



# "Around the edge"

by Jackie Klein

## A word from the wise

It occurs to me that one develops a philosophy of life from bits and pieces of the wisdom of others.

Many persons I've encountered have expressed profundities which left a lasting impression and influenced by attitude on a number of issues.

Southfield 46th District Court Judge S. James Clarkson is credited with this truism: "Most live to die, get a pension or retire and play badminton in Florida. I live to live."

Whenever I begin to paint myself into an emotional corner, I remember the words of the late Tommy Thompson, former executive editor of Observer & Eccentric Newspapers: "Don't sweat the little things. You need your strength for the big things." W.W. Edgar, our newspaper chain's "Stroller" who is 80, says, "If you follow the paths of others, you'll never leave your footsteps in the sands of time."

Whenever I complain to a very good friend of mine that I'm being abused by someone, she reminds me, "Nobody does anything to you unless you allow it."

WHEN I GET the "guilties" and berate myself, another friend says, "Pretend you're merchandising in a department store and you're making 'As is.' People can take you with all your flaws and imperfections or they can leave you hanging on the rack."

## Waisting Aweigh

### Sharp apparel a diet aid

By NANCY AUSTIN

Traditionally for myself, and I'm sure for many of you, February and March are long, dismal months, which seem to drag out unendingly, holding spring at bay. Often our mood coincides with the gloom and we wonder if both our's and the weather's moodiness ever will end.

Unfortunately, our gloom frequently is reflected in our mode of thinking and ultimately in our personal appearance. If our mode of dress is dingy and dowdy, very often so is our attitude. When we dress smartly and take care to present ourselves fashionably, pay attention to hair style and, above all, cleanliness, our mood and attitude will again be reflected for all to see. Others perceive you as you perceive yourself.

MEN AND WOMEN who have a weight problem seem to exemplify these mood swings more than anyone else.

Perhaps it is a vicious circle. Have you let your appearance deteriorate because of your weight, or is it because of your weight that you let your appearance suffer? Ask yourself what has precipitated your "I don't care" attitude.

Take a good look at yourself in a full-length mirror. Do you like what you see? Would you rather not look?

And you can still feel comfortable there."

I remember an exchange of harsh words between me and a manicurist which brought angry tears to my eyes. "The only persons who can really hurt you are those closest to you for whom you deeply care," the wise manicurist observed. "You shouldn't be so affected by what I say."

On another occasion, I recall being hurt because someone was unfriendly to me. "Don't take it personally," a friend advised. "Maybe the person you thought was mad at you had a toothache."

Making decisions and not regretting them later used to be one of my big hangups. One day a doctor counseled, "Toss a coin if you're in doubt. Whatever side comes up, do it and don't look back."

When I get hassled because I've been unable to perform some small task, I think of this advice: "How important is it in the scheme of things? Will the world stop turning because of your failure to accomplish this?"

FOR THOSE who need constant approval, praise and recognition, these words are valuable: "Someone may say you're a great, talented gal or guy one minute and forget about you the next. People really don't care that

much about you when they're involved in their own thing."

A number of hackneyed phrases which are timeless and have been of great value to me are: "Take each day as it comes," "The things you worry about never happen," "It's how you play the game that counts," and "Accept the things you cannot change."

I even learned words of wisdom from my kids, once I was able to dig their lingo. It's not so dumb to "Let it all hang out," "Cool it," "Do your own thing," or "Hang loose, man."

One can even gain inspiration from songs like, "I Did It My Way," "I've Got to Be Me," and "You Can't Please Everybody. So Try to Please Yourself."

I discovered it's not nice to fool Mother Nature, that what you see is what you get and you pay your money and you take your chances, all from watching TV.

I'm not advocating that you don't come up with a few insights and theories of your own. You must benefit from daily experience. But in a pinch, others' words of wisdom can be a great comfort.

## Student skiers are still in hospital

Four Oakland University students and a traveling companion remained in satisfactory condition Friday in an eastern Nebraska hospital, six days after their chartered bus skidded and overturned on an icy, fogbound highway.

In Midland's Community Hospital in Papillion, Neb., were Terri Siska of Orchard Lake, Kathy Watson of Clarkston, David Czerwinski of Auburn, and Roger Bick and Mary Bourne, both of Birmingham. Ms. Bourne was no longer in intensive care. All are OU students except Czerwinski.

John Harris of New Baltimore was released from the hospital Thursday. Charles Holzman was released Wednesday. Cheryl Evans, who is not an OU student, was released Friday. The other 37 young persons involved in the accident returned to Michigan earlier.

The group was returning from a 10-day Colorado ski trip when their chartered Continental Railways bus overturned on Interstate 80, about 10 miles west of Omaha. OU was closed for winter break at the time.

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Are the seams of your clothes split? Have buttons popped off of blouses and shirts? Do the buttons refuse to close? If this is true, next time you launder, toss these clothes into a mending pile and don't wear them until they are repaired. You say then, that your whole wardrobe will be in the mending pile? Then it is time to get down to the business of mending and making your self look presentable again.

What about that wardrobe? What wardrobe you ask? Look through your closet. You own exactly two outfits? Of course. You keep saying you will not buy a third because you refuse to spend any weight. It is time to be realistic.

Maybe your meager apparel is a contributing factor to your not losing weight. You look dowdy, feel dowdy, and bored with your clothing. You eventually feed these negative emotions with food. The food makes you fat, the fat oppresses you, you eat more, your size enlarges and so does the vicious cycle of depression.

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