket. Prized by collectors, each Longaberger Easter Basket is hand-crafted of hardwood maple and accented with blue, violet and pink decorative weaves. They are available in two sizes. For more information on the sales consultant in your area, call 591-2300, Ext. 313.

Howling success

Bring the popular south-west influence into your decor with a whimsical contemporary coyote. Local artist Tim Yanke, who studied at the University of Texas, creates the howling 32-inch coyote out of wood and paints abstract designs in pastel and neon shades of turquoise, green, purple and lavender. The coyote can be purchased at the Four Winds Gallery, 340 E. Maple, Birmingham and is also available in cactus, snake and rex characters.



STREET SENSE

Try changing your outlook on life

Dear Barbara,

I work with my parents and brothers in a family-owned business. It is a successful manufacturing company and I am doing well for my age.

I have always been considered the "fidgety" one in the family. I have a learning disability and never did as well as the rest of my family in school. I did manage to go to college, although not one that they approved of.

I feel that I am working as hard as any of them now, but they don't seem to think so and do not treat me with the respect with which they treat each other. This is depressing for me. I have thought of moving away, but this is an excellent business in which I will one day share ownership.

I don't have the kind of family

that I could bring this up with. They would construe my behavior as "whiny." I really feel stuck. Can you help?

A Woman Eager to be Respected

Dear Eager to be Respected,

I am having difficulty answering your letter in a way that you won't take harshly. As you read this, you will understand why I have this problem.

I don't know where the truth lies. I don't know if you are working as hard as any of them or if they see the same style that you showed as a child.

Can I sidestep this dilemma by saying that your sense of well being should be based on how well you know you are doing not on how you think they are treating you. The yardstick that you should be using is

whether you are continuing to grow and develop and become more adequate.

If you had this inner feeling of well-being, if you were at one with yourself, you wouldn't be depressed. If you can't move away because one day you will share ownership in an excellent business, try changing your attitude. Since you were so successful, despite your learning disability, in graduating from college, you may be equally successful in changing your outlook toward life.

Barbara

If you have a question or comment for Barbara Schiff, a trained counselor and experienced therapist, send it to Street Sense, 36251 Schoolcraft, Livonia 48150.



Barbara Schiff

The Striders get the 'Motor City' up and running

Continued from Page 1

strenuous exercise was knitting with a heavyweight yarn. Then, as a part of a cancer recovery program at Beaumont Hospital, she agreed to walk regularly. Beaumont wanted to know if expending energy would increase energy in recovering cancer patients.

"I started walking two miles a day," said Brockelhurst. "And I felt better almost at once." My husband, Jim is a walker, too, and we attend almost all of the Striders' walking events.

"If there's no provision for walking, we go as volunteers to help."

Linda and Jack Levely are a mixed marriage — he runs and she walks.

"I got up to 10-K, but my body just wasn't built for running," Linda said. "I decided that walking was my sport. I used to be just exhausted when I got home from teaching school. Now, after I watch my soaps, I go for a long walk."

"Not only is the walk invigorating, I'm much healthier than I used to be."

'I started walking two miles a day. And I felt better almost at once.'
— Rosemary Brockelhurst

Jack joined the Striders in 1980, after running casually for fitness for several years. He ran his first marathon in 1981 in 3 1/2 hours.

"I sometimes run 80-90 miles a week," he said. "I run every day, rain or shine. I just feel better; I have a better attitude toward life; and I'm a lot healthier."

"I HAD ALWAYS been active in some kind of sport," said dedicated marathon man Ric Filarmo. "But when I started to run, it was like any other kind of addiction. I just couldn't get enough."

Filarmo's best marathon is 2 1/2 hours and his idea of a good time is to run from Birmingham to Oakland University and back — 20 miles!

"No other sport can match the feeling of general well-being that you get from running," said Filarmo, who runs six miles every day and who holds the distinction of being the



GUY WARREN/staff photographer

A streetlight was all Shannon Bedford needed to do her stretches before the race.

only Strider ever to break a rib while running.

It was during the 1989 Jingle Bell race. The pavement was icy and Filarmo stepped on a jingle bell dropped by another Strider. Down he went, his elbow digging into his ribs. Did he drop out of the race? Not Did he run the Reuther with a broken rib? What do you think?

Not everybody is enamored of strenuous exercise or its side effects. Overheard in the crowd at the St. Patrick's Day race: "He used to be a weight lifter. He had the best body. Then he took up running and turned into a little twerp."

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The top 10 in the '90s

Wondering what will be "in" in the 1990s?

Here's 10 predictions from Alan Teitel, the trendologist with his finger on the pulse of what's new and now.

(1) World War II nostalgia: The 50th anniversary of the Big One brings back into fashion the music and styles of the 1940s.

Women will wear their hair longer and in "page boys." Short coats, the "boxy" look, the military and nautical looks in clothing are the rage, as are khaki, navy, black and bright colors.

(2) Pearl jewelry: The '90s brings in pearl chokers, ropes, rings and pins in both cultured and faux jewelry.

(3) Better quality goods: Manufacturers across the spectrum are working on improving product lines with better workmanship and high quality materials appearing soon on store shelves.

(4) Ethnic look: Turn on the television and you'll see Africa, Central America and the Middle East dominate the news.

At the stores, the best of Third World cultures spark an uprising in fashion, wielding great influence in jewelry and clothing.

(5) "Thin is in": Diets, exercise and health continue to set the pace for those on the fashion fast track. Better start conditioning yourself now for leaner and meaner decade.

(6) Symphonic music: European classical music is reborn in the '90s. A new generation of young people discovers a new favorite.

(7) Ultra-bright colors: Neon and fluorescent hues glow in clothing, backpacks, bicycle bags, waist bags, running shoes, bag wear, hair accessories and T-shirts.

(8) Bright makeup: Women create a big splash in the new decade with reds, oranges, greens and yellows. Look for Crayola and Day-Glo colors on the women in your life.

(9) Laser-cut stones: Termolines, topaz and amethysts laser cut and set in 14 karats are the forward look in high technology for the '90s. Look for these stones in pins, necklaces, earrings and especially rings.

(10) Water babies: America has a love affair with anything nautical. Swimming is the sport of the '90s. Seafod replaces ethnic food as the hot new category in specialty restaurants.

Boating and fishing are the new "in" pastimes and concern about fresh water will be our most urgent environmental priority.

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Evening	Friday, March 30, 1990	Reserved (Rows 10-18)	\$600	\$420
		Ringside Ends (Rows 1-9)	\$475	\$333
9:30 A.M.	Saturday, March 24, 1990	Ringside (Rows 1-9)	\$750	\$525
Morning	Saturday, March 31, 1990	Reserved (Rows 10-18)	\$600	\$420
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7:30 P.M.	Sunday, March 18, 1990	Ringside (Rows 1-9)	\$750	\$525
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7:30 P.M.	Wednesday, March 21, 1990	Ringside (Rows 1-9)	\$600	\$420
Evening	Thursday, March 22, 1990	Reserved (Rows 10-18)	\$600	\$420
	Wednesday, March 28, 1990	Ringside Ends (Rows 1-9)	\$475	\$333
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