

# 'Guilt-Free' authors battle normal craziness

By LORRAINE MCCLISH

Normal craziness is the term Paula and Dick McDonald have coined for the hundreds of acts Americans carry out each day, not because they want to, but because they are manipulated into doing them.

The key words to watch are ought and should, say the authors of "Guilt-Free," published by Grosset Publishers.

Those, plus do, don't, right, wrong, correct, incorrect, all add up to the guilt trips which prevent people from being good to themselves.

"Charles Manson earned his guilt. He deserves to feel guilty forever," said Mrs. McDonald. "But it's normal craziness when you are so inhibited by the do's and don'ts you find it about impossible to ask for your own needs, or to say no."

Contributors to normal craziness can be the church, television, parents, kids, society, or any authority that triggers one into martyring up.

THE COUPLE published "Loving Free," several years ago, which has since sold better than 1 million copies. Subsequent talk shows, lectures and workshops brought them in contact with literally thousands of people, which in turn produced untold num-

bers of tapes and notes of those who had problems with loving free.

The common denominator to the overwhelming number of the problems, they flatly state, was guilt.

Chapters are devoted in the book to the various kinds of normal craziness Americans practice.

"When a woman is told by an angry husband that he has ring around the collar, why doesn't it ever occur to her to tell him that it was he that got the shirt dirty in the first place?" Mrs. McDonald asks.

"Because she's stymied with guilt laid on her that she should be super-mom, that's why," she said.

McDonald followed this by telling of the neighbor who produces guilt if the grass doesn't get cut on a given day. Or the mother intimidated by her daughter for not getting the hern up. Or the church that instilled guilt feelings in sexual matters.

MRS. McDONALD said she once made a list of all the things the outside world expects an individual to be and do each day.

The list included: I should visit my mother. I ought to prepare something loving from the oven. I should go to the Little League committee meeting.

"If all the shoulds and oughts were obeyed on my list," she says, "I'd need 68 hours a day."

A latter day aspect to all of this, the couple emphasizes, is the sharp division of guilt felt by the under and over 25-year-old age group.

"For the younger generation," McDonald says, "its very often a guilt to not measuring up to women's lib, for example, or the new morality."

In summing up, the McDonalds suggest programming yourself to stop in your tracks when hearing the oughts and shoulds, so they can think it through, rather than acting on them automatically.

Then, one can determine if he or she is captain of his or her fate, master of the soul, or a puppet to the stereotypes.

THEY ALSO suggest a priority list of all persons, places and things which make up the individual's life, in order of their importance.

"If number 33 (the PTA) is taking away from number 4 (your best friend)," McDonald says, "you are acting out a normal craziness."

"It's a malady that can be corrected with do-it-yourself therapy."

The McDonalds were in the Detroit area this week from their home in Wisconsin to appear on Vic Caputo's morning show, and to negotiate with local television stations about bringing the syndicated talk show "Loving Free" to the area.



Paula and Dick McDonald, authors of "Guilt-Free," discuss how Americans are manipulated with guilt feelings and act out normal craziness. (Staff photo by Harry Mauthe)



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## Suburban Life

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EUGENE REILLY

## Physically handicapped youth invited to new camp

A new day camp for physically handicapped children comes to Detroit Country Day School's main campus beginning July 11. It is the first of its kind offered by the school, located at Lahser and Thirteen Mile, and the only one of its kind in the immediate area.

Eugene and Nancy Reilly act as supervisor and camp coordinator for Camp Gateway, where Reilly says. "The emphasis is recreational, encouraging campers to enjoy fun activities to the best of their ability."

The Farmington couple worked in a camp for the physically handicapped sponsored by the Children's Aid Society about eight years ago, and Reilly says they have never forgotten the experience and have always hoped to be able to do it again.

He is currently athletic director and director of outdoor summer programs for Detroit Country Day, and she is in-

structor in the associate degree nursing program at Oakland Community College's Orchard Ridge campus.

THE TWO will work with an experienced staff of professional teachers, college students and junior counselors. The junior counselors go into training this month with the Reillys.

The staff will program swimming, sports, arts and crafts, music and nature study. Special events on the agenda will be treasure hunts, talent shows and contests.

"We'll take all comers, there are no restrictions," Reilly said. "But campers will be asked to come in for a pre-camp interview."

"There is no limit on the number we can accommodate. We will have use of the entire campus and all of its facilities. The only thing we're adding at the school for the camp is a ramp in the pool."

Tuition, at \$75 a week, is about \$10 over what any parent would expect to pay at any existing day camp in the area. Staff-pupil ratio will be about five-to-one.

Reilly emphasized that the camp would offer no therapy. "We plan to emphasize the campers' abilities, not his disabilities. They will learn to run as fast as they can or swim as well as they can," he said.

He told the story of a young girl afflicted with muscular dystrophy he had helped learn to float in water, and a young amputee who mastered the back stroke.

"They went as far as they could go, and it was tremendous accomplishments for them. Sometimes we did this with discipline, and they knew it, but they responded because they knew we were treating them like any other kid and that is really all they want."

"Anybody who has ever worked with handicapped kids learns that fast," he said.

THE REILLYS brought their suggestion for Camp Gateway to the school board after researching what was available for the handicapped child in Wayne and Oakland Counties during the summer.

"What we found was not much," he said. "A camp in Inkster and another in Pontiac. Nothing in this area."

The camp tuition fee includes lunch every day and a camp T-shirt. Hours are set from 9 a.m. to 3 p.m. for both boys and girls ages five through 14. Registrations are taken on a weekly basis.

Applications will be sent upon request by calling Barbara Brennick, at Detroit Country Day, 646-7717.

## Mother designs a shirt to make bold statements

By SHIRLEE IDEN

How does an alert, bright child, aware of danger and happy at home become the victim of an abduction and brutal murder?

That question so perplexed Francine Gold, a Southfield homemaker, that she decided to do something about it.

Mrs. Gold designed a T-shirt for children with the statement imprinted boldly across the front: "I don't talk to strangers."

"It was that last child, the King boy that really touched me," she said of the string of child abductions and murders that have plagued southern Oakland County for the past year.

"He seemed to be the kind of kid who would be unapproachable," she said. "From what I read, he was bright and well-adjusted and had been instructed about the danger of talking to people he didn't know."

"Timmie appears to have been an all around good kid and if any kid was unapproachable, it seemed it would be him."

Mrs. Gold said she began to think about what could be done to keep the message fresh in kids' minds that they must be cautious even when the publicity stops.

"After a while, the thought of danger just leaves and the kids are out on the streets again," she said.

THE THOUGHT occurred to her that all kids wear T-shirts. They wear shirts with messages and shirts that identify with heroes, but they all wear them.

"So I decided to design a shirt with a strong message," she said.

Mrs. Gold believes there are three basic things such a shirt can do. First, it promotes conversation between the mother and the child every time the child puts it on. Secondly, it states in the first person its message.

thus involving the child with the message and third, every child who wears it is a walking billboard for other children.

"I'm not an artist and I never designed anything in my life," Mrs. Gold said. "But I simply sat down and designed a background and the message and paid to have it silk-screened on the shirts."

The shirts were purchased from a local distributor. They sell for \$5, a figure Mrs. Gold thinks is "right in the ball park."

The shirts which come in a full range of sizes and several colors are sold at Federal Department Stores and Lilly's Young Fashions in the Evergreen-12 Plaza. Hundon's Northland and the Kiddie Center in Oak Park.

"The man at Federal's said they sold about 1,000 shirts in less than two weeks," she said.

"I know that as a mother, if I saw a shirt like that in a store, I would buy it."

MRS. GOLD said some stores were afraid to merchandise the shirts for fear they would be criticized for capitalizing on the sensationalism.

"There are abductions and rapes and violent crime that never even makes the papers," she said. "I think an item like this can be a deterrent at any time."



Scott Chasman, a 4-year-old Southfield youngster, but his T-shirt makes a strong statement he has might be too shy to stand up to an adult stranger, and for his parents. (Staff photo by Gary Friedman)



FRANCINE GOLD