

Hills octogenarian not deterred by age

By LORAIN McCLISH

How to enjoy life at 86:
Jet to Europe.
Go camping in the Swiss Alps.
Fly in a ski plane to the glacier
at the base of the Matterhorn.
Ride a cable car up the side of
Mont Blanc.

A Farmington octogenarian,
Helen Cope, did all those things,
and more, when she joined a group
of University of Michigan alumni
on a two week trip to Switzerland
where she entered into all the ac-
tivities offered with the exception
of strenuous hikes in the moun-
tains.

The group stayed in the U-M Al-
umni Camp in the heart of the
Alps. After their return one of her
fellow campers remarked "Helen
is a wonderful and amazing person
and her approach to life indicates,
I think, that age need not neces-
sarily deter one from participation in
activities usually reserved for
those much younger."

WE MET MRS. Cope in her
apartment at 32385 Glencove while
she was making a scrapbook of her
trip, and typing up notes of the
trip to send to her grandchildren.
"I'm not a camper so I wasn't
sure if I'd like it but we had a lot
of free time so I had a lot of time
to walk," she said, and walk she
did, through the whole of Lucerne,
in and out of churches, museums,
and once up better than 200 steps
to a watchtower for a view of the
lake. Then went to a night club
that same evening to hear the Al-
pine horn and some yodeling.

She prepared for the trip with a
500 a day calorie diet "because I
knew I would be eating a lot of
cheese, whipped cream and choco-
late if I was going to Switzerland.
And it worked. I made a denim
skirt (she sews too) before I left
that was a good five inches too big
for me when I got around to wear-
ing it," she said.

Mrs. Cope studied yoga "before
it became fashionable" and at age

75 gave an exhibition of the posi-
tions at her church, the First Pres-
byterian Church of Farmington.
And last year she entered a belly
dancing class at the local YMCA
"to see what could be done for my
protrudences."

SHE RETAINS an active mem-
bership in the U-M Alumni, and lo-
cally in the American Association
of University Women (AAUW), the
Woman's Republican Club, and is
a member of the board of the
Greater Detroit Memorial So-
ciety.

Through the later, she has been
instrumental in the development
of a memorial garden that is on its
way to becoming a reality on the
grounds of her church.

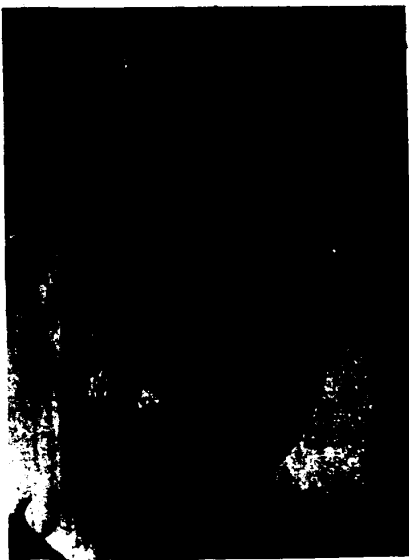
After the death of her husband,
Edge, who died at the age of 95,
Mrs. Cope discovered she didn't
like living alone and advertised for
a male roomer. "I didn't want a
woman living here because I was
sure she would be talking all the

time and be messing up my
kitchen," she said, "but the whole
thing turned out to be rather a
joke."

The advertisement, placed in the
Farmington Observer & Eccentric,
was answered by a professor at
Wayne "who talked all the time,
and watched only police stories on
TV. (I never have the television on
except for the news.) Not only
that, he was a gourmet cook. So we
ended up taking turns cooking, but
now I miss him."

SHE ENJOYS driving, and
doesn't mind in the least driving
long distances alone. She's put
7,000 miles on her car so far this
year and when we left her, she was
about to set out across the state to
visit a relative in Muskegon.

On her return she will begin
thinking about a trip to the Holy
Land she plans for October "where
there is a lot of walking to be done
but that's the only way to see a
place."



HELEN COPE



Historical maple

A maple tree believed to be 320 years old and once the subject
of a controversy between city officials and historians now bears a
new plaque declaring it a landmark in the county. The tree, once
believed to be a landmark used by the Indians, stands on the
grounds of the Richard Klinkman home at 23080 Gill Road. It was
on the historical bus tour in July, sponsored by the Farmington
League of Women Voters.

Getting it together

By BOB TRENZ

Time after time, I hear stories of
people who are unhappy in their
jobs or their marriages. Their life can't
stand their boss. Their wife does
not give them enough affection. To
an outsider, the solution to their
problem seems painfully obvious:
"Why don't you just confront your
boss?" I feel like saying, or "Why
don't you just talk to your wife?"
Of course, to the person with the
problem, it doesn't seem so simple.
They are afraid such a direct ap-
proach will make their boss angry,
and it may even cost them their
job. They fear their mate may re-
ject them for complaining about the
relationship.

Rather than risking the painful
consequences of trying to improve
their lives, people too often choose
a life of low-risk and minimal
happiness.

Because they're afraid of being
temporarily jobless, people shrink
from making changes in their jobs
that might make them happier.

Because they're terrified of a di-
vorce, people often destroy their
marriage by not talking to their
partners about its flaws.

Sometimes, only a severe per-
sonal crisis will jar people loose
from the low-risk, low-happiness
life pattern. How often have you
heard of men or women who fi-
nally make a drastic change in their
lives after a heart attack or a di-
vorce and are now really happy?
Too frequently, it takes a trauma
to force people to risk real changes.

Questions for Bob Trenez may
be sent to the Rochester Ob-
server & Eccentric, 410 N. Main,
Rochester, Mich. 48063.

A heart attack reminds the victim
of how short life is and how impor-
tant it is to be happy now, not just
later.

ONE OF the most insidious as-
pects of this low-risk approach to

life is that it perpetuates itself. The
fewer risks you take, the less you
conquer how well you can cope with
change. The loss of a job or
a big marital fight is rarely as de-
vastating as people anticipate; but
you cannot find that out if you
never take the chance. Further-
more, fewer jobs and marriages
are lost by people honestly trying
to be happy than by those who run
from problems and thus allow them
to grow so large, that con-
structive reconciliation is just too
difficult.

This self-perpetuating charac-
teristic of the low-risk approach
was demonstrated by a classic
psychological experiment with
dogs: Large boxes were used which
had a partition across the middle.
On one side of the partition, the
floor could be electrified, this de-
livering a mild but frightening
shock. Twenty dogs learned
quickly that within 30 seconds
after a buzzer was turned on, the
floor would electrify and they

would be shocked. Without excep-
tion, each dog learned quickly to
jump the partition when the buzzer
sounded and thus to avoid
impending shock.

Soon, however, the electric shock
was turned off. But the dogs con-
tinued to leap over the barrier to
safely hundreds of times, every-
time the buzzer sounded, even
though the shock no longer ex-
isted.

By some definitions these dogs
could be considered to be neurotic.
Their compulsive response to the
buzzer no longer had a basis in
reality. Their avoidance of the im-
agined shock kept them from find-
ing out that it was no longer there.

In a similar way, human beings
anticipate possible painful conse-
quences and avoid them. This is
true of all human beings to some
extent. It is an essential part of our
survival equipment. The problem
comes when people over-use avoid-
ance as a coping mechanism. This

is the low-risk approach.

THE CURE for the low-risk
approach is to build a higher risk-
tolerance level. Like building mus-
cles or callouses, this involves rep-
etition and exertion. For the person
who is not motivated by the intensi-
ty of a crisis such as a divorce, this
can be a gradual process. Most
simply, it involves taking more and
more risks. Developing a risk-tak-
ing habit, forced at first, can even-
tually become a natural inclina-
tion.

One specific exercise people have
found helpful is "creative blurt-
ing." To blurt means to spit out
your thoughts, saying how you feel
before you even think about it. At
first this may be difficult, espe-
cially, if you are a thoughtful
speaker, like the man who sucks on
his pipe for minutes rehearsing his
thoughts and finally speaks in per-
fect English with carefully chosen
words. It means fighting the ten-
dency to censor your thoughts and

taking the chance that you will say
something stupid or embarrassing.

If you need to maintain an im-
age of never making mistakes, you
will find it extremely difficult to
blurt well at first. In fact, you may
be terrified to try. The ideal cir-
cumstances for blurring practice
would be with a trusted friend or
spouse. You should mutually agree
to be a little extra forgiving of each
other while you are practicing,
because you will be clumsy at first.

Contrary to some currently pop-
ular beliefs, being honest is not a
license to be brutal. A really good
blurter has learned how to verbal-
ize his feelings honestly and con-
siderately. Effective blurring is
maximally honest and communi-
cative while being minimally hurt-
ful. But, as in any skill, it takes a
lot of practice to achieve consist-
ently effective blurring. When you
do, you will know by the special
feeling of clear communication
and the ease with which even diffi-
cult conflicts are resolved between
people.

Observer & Eccentric SUBURBAN LIFE

Monday, August 4, 1975

(F) 18

Players stage 'Rape of the Belt'

"The Rape of the Belt," a com-
edy by British author Benn W.
Levy, which re-tells the Hercules
legend, is the play chosen by the
Farmington Players summer the-
ater workshop.

It will be staged in the Players
Barn, on Twelve Mile between
Farmington and Orchard Lake
Roads, for four nights only, Aug.
8, 9, 15 and 16. Curtain is at 8:30
p.m. for each performance.

According to legend, for his
ninth labor, Hercules must wrest
from the proud Antiope her jew-
elled belt, symbol of her royalty.
However, the Amazon women have
not had to fight a war for so many
years that war seems an irra-
tional, masculine, and no more
than ego-satisfying occupation.

Meanwhile, Zeus and Hera,
from their Olympian heights,
make witty, running commentary
and then take a hand at influenc-
ing the outcome.

THE STORY makes for high
comedy, and a slightly risque even-
ing of theater.

The cast includes Hope Nahatoll
as Hera who took the lead in "The
Power of it All" last summer; Jack
Gruke as Zeus, Ralph Rosatti as
Theseus and Ethel Miller as Thale-
ctra.

New faces on stage in this pro-
duction are John Rexford as Her-
cules, Kathie Arindaeng as An-
tiope, Marge Miller as Hippolyte,
Clare Tully as Hippobomene, Jan
Clements as Diasta and Wendy
Jordan as Anthia.

Kathie Totosz is the director.
A SPOKESMAN for the play-
ers said, "Part of the reason for
doing this summer workshop was
to give more of our women acting

slots since "Inherit the Wind,"
scheduled for fall, is heavily
weighted with men.

Persons desiring tickets are
asked to call the barn, then pick

them up in advance of the play
date. The box office will be open
Monday through Friday, Aug.
4-8, from 7:00 to 10:00 p.m.



Lead actors in "The Rape of the Belt" are from left, Marge Miller as Hippolyte, Kathie Arindaeng and John Rexford as Hercules.

Low-risk brings low-happiness lifestyle