

# Boredom: How to overcome it

Editors Note: Observer & Eccentric reporter Susan Averill is attending a series of talks in Farmington Temple in Farmington Hills, featuring Rabbi Sherwin Wine. Ms. Averill, who attended the services, gives her impressions.

By SUSAN AVERILL

I've seen 7,342 buildings in only

seven days, and it's wonderful, it's marvelous. It's worth it to spend all this money to travel to Europe to be standing here, staring out at buildings, they say.

But with their eyes, they say, I'm so bored, where do I go to get out of this trip?

It was a high holy day, and Rabbi Sherwin Wine was speaking to his Birmingham Temple congregation about coping with boredom.

To be deeply bored is to live without any hope for, or fear of, the future. It's not waiting for anything. Even waiting for Godot is better than waiting for nothing.

Boredom incites people to talk of tragedy. It's having no moorings and drifting one year in San Francisco and one year in Los Angeles.

It's drugs. Anything from alcohol to hard drugs, anything to forget that there's nothing to remember. Boredom may serve the need for security. A man in the northwest com-

mitted a crime for which he knew he would go to jail. He had been in prison for years, complaining of his boredom. When he was released, he found freedom was frightening.

"Boredom WASN'T the best thing in the world, but at least he knew what was going on. It was predictable. Anger will drive you to boredom."

"Someone tells you you'd better do this and you'd better do that and so on. Finally, your response is to hell with you and I won't do anything. Then you become apathetic. Who cares?" you say. "Do I want to be a success?"

Waves of future shock hit you. With 8,342 varieties of food to choose from, you clutch and find you can't make a decision. And it's a long, hungry ride home. Apathy is more comfortable.

"People say it would be nice to return to the good old days when everyone was so busy working that they had no time to be bored. That's not true. The only difference between then and now is that they had a religion which said they deserved it."

You're going on a trip to San Francisco. That's fine, but I want you to know that you're taking yourself along. If a change is going to help, it will have to be a change in you and not in the scenery.

Everyone says they have a dream of moving somewhere away from Detroit. But the problems of Detroit are not in Detroit, they are in you. There are friends to encounter and schools to attend. You have to decide to do it.

That's the ticket: grab some responsibility and become a "decidaphile"—a person who rebels in making decisions.

YOU CANNOT GET rid of boredom by being an eternal spectator, waiting to be amused. Resolving apathy means going ahead and making decisions.

Social services to open branch in Walled Lake

Walled Lake will be the site of another branch of the Oakland County Department of Social Services.

The new site was chosen, according to Oakland County Commissioner and Farmington Hills resident John (Jack) MacDonald, for three reasons.

The County Board of Commissioners made the choice after deciding that transportation would be adequate to the area and that it was centrally located for most of the area's eligible clients.

The building was also offered at a savings.

By saying you're going to take off a year and go to Dubrovnik, you're simply postponing what you must face right now. The problem is a refusal to commit yourself to any form of action.

Be a risk taker. Madness and courage will catalyze you into action. Everybody's waiting. I have the power to be active. Feeling follows action.

The way you feel is a function of what you're doing... and you're sitting in your apartment, waiting for boredom to pass.

You're a person with dignity. You have an identity and the ability for intense discipline.

"When you pick up something and pursue it, that's marvelous. Enjoy it!" No isolation. That's no good.

The only way for a marriage to last for 50 or 60 years is to have alternative friends. Otherwise, after 30 or 35 years, you exhaust all surprises.

Listen, that means you can relate importantly and significantly to more than one person.

Cultivate leisure skills—golf, tennis, volleyball—whatever gives you the opportunity to be with other people.

BE CONSTRUCTIVELY angry. Trim it so that it doesn't turn inward by letting it out.

"I am charming enough to be childish. The narrow adults are boring. If you can't be silly, if you can't be a child, you'll spend the rest of your life so bored."

We do not deserve to suffer. We do not deserve to be bored and we'd better start now to choose to be happier and more active."

WE'RE OPEN Betty's Hair Fashions 27716 W. 7 Mile-Livonia (2 Miles W. of Fraser Rd.) 335-2255

REASONABLE PRICES • Modern Styles • Blow Cuts • Haircuts by Appointment • OPEN THURS. & FRI. EVENINGS

**BARGAIN CITY PLYWOOD WEST**  
**SUPER SPECIAL**  
4' x 8' x 1/2" ABTIBI Pre-Finished Panels  
(Seconds) WHILE THEY LAST \$4.99  
IDEAL FOR BASEMENT, SUMMER COTTAGE, TO FINISH YOUR GARAGE, ETC.  
Also  
**24" BATHROOM VANITY.....\$39.95**  
10841 JONES R. DETROIT 48214-6000

**FREE PLANTING OF ANY SHADE TREE PURCHASED**  
(Balled in Burlap) (2" CALIPER & UP)

**PRICES AS LOW AS \$89.95 STARTING**

Select groups of EVERGREENS AND FLOWERING SHRUBS  
**50% OFF**  
EXAMPLE: 12" PYRAMIDAL YEW B&B \$8.95  
**NOW \$8.48**

**MISTER MULCH BARK** Reg. 14" **NOW \$2.99**  
3 cu. ft. **SAVE \$1.14** per bag

**Jackson LANDSCAPE & NURSERY SALES** 42368 Grand River, West Farm  
Phone Mon., Tues., Wed. 8:30-5 Thurs. & Fri. 8:30-7 Sat. 8:30-5 Sun. 10-2  
**340-4050**

**SEPT. SALE NOW SKIWEAR**  
Bavarian Village

**DANISH INN**

LUNCHEONS • DINNERS • COCKTAILS  
Open 7 Days A Week  
Reservations Recommended  
**32305 GRAND RIVER in FARMINGTON • 476-5320**

PAT FLOWERS AT THE PIANO  
Nightly 7:00pm thru Sat.

**FREE!**

Buy any Medium Pizza At the regular price

Get identical PIZZA **FREE** Little Caesars Pizza

Five Mile: 525-5590  
Eleven Mile: 477-7500

THIS COUPON EXPIRES: 9-25-75 PICK UP ONLY

**Now Save 50% on all Kitchen Cabinets & Vanities!**

**Buy Direct from Factory Outlets ... "Do-It-Yourself" ... and Save!**

Don't be afraid... we'll show you how! Bring in your measurements and let our professionals plan your kitchen and show you how easy it is to do-it-yourself.

Adler-Kay, a famous name in kitchen cabinets, offers quality, beauty and tough construction in a choice of styles. Complete Kitchen Packages Available. Cultured Marble Vanity Tops. Over 1,000 Cabinets in stock. Complete line Whirlpool Appliances. Cash & Carry (delivery available).

**Adler-Kay Factory Outlets**  
**MAIN WAREHOUSE 8234 TELEGRAPH**  
mile south of I-94, Taylor, 291-2111  
**EAST SIDE OUTLET 21054 KELLY**  
north of 8 Mile, East Detroit, 778-4260

**FREE** yours to keep with cabinet purchase of \$300.00 or more... all necessary tools to install cabinets.  
• Brand Name 1/4" Electric Drill • 2 Drill Bits • 24" Aluminum Level • Screw Driver • Necessary Screws

**SPECIAL! 24" Bathroom Vanity with Drawers**  
CULTURED MARBLE TOP with Sink as low as **\$89.95**

**NOW IS THE TIME TO PREPARE FOR WINTER**

**OREN CELLULOSE INSTALLATION**

**OREN Piping Insulation \$235** per 4 cu. ft. bag  
Reg. \$3.25

**PREPARE YOUR DOORS & WINDOWS**

**BRONZE WEATHERSTRIP \$2.49** Reg. 3.10  
**MOORETEL VINYL FOAM TAPE 62¢** Reg. 75¢  
1/8"x1/4"x17'

**CONSERVE ENERGY INCREASE COMFORT and SAVE MONEY**

**FIBERGLAS R-19 \$6.95** per roll  
6x15 Unfaced

**ADD TO EXISTING INSULATION WITHOUT ADDING ANOTHER VAPOR BARRIER**

**FIBERGLAS**

**KEEP OUT THE COLD!**

**DEWITT'S WHITE EXT. CAULK 39¢** Reg. 50¢  
**PIPE WRAP \$1.30** Reg. 1.65  
3"x35'

**Bonus SATURDAY, SEPT. 20 ONLY**

**Driveway Dressing \$5.95** Reg. 19.95  
5 Gallon

**CLOSE-OUT SPECIAL**  
Prices Reduced Up to 50%  
• RR Ties • Redwood • Ortho  
• Peat • Garden Tools • Fertilizers  
**SALE ENDS SEPT. 27**

**H. A. SMITH LUMBER & SUPPLIES**  
MON-FRI 7:00-5:30 28575 Grand River (near 8 Mile)  
SAT 7:00-4:30 474-6610 or 335-8440