

Getting it together

There's a constructive way to treat feelings of jealousy

Jealousy has received a bad reputation lately. Some have even called it the root of most problems in a love relationship. Its opposite, non-possessive love, has been touted as the key to a successful relationship in some cases. This has been extended to open sexual relationships, encouraging extramarital intimacies.

Ironically, jealousy was once thought to be a positive sign about a relationship, an indication of the intensity of the romance. Now it is seen as a human weakness, an irrational, troublesome emotion.

Modern couples try to deal with possessive feelings as though they are pests. They ignore them, deny them and try to rise above them. They argue that such feelings are unjustified and unreasonable and should be stamped out, which is in line with a current belief that love is only for the strong, the mature, the secure and the independent.

Such attitudes could hardly be more wrong. Love doesn't come just from our strengths. It is rooted in our insecurities. Our need to depend on other human beings.

THE MORE SECURE and independent we are, the more our love investment feels like a free choice, and that's good. But if a woman's fear of the fact that we are all susceptible to fear and loneliness, we wouldn't need to constrain ourselves to a love relationship at all.

The essence of a love relationship is that both partners feel fully known and accepted by each other. Each feels free to ex-

pose his weaknesses as well as his strengths.

What could be more poisonous to an atmosphere of mutual acceptance than an attitude which censors certain human emotions? How can two partners consent themselves to mutual acceptance when they also have rigid standards as to which feelings are acceptable and which are not?

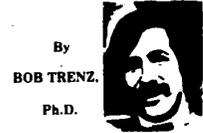
The answer is that whenever partners develop such qualified commitments, the love feelings suffer. I have seen couples work hard to live up to standards of perfection, stamping out every human weakness, feeling proud of their communications, but wondering why they don't feel love for each other.

What they don't seem to know is that love feelings come only when human beings expose their soft, harmful, unacceptable incidents to each other, not when they act like those incidents don't exist.

JEALOUSY is a natural part of our existence, along with all our other human frailties. It is perfectly normal for a person to feel protective and possessive toward people and things which are important to his happiness. The more important they seem, the greater is the inclination to guard and control them.

You can't make these feelings go away because they are inconceivable or undesirable. But you don't have to act on them blindly either. Building a cage around your love can be just as deadly to your relationship as trying to deny your jealous feelings.

How can you deal with jealous feelings



By **BOB TREZN, Ph.D.**

in a way that doesn't deny them but doesn't let them dominate the relationship? By accepting them as an indication that the relationship is not as strong as it needs to be.

If either partner feels insecure about the permanence of the relationship, then the relationship needs to be made less vulnerable to whatever might threaten it.

For example, a husband who feels jealous whenever his wife dates with other men may be feeling insecure about his own dating ability. He may be afraid that his wife will find better daters more attractive than himself. This leads to a fear of the potential loss of her love.

If he acts blindly on these feelings, he may accuse her of flirting with other men and demand that she only dance with him. Or, the jealousy-denying husband might keep his insecurities to himself, building a wall of secretiveness and loneliness around his weaknesses.

But, if he discusses his fears openly with his wife, they have a chance of doing something constructive about them. They might take dancing lessons together, or they might discover that he is feeling a lack of romance in their relationship and they could review their schedule priorities.

By discussing jealous feelings openly, such feelings can be used to improve a relationship. If they are taken seriously, they can be understood. If they are talked out rather than acted out, they can help show a couple what is needed to make their love more secure.

Bob Trezn is a Rochester marriage counselor and psychologist. Questions for Dr. Trezn may be sent to the Rochester Observer & Eccentric, 610 N. Main, Rochester 45802.

READY-MADE AND CUSTOM FRAMING
GLASS, MATTING, MOUNTING AND REEFPOINT
ALL SERVICES AND SPECIALTY WORK

picture frame factory

4326 N. Woodward Ave. 678-1640
Between 13 & 14 mile Rds.

Atlantic Drapery Shoppe

Drapery Sale
\$4.00 per panel

Special price available on Drapery, Slipcovers and Upholstery fabrics. Largest selection of Fabrics, Fringes, Tossels and Trims in Michigan.

Labor Special on Custom Slipcovers

Chair - \$32⁰⁰ — Sofa - \$42⁰⁰

260 E. Maple, Birmingham 647-2020 647-0721

HOW MUCH ARE YOUR OBJECTS WORTH REALLY WORTH?

Our expert Appraisal Department will estimate the current market value of your Art and Antique property, from single items to estates for insurance purposes, courts, banks, etc.

Come in and browse through the shoppe's art Galleries from 10 a.m. to 6 p.m. Monday through Saturday, and select an additional piece for your home or collection.

"The Outlets" Brains signed Frederic Remington 22" high. (1861-1909)

E. B. Charles Galleries
Phone 338-9203

825 Woodward Ave. Pontiac, Michigan 48053
(One Mile North of Square Lake Road)

Grant funds senior companion program

ACTION, the federal agency for volunteer service has awarded \$18,130 to Catholic Social Services of Oakland County for a Senior Companion Volunteer Program.

The grant was announced by Stan Stewart, state director.

The program, formerly financed by the Oakland Livingston Human Service Agency will continue to operate from its present site 1424 East Eaves Mile Rd. Royal Oak.

The grant will be administered by Preston G. Murray and volunteers will be coordinated by Beverly Adams.

Murray also administers the Foster Grandparent Program in Oakland and Livingston counties. He is the first person to direct foster grandparent and senior companion programs simultaneously. It is hoped the more efficient use of administrative personnel will increase the time coordinators can work with volunteers.

Carolyn Fluger will coordinate Foster Grandparent volunteers.

Although now there are 34 volunteers, the program is budgeted for 60 persons. Murray plans to recruit the additional volunteers and assign 30 persons to work in nursing homes and the remaining 30 to visits to the home-bound.

"The key of the program is the word 'companion,'" Murray said. The program, the only one of its kind in Michigan, aims to provide for the social and emotional needs of the elderly.

Murray added, "volunteers perform companionship activities. They're supportive, they give of their attention."

Volunteers must be over 60 and have an income of less than \$2,000. If single they work 20 hours per week and are reimbursed \$1.00 per hour transportation and benefits.

Those interested persons should call Catholic Services in Pontiac, 681-8879.

Other ACTION volunteer programs include PEACE CORPS, VISITA, Retired Senior Volunteers and Programs for Local Service.

Volunteers

This column describing volunteer needs in Oakland County is co-sponsored by the Junior League of Birmingham and the Oakland County Volunteer Bureau.

Inquiries regarding volunteer needs listed here should be made to the Oakland County Volunteer Bureau at 643-7777. Requests for volunteer listings also should be made through the volunteer bureau.

THE BIRMINGHAM-BLOOMFIELD ART ASSOCIATION has many opportunities for volunteers, including regular positions and occasional or one-time-only projects.

Ten volunteers are needed now to assist faculty members in art classes for youth. Volunteer time would be helpful in public relations, on exhibition and social committees and during registration during September.

One half-day per week of clerical help

on a regular basis also is needed.

THE EASTER SEAL SOCIETY FOR CRIPPLED CHILDREN AND ADULTS of Oakland County needs casework aids, aged 21 and over, male and female.

Orientation is provided by trained personnel. The volunteer must have the ability to relate to persons with handicaps. Duties would include follow-up phone calls and letters to assist clients in locating community resources. Some home visits also might be involved.

TRAVELERS AID needs adult men and women to work in booths at Metropolitan Airport and the Greyhound Bus terminal.

Compassion, good judgment and the ability to make sensible decisions are needed. Volunteers serve a period of four to six hours one day a week, following a six-week training program.

Volunteer drivers also are needed.

Program upgrades skills for workers in nursing homes

Improving care of the elderly is the objective of a Madonna College program which provides advanced and basic knowledge and skills to 16 persons employed in nursing homes or other service agencies.

Forty students between the ages of 18 and 26 have completed the basic level of training during the past year and will move into the advanced level. Forty-five additional paraprofessionals are being recruited to enroll in the basic program in September.

Funds allocated for vocational-technical education will provide students with tuition grants for a planned program of 16 semester hours of study. Those completing the advanced training will receive the Madonna College certificate of achievement, equivalent to one year of college education. Credit may also be applied to the associate or bachelor's degree.

The paraprofessional training program

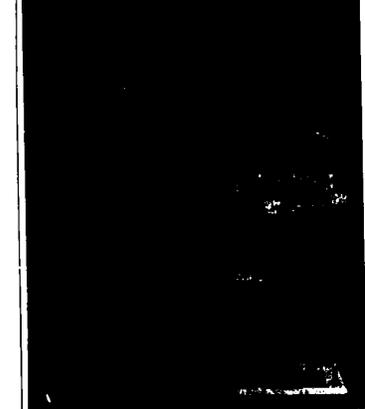
is intended to upgrade skills and knowledge for those who have the most contact with nursing home patients, specifically orderlies, aides, and food service personnel.

Potential employees seeking job-entry skills also may enroll.

Enrolling in two classes each term, basic students have the opportunity to study communication skills, educational gerontology, social gerontology, nursing care of the aged, nutrition for the aging, art for the aging, and psychology of aging.

The students will engage in classroom instruction, demonstrations, and supervised field experience.

ADVANCED STUDENTS will enroll in human behavior and leadership, community resources, physical aspects of aging, physical education and recreation activities, death and dying seminar, and prevention planning.



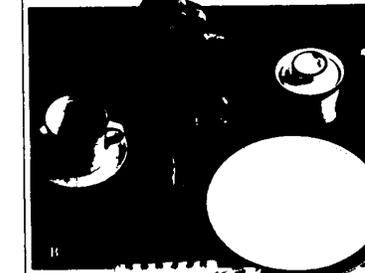
American Game Birds Serving Accessories

A Rubel's new coordinates for casual serving trimmed with authentic wild life reproductions, add charm to bar, den or buffet table. Round Duck Tray \$4.50
Pheasant Tray \$11.00 Mallard Ice Bucket \$25.00 Set of 4 Place Mats \$22.50 Set of 4 Coasters \$5.00 Old Fashioned Glasses, set of 4, \$15.50
Hi-ball Glasses, set of 6, \$16.

mid-summer sale
TV TABLES...
10% OFF!

Sturdy, solid Sechebe TV Snack Tables in a variety of colors and finishes... white onyx, nutmeg, bronze marble... some with Formica tops.

SET OF 4... Sale \$72.
Other styles specially priced at this time!



International Pewter and Silver

Wiggs Very Special Savings on Dinnerware, International Pewter and Charming Checkmate Table Accessories...

B. Save on Stoneware "Brown Band" Dinnerware. Simple, stark, stunning! You have to see the beauty of the Andre Ponche design... creamy white, handied in earth brown. 45-pc. Service for 8, Special \$59.95.

C. Save 20% on International Pewter. Early American designs. Choose from Farmington, Litchfield, Northford and Fairfield patterns. 5-pc. Place Settings, reg. \$32.50. Sale \$26.00. 20-pc. Service for 4, reg. \$130. Sale \$104.

D. Bicentennial Remembrance Spoon Collection by International Silver Co. Demitasse size silver spoons depict the Minute Men, Liberty Bell, Old North Church and Paul Revere's Signal Lantern. Includes antiqued spoon rack. \$10.

E. 10% Savings on our delightful collection of colorful place mats, napkins, streamers and tablecloths. Our complete selection is Mid-Summer Sale priced. Buy now for gifts... or for yourself... and Save!

WIGGS
4080 TELEGRAPH RD. (at Long Lake Rd.) BLOOMFIELD HILLS • 644-7370
open Mon., Thurs. and Fri. '76

TORONTO SUMMER PACKAGE

\$34.50 PER COUPLE PER NIGHT

TELL FREE DIAL 1-800-ENTREPRENEUR 7922 OR SEE YOUR TRAVEL AGENT