

FEAR & LOAFING

Sleeping sickness

Did you have trouble waking up this morning?
Did you hurt your Proton alarm clock against your marbled wall?
Did you kick the dog?
Did you tuck a grapefruit rind under your arm and shove your briefcase down the disposal?
Don't worry, you're not losing your mind. You're just tired. Dead tired. And you're not alone.

According to James Maa of Cornell University, this whole bleary-eyed country is so tired that "many of us are literally walking zombies." Why is America yawning? We work too much, play too hard and stay up too late. The Latin term for this workaholic behavior pattern is *Labor Omnia Vincit* which means "Labor conquers everything except premature death from a heart attack."

FOR YEARS, the suburbs were called "bedroom communities." People worked in the city and slept in the suburbs. Nowadays, nobody sleeps anywhere. Our bedrooms have been converted to home offices, home gyms and walk-in closets. With apologies to Mr. Sandman, sleeping just doesn't fit our lifestyle anymore. It's not entertaining in computer lingo, it's down time.

In the old days, before credit card debt, humans spent about one-third of their lives sleeping. Now, by conserving those eight wasted hours to working, a go-getter can double his income.

Unfortunately, lack of sleep produces side effects like headaches, irritability and mass murder. If you're going to work 'til dusk and party 'til dawn, you'll need to make some major adjustments.

Plan A is to "Grab Sleep Whenever Possible." President Kennedy was able to take brief naps in the Oval Office and wake up refreshed. Likewise, you can catch sleep in your off moments — like riding the elevator (20 seconds), waiting for the elevator (20 minutes) and getting stuck in the elevator (20 hours).

Plan B is to "Get a job where you're paid big bucks to sleep." To earn more while you snore, try to land a gig like:

(1) SPINNING RECORDS at a classical music station. Put on Wagner's "Ring of the Nibelung" and sling a hammock between the speakers for some serious shut-eye. If the audience sleeps through opera, why can't the DJ?



Karl Nilsson

(2) Working as an extra on a "Rambo" movie. For \$200 a day, you can play a dead body in a war flick. You punch in, get punched out and slump over a boulder. For the next six hours, you're paid not to move!

Honorable mentions for "best jobs to perform while sleeping" include skipper of the Exxon Valdez, Speaker of the House and manager of the Detroit Tigers.

Remember the movie where Jimmy Stewart played Charles Lindbergh on his solo flight to Paris? For 33 lonely hours, he fought drowsiness, but finally dozed off. Just seconds before crashing into the Atlantic, a stay-away home fly woke him up!

That buzzing insect saved his life. Today, an electronic version of that pest can save your job.

New in stores, the new "Work Alert 5000" lets you sleep at your desk without fear of detection. Worn like a motion detector and heat sensor, if someone enters your Confidence Zone, a mild shock jolts you awake. A more sophisticated model lets you snooze in the presence of co-workers, but wakes you only if Management Breath is detected.

TO COMPLETE the illusion, I recommend a pair of little plastic cups that snap on over your eyelids. When the boss peeks into your cubicle, he sees a painted image of your eyeballs staring purposefully ahead in unblinking concentration.

Such technology is wonderful, but remember, nothing can replace a good night's sleep. Technology causes gastrointestinal disorders, infertility and, worst of all, late night TV shows like *Arsenio Hall*'s.

Year after year, we overachievers are building up a cumulative sleep loss. Sooner or later, all this sleep deprivation is going to catch up with us.

One morning in the not too distant future, an entire generation will oversleep — by about six years.

STREET SENSE

Smoking: It's no laughing matter

Dear Ms. Schiff:

Re: Smoker vs. Non-smoker
As I can see by your photo you are not a fat person, so I can see where you might enjoy Ed C's letter regarding smoking. So "many of the things you say are true that I had to laugh."

Did you laugh at the part about those who are overweight? I myself am a fat person as my friends tell me. My condition is medical as I'm sure are thousands who are predisposed to obesity.

Or did you laugh at the part he describes as "genetic makeup portends high chance of having a hard time to perform while sleeping?" I include skipper of the Exxon Valdez, Speaker of the House and manager of the Detroit Tigers.

Remember the movie where Jimmy Stewart played Charles Lindbergh on his solo flight to Paris? For 33 lonely hours, he fought drowsiness, but finally dozed off. Just seconds before crashing into the Atlantic, a stay-away home fly woke him up!

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You and Mr. Ed C. sure find some funny things to laugh at, but to me they are very serious problems that

millions of people suffer with every day!
Well, I'm not laughing!! If you wish I enclose my phone number or you can apologize through your column.
Up until now I found your column to be enjoyable.
C.T.

Dear C.T.:

First, I want to thank you for reading my column. I hope you will continue. Second, I want to apologize for any hurt you may have experienced as a result of reading it. Third, please continue reading so that my position can be clarified in your column.

I laughed when I read Ed C's letter, not at any person, but at the irony of life. As I understood Ed C, he was saying that our society discriminates against smokers because of their "cost to society." He doesn't say that smokers are not a burden, but that many other groups, e.g. people who live in high-prone earthquake areas, people who live by flooding lakes and overweight people, are also a burden. He says if society can allow them to indulge their fancy, why not indulge smokers, too.

That was an odd perspective to which I chuckled. Mental health workers know that laughing at ourselves helps us adjust to the quirks and dilemmas that life holds. It is a sign of mental health.

Ed C's reference to overweight people was taken to mean people



Barbara Schiff

who are overweight because they are indulging themselves, not those who have no control over the situation. As strange as it must seem to those of us who do not smoke, some smokers must feel as misunderstood as you do, and the same lack of self-control.

It is unfortunate for any person to feel the victim of an unwanted condition. But the question of the relationship between psyche and soma "how does an organic condition affect psychology" and vice versa is complicated. We know that concentrations of hormones and neurotransmitters are inherited. They can determine temperament, but we also

know that in Japan it is believed that each person can control his anger. There is also a low rate of violence in Tokyo. Are Japanese imposing control or were they born with the genetic makeup for this attitude?

I could not be a psychotherapist without feeling sympathy and empathy for people. But I have witnessed that when this response is accompanied by a push for growth, change can be produced. I am aware that therapists are prejudiced on one side of the psychological component of problems. This is true not only because it is the field in which we work, but because we do see results from psychological therapy that can't be explained by a change in genetics.

I would never want to hurt a person with a genetic problem, through the paper or in my office. However, until an honest attempt at change is made, it is impossible to know the extent to which (even genetic) predispositions can be modified. I have seen people fight predispositions to become altered from the original.

I hope that you have read through and allowed me the indulgence of this explanation. I hope, too, that you have accepted my sincere apology.

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

Tempting the taste buds with ever so exotic foods

Continued from Page 1

MacKinnon's pet gripe on trendy foods is arugula, a salad green he dismisses as "a bitter weed."

It tastes like endive," he said. "Who wants to eat an endive salad?" For MacKinnon, a protest has to go beyond trendiness and taste good to be accepted. Wild turkey tenders would qualify.

"It's the piece right on top of the bird's rib," he said. "It's juicy and tender, but very different — it doesn't taste like turkey."

A new twist on pasta is four color striped noodles. MacKinnon's offers a ravioli with one spinach side and one tomato side of pasta. Another exotic offering is sauces laced with cherry pepper — the peppercorns come from Michigan's cherry capital, Traverse City.

"It adds sweetness with a hint of sour," MacKinnon said.

His new place, the Macomb Inn in Utica, offers a chicken ballantine, chicken breast stuffed with chicken and cherry raisins and wrapped in a puff pastry. The inn, a renovated 130-year-old house, is on M-59 and Van Dyke near the Palace of Auburn

Hills. MacKinnon commutes the 32 miles between his two establishments daily.

Keith Famie, proprietor of Les Auters in Royal Oak, doesn't prepare much in the way of exotic foods.

"I detest alligator," Famie said. "Lion tastes more like cat. I think some things are better looked at than eaten."

FAMIE DOES prepare a good amount of game "grouse, pheasant, buffalo — grilled and sauteed, depending on the cut of meat."

Michigan has always been big on game, particularly during the harvest and hunting seasons, Famie

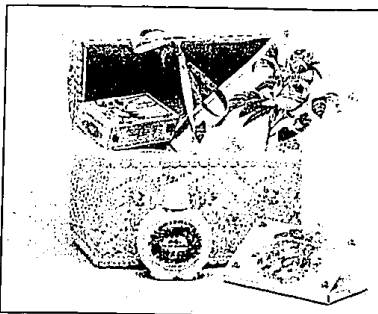
said. New on the fruit scene and Les Auters menu is 4-inch-baby pineapples grown in California. Famie fills them with a pineapple mousse and offers them for dessert.

An exotic — make that eccentric — twist at Les Auters is the so-called Crayon Club. Diners are encouraged to draw, doodle or sketch while they wait for dinner. An entire wall is devoted to the results.

"We had one artist from New York in here who drew the entire scene of the Berlin Wall coming down with the east meeting the west," Famie said. "You have to come in and see it."

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 591-2380, Ext. 313.



Tubbable treats

Affordable flowers in Birmingham offer charming Victorian treasure boxes that can be personalized with mix-and-match luxuries for the bath. Send her sterling silver rose bath seeds, peach soap leaves and rose garden hand and body lotion that will pamper that special someone regardless of age. Phone 645-2244 to order.

New 'oldies'

During the age of hi-tech mania, vintage accessories create a feeling of warmth and a connection to calmer, less stressful times. Here, a miniature crystal perfume bottle makes an interesting addition. Pinned to the shoulder is a miniature antique enamel picture frame that can be worn either as a brooch or used as a free-standing frame. Decanter necklaces in clear crystal or black, \$39; antique frame, \$44. Cecil Orman Jewelry, West Bloomfield. Phone 855-5580.

SCREEN SCENE

HENRY FORD CENTENNIAL LIBRARY, 16311 Michigan Ave., Dearborn. Call 943-2330 for information. (Free)

"The Iron Glove" (USA — 1954), 7 p.m. May 14. William Castle directed this swashbuckler about a romantic young prince (Robert Stack) who attempts unsuccessfully to steal the throne.

LIVONIA MALL, Seven Mile at Middlebelt, Livonia. Call 476-1166 for information. (Free)

"The Catered Affair" (USA — 1956), 10 p.m. May 15. Based on the TV play by Paddy Chayefsky, this is the story of a taxi driver's daughter whose mother (Bette Davis) insists that she have a wedding much bigger than the family can afford. Part of the mall's monolingual tribute to Mother's Day.

MAPLE THEATRE, 4135 W. Maple, Bloomfield. Call 855-0970 for information. (\$3 general, \$3 twilight)

The Maple is back in the saddle, highlighting quality foreign films on all three of its screens. Call for show times.

"Camille Claudel" (France — 1988). The stormy relationship between sculptor Auguste Rodin (Gerard Depardieu) and his gifted apprentice, Claudel (Isabelle Adjani), is brought to the screen in a passionate film for art lovers.

"Cinema Paradiso" (Italy — 1989). The Academy Award winner for Best Foreign Film is this sentimental, totally winning tale about the power of movies. In it, a young boy grows to manhood, all the while fascinated by the local moviehouse, the sole and very popular entertainment in his small Italian village.

"The Cook, The Thief, His Wife and Her Lover" (Britain — 1990). Peter Greenway's study of sex, violence and fine cuisine stars Michael Gambon as a powerful thief who reeks slightly havoc in a swanky restaurant. Not for all tastes.

MICHIGAN THEATRE, 603 E. Liberty, Ann Arbor. Call 668-8397 for information. (\$4, \$5.25 students and senior citizens)

"The Plot Against Harry" (USA — 1989). May 18-25 (call for show times). Shot and then shelved for 20 years, this deadpan comedy of manners was recently a hit at both the New York and Toronto Film Festivals. Ex-con Harry Fink, a numbers racketeer, is lured to reform and is offered an opportunity to buy his family's kosher catering business.

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