Trust helps pay tuition before college

by CHRIS KLAYER

The Michigan Education Trust (MET) is the latest attempt to fight the high cost of a college education.

The trust is designed to allow parents to make one payment which will guarantee tuition for up to four years at any Michigan public college or university, according to State Treasurer Robert Bowman.

The amount of the payment is determined by the average tuition for each year of a public college.

The fund pays the tuition and fees to earn a Bachelor’s Degree at any Michigan public college or university, according to Bowman. The purchaser of the program for the student would pay a percentage of the average yearly tuition for Michigan colleges. The trust will then invest that money, using the interest accrued to cover increases in tuition.

The exact amount that the purchaser will pay depends on the age of the child and the average tuition for that year. For instance, if the average tuition for a given year was $2,500, a student who is 10 years old today would be charged $2,500 per year for the first four years of high school tuition. The fund would pay $6,900 and would not have to pay any more, even if the tuition were $6,200 per year. For a new born child, the fee might only be $2,500 per year because of the additional interest the money would be able to earn before the child started college.

Through the fund guarantee tuition at Michigan public colleges, the money is not limited to those colleges, said Bowman. (The student decides to go to a private or state college, but can receive up to the average tuition for a Michigan public college toward expenses for a four-year program. For lower than the number of years paid for, the additional money will be returned to the purchaser of the program. Should be decide not to attend college, the purchaser can receive back the initial investment plus a portion of the interest earned.

The trust is the first program of its kind in the United States, said Bowman. Bowman feels, however, that there should be such a program on a national basis. (He said that a program like MET will “move the checkbook (and) bring in the budget.”

Governor’s address to NMC graduates

Richard T. Cole, the special advisor to the governor on the future of higher education, will be the keynote speaker at this year’s graduation ceremony.

Cole will be speaking on “Making A Difference.”

Graduation will be on the steps of the library on June 5 at 2:30. For more information contact the admissions office at 922-1054.
Cycles have rights

There is nothing quite like riding a lonesome, rolling, peaceful, and the seeing of the scenes on the open road as one of the reasons people live cycles. I have just purchased a bike and I expect to experience all these things. But there is a concern. It would take just one dumb move on the part of someone to wreck me off the back of the car. A car changing lanes without signaling or a truck who just didn’t see me could do it.

A cyclist is simply riding an engine.80mph speeds with no protection. I hope none of you have any disrespects or the fear of extermination. I will do my part by being polite to the point of politeness. Let’s be cool out there.

DENNIS LAUSZER, White Pine Press, Entertainment Editor

Drugs are still a problem

Recently the president created a commission to study drug abuse. The Coast Guard and border protectors have been cracking down on drug bringing. However, in the country does eliminate the drug dealers, but it also jacks up the prices. The rise in prices attracts more dealers and makes those who stay in rather than would have been before the new laws.

The rise in prices also makes it more difficult for addicts to pay for the drugs, which leads to more drug-related crime.

The problem is to solve the problem is to provide the demand for them. Education about drugs has to happen. Children have to be taught that drugs are not the answer to anything. Children have to be taught that drugs are not something that will make you happy.

The most of this teaching has to be done at home. The schools can’t do everything, especially when everything they do in class when the children get home. So whether the schools and the media are going to work together to solve a problem, the parents have to help them.

CHRIS KLAVAS, White Pine Press, Editor-in-Chief

T.V. vs. plays

In this world of modern inventions people have become too accustomed to television. People become used to the fact that the television gear as regards less of what they do. The result of all this is that people don’t know how to behave while watching plays.

A few months ago I attended the Civic Playhouse. "Anthony and Cleopatra" was played to full houses during the death scene of Anthony’s Imhotep. When the scene came out Cleopatra raised the shade to be shown a girl in the front row should “Feel how great causing the audience to burst into laughter.

Reminding me to see "Jesus Christ Superstar". This wonder plays were narrated by the role individual behind me, who wouldn’t stop talking. After asking him for the fourth time “Please be quiet” my self-control shaterrered. I turned to him and told him to “Shut up or love it.” He left.

When attending a play or a movie people should keep mouths shut in things. People in front of me are full of other people who want to watch the play. We enjoy the play, we enjoy the performance or not keep quiet. People don’t get up and leave in the middle of a performance; it upsets the audience as well as disrupting the audience. If you must leave, do so while it is a piece to the audience, during a scene break. Finally, remember the act has spent a lot of time and effort getting ready for the performance. Try to be open-minded. Don’t disrupt the whole play because you don’t like the way it’s being done or it’s not done. It’s a strange, chances might be, if you’re lucky.

ANDREW EMMAN, White Pine Press, Half Writer

Dr. Ruth Defender

Dr. Ruth’s a great addition to the Zaner’s column. She writes in response to a letter and questions posted in the last issue of the ZNP. In the letter, the author comments about the ZNP carrying Dr. Ruth’s column. She claims it is unnecessary and offensive to the general public. The author then continues on to claim we don’t do, television is corrupting the children, and all of these evil things are "shoved on us whether we want or not." I beg to differ.

To work from the ground up to the specifics, I would like to explain whose job it is to teach the children these morals. It is not the government’s job, nor is it a society yet a job that means to almost exclusively children. In school, psychology agrees that the child’s primary duty is to: fulfilling their needs, therefore, meeting their personal needs, and thus, even more time by the time they reach the age of 3 years old. The parents have almost total control over the child’s entertainment during this time span. What I am trying to say is: the parents teach their child well in those first few years, there should be very little that could undermine the child’s morals.

The next idea I would like to explain is: one that is built in the American way of life. We call it freedom of choice. What it means is no one can force anything upon anybody. For example, if Dr. Ruth’s column offends you, you do not choose not to read it. If you find a television program offensive, you can change the channel or you can turn the television off. But, by the same token, if we have to make choice for every- one, we have been taught well by our parents, then we make the choice and have our say.

For the specifics, I feel the author was simply writing. Being in high school does work. In high school, school administrators have not been instructed, teenage pregnancy has dropped by in high schools. As Dr. Ruth’s column, I wonder if her author is the one that most adults know the answers. Since most of them have a married couple, it would seem to me that issue would be many answers. Even assuming adults know the answers, but a high acceptance is the way it is, emotionally.

I would like to ne- gotiate to cancel or ban something for the "public good." I think that each individual must make their own choice between right and wrong. If we make the wrong choice, we will answer to a higher authority. Therefore, let us make our choice and don’t worry. In either words, don’t live in fear.

MICHAEL A. FIRESTONE
Lornie Kerr is not leaving

In a 16th issue, White Pine Press reported that a committee had been formed to find a replacement for the jobs of the instructional supervisors. The Lornie Kerr contract was set to expire on May 31, 1986. The committee is actually finding a replacement for the position, and the current supervisors will be leaving to become president of the Highland Lakes campus of Oakland Community College. Kerr has been the vice president of student and administrative services and is not presently planning on leaving this post.

Employees recognized

Sixty-one faculty and staff were recognized at this year's Service Awards Reception. The reception honors those employees who have worked at NMC for five or more years. At Shumway, Communications division director, received a clock for 30 years teaching at NMC. Keith VanVleet and Arto Mieto were presented with a letter of appreciation for 20 years of employment. The 44 people who have been with NMC for 15 years were presented with a letter opener.

At the ceremony, Dr. Philip Rinkard said, "We can make a difference because of your support, and we can work together to make it better for people."

Academic improvement class offered for summer

This summer, NMC will offer a new course entitled "College Opportunity Program." It is designed to improve basic skills for students who have experienced previous difficulties. The course includes orientation, college success, personal development, study skills workshops, individual tutoring, counseling advising and follow-up. The subject that will be the focus is the course development, reading, writing, and study skills.

Scholarships for $510 will be available during this period. For more information, call William Haines in the Admissions Office at 321-5812 or Michelle Pincher in the Academic Support Center at 623-7138.

Shreve elected ACT chair

Chuck Shreve, director of Student Development, will be elected to serve as Chairman of the Michigan ACT Council for one year.

"The purpose of the Coun-

el is to discuss what the current educational needs are across the spectrum of education—from elementary to college education."

The Michigan ACT Council

Recreational boating starts in fall

Recreational boating season is one of the newest degree programs to be offered at NMC. It will be offered for the first time fall term 1986.

The two-credit programs will be a joint effort between the Marine Academy and the Business division. It will include the required liberal arts courses, management, business and accounting courses and ten

Carl Levin speaks on INF Treaty

by GAYLE LATUZSZEK

"The Intermediate Nuclear Force (INF) Treaty will eliminate 3,000 of the weapons of the superpowers. It will lead to a "zero" in inventory," said Senator Carl Levin during a visit to NMC.

Levin said that the U.S. can't do without the nuclear weapons until it can defend itself with non-nuclear weapons. "Our country is strong enough to survive in a world that could end in 30

CAMPUS QUOTES "What is the most important consideration in choosing a career?"

"Helping others in need is important to me. You can't change the world, but you can make a difference to those around you."

Nelda Moran

"Business Administration is the major you choose. And it is a degree that is very valuable. Also, how you feel about what you are going to do." Kathy Lenman

"Elementary Teaching is the major of the future in our area. How you feel about how you are going to do."

Dave Harkenman

"Being happy with what you are doing and having enough space to spend with friend and family." Delba Ramen

"Computer and Business Administration is a Legal Secretary. You need to review what your strengths and weaknesses are, and do what you want to be a help learn that." Mike Crag

"Choosing something that you are going to enjoy for the rest of your life. Don't just choose a career for the money." Career Plaser

Levin's visit also included the press on the Reagan Administration, the elections and especially on the Iran-Contra affair. Levin said that the economic and social reforms, the Gorbachev is making an effort by changing the economic system. The country is said to be "miserably failed because of the commonwealth control. In a market case and in falling further and further behind other countries." Levin explained. "But as far as human rights in the Soviet Union, there is no difference at all. Immigration and religion remain the same—hard to find. In that area, Gorbachev is not any different than his predecessors."

We are highly critical of the German government," said Carlin. "We're not sure about Germany's new policy of reunification. They could end up in a war worse than what we can say."
1988 HIGH SCHOOL ART COMPETITION 1988

The 1988 High School Art Competition was "bigger and better than ever," according to the jurors Steve Balch, Richard Hoover, and Brett Radzick.

The first and second place winners, Dylan Dowling and Deborah Gellman, are from the Interlochen Arts Academy. The third place award went to Carrie McCarthy from Marion.

The honorable mentions are Tammy Anyes from Traverse City, Jennifer Johnson from Sault Ste. Marie, and Michael Smith from Flint and John Newson and Wright Wolter from Interlochen.

This year the majority of the works in the show came from Cadillac, Manistee, Traverse City, and Interlochen schools," said the jurors. "However we would like to note the quality of the work from Cadillac, Manistee, and Traverse City High Schools. We again had much difficulty deciding which works go in the show and even more awarding the prizes. There were no short cuts in selection in the world of art and we did not eliminate any other area of endeavor where effort is directly and tangibly rewarded.

1st Place

Cadmium

DARCY GREEVES
CHRIS LEE
JAMES NICHOLSON
SHERIL WALKER

Crawford-AuSable

TOBY TOMPSON
ANNE PETRECEY

Elk Rapids

TODD DAVIS
MICHELLE MUSKOVITZ
CHARLES RODRICK

Frankfort

ANDREA EMMET
JESSICA MCCOLLEN
MELISSA NAKAY

Interlochen

ARTS ACADEMY

LAURA THOMPSON
GARY FOSTER
DAN ROBERTS
PAUL PAGE

2nd Place

DEBORAH GEFFAND

Honorable Mentions

TAMMY ANYES...VIAJERADOHERSON.
JENNIFER JOHNSON...MANISTEE.
ANDREA EMETT...FUTURISTIC.
JOHN NEWSON...INTERLOCHEN ARTS ACADEMY.
MICHAEL SMITH...FRANKFORD

3rd Place

CARRIE MCCARTHY

Mentor

NORTHWESTERN MICHIGAN COLLEGE

CRAYSTAVESMAN

SHEILA SCHMIDT

BRENDAN O'NEILL

DON ROBINSON

MICHAEL SMITH

LOI ZACHMANN

GRAYLING: ELLA THOMPSON

ANDREA SCHUMANN

Interlochen: Lisa Zed, Mary Marle, Lisa Miller, Lisa Miller, Lisa Miller, Lisa Miller,

Manton

JASON MANNING: MR. BLUE LA FERRIÈRE

TAMMY O'CONNOR

ANGIE RUSS

BRENDAN O'NEILL

BOB MARSHALL

Pentwater

BRIAN SAMPSON: WAGNER

TIM KIEFER

ROBERT KNECHT

Rosemarie

BETSEY DE Mryn

DANIEL FREEMAN

TBA Vocational Center

ERNEST W. GARDNER

FOOD K. BINTY

JERRY PANTAGES

Traverse City

GARY MARTIN: "MAN"

DAVID GEBHARDT

PETE OBRECHT: "PARK"

WILLIAM WALSH: "MOUNTAIN"

MATT CARROLL

RICK GASWELL

CHRISTINE KELLY

KIMBERLY LINTON

LAURA MARTIN

CRAIG HALSTAD

IMPEDE S. ORESKIC

JOE PETERSON

LEE KHAN

CHRISTINA SCHMIDT

JENNIFER TUGGILD

DAN WALKER
Student transfer concerns many community colleges

by GAYL LATYNEK

The possibility of a smooth transfer from NMC to any university in the state is 96 percent, according to Chuck Shrieve, director of Student Services.

"Transferring has come and gone for past decades since the 4-year universities have reached the MACRO agreements," explained Shrieve. The MACRO (Michigan Association of Collegiate Registrars and Admissions Officers) is an agreement between community colleges and 4-year universities for the transfer of credits.

Shrieve conducted the study at Michigan State University, Central Michigan University, and Ferris State University by sending letters and questionnaires to students. He also went to the colleges and talked to students. The primary purpose of the visits were to "tease, untangle, understand, and improve the process of transfer."

"A student from NMC comments, 'If with NMC, why not go to a community college? I'll still be here.'"

The final exam time for a course is determined by the first meeting of the class.

FINAL EXAM Schedule

<table>
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<td>Day 10</td>
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NOTE: Monday and Tuesday day and evening will be regularly scheduled classes.
I have a small confession to make: I've been so wrapped up in my great Detroit team, the Red Wings and the Pistons that my VCR has had time to cool off.

Do I have playoff fever or what? Yes, the Wings finally bit the bullet and have eliminated the Flyers, but I've been keeping all my powder dry to see if the Leafs can still be honest and play their hearts out. And so far we have the Penguins to meet the Lukas (you gotta believe I have an excellent movie for you to watch).

The Unshackled* is a great film that takes place in Chicago during the Prohibition. If you're thinking that another film about Al Capone might be boring, you're dead wrong.

Brian DePalma directs this movie, and what an incredible job he did! This movie should be used for educating future generations on how to watch so many fast-paced and tense movies. DePalma is now his own mentor and his influences are everywhere.

The acting and script are superb, too. Kevin Costner is Eli Ness the legendary Treasury agent. He has a wife and child and several times he mentions "it isn't easy to be married." This guy is so poor it's a shame he has to find out just how violent life can be.

Sean Connery is like some kind of wet magnet. When he's not playing he has such a pull you can't take your eyes off him. He plays the role of a cop who detaches the security of walking the beat to come in the aid of Ness and as his mentor and friend.

Until now, Alistair Scott's isn't in this movie, but when I see him all complex, all could do would be to cap him. He commands this role so completely, all could do would be to cap him. Capone is such a slick gangster, he's been talking to reporters. Uh, that's me as a reporter.

I'm responding to the will of the people. I'm just a business man." The reporter smirks and laughs with the big choosie as they get one great quote after another.

Capone condones vio- lence saying it's bad for busi- ness. Too bad he forgot to tell his men they have to keep up a small bar and a ten year old girl who was holding the briefcase full of explosives.

For all its violence the film has laughed where it's least expected. Ness is ready to make his first big league heat. He storms through a factory door with a machine gun lady and thirty men. He мужчине and kicks in the door to pull out a bottle of liquor, and there he finds himself held up by an Orient- ial patrol. The picture of which makes the next days front page.

I don't want to ruin all the surprises the film has, but watch for the big change up. sudenly you find Ness and his men at the Canadian border on horseback, its a stunning and perfect transition.

So many wonderful scenes to make it an extra special film. To make some scenes I don't want to reveal too. But I must say that scenes in this movie carry you away.

It's B.S. in the morning!

Your host Dean Barry and Curt Stevens (B.S.) help you get through the morning with fun trứng, great rock-n-roll, and trivia prior giveaways everyday.

Catch them on Northern Michigan's only rock-n-roll
Seasonal Moods Of George Winston

by JEANNE WOLFE

There's a quiet time in all of us when we need to allow our thoughts to wander, to give our bodies and minds a rest from the chaos of everyday living. Certain music has the ability to open us to that reflection. Instrumental music often holds the key that can unlock the relaxation we seek, and our minds can enhance the images and moods felt in the music.

George Winston is a Windham Hill musician who offers a refreshing style of piano music. The heart of a fine musician is felt in each of his compositions. A youthful, carful feeling radiates from his hands to his face. As well as a sense of transparency, Winston now 39, was born in Hart, Michigan. He grew up in Michigan and began learning the piano at the age of 8. He now owns his own recording studio, Davis County Productions, in Santa Cruz.

Winston would guess that behind this gentle sound lies an intense energy in New Orleans jazz that was reflected in his own recording for his first album "Tracks and Blues." This album also offers a feeling of folk and a traditional style of music.

"Winter and Spring" is probably his most colorful collection of works. Winter's
tales is told in no songs like "Renaudance", "Blues", and "Oceans Waves." "December" feels religious, creating a sense of tradition. Other songs continue the inspirational mood.

"Autumn" is his favorite album because it involves the visual images of the season. The titles of the songs alone are enough to evoke the moods of the season. The album includes the compositions "Ocean's Songs," "Winter's Tales," and "Longing/Love/".

"Spring" offers "Food, Moon, Sea, and Stars." These songs were my mind and I find myself feeling even more peaceful.

Winston's other talents include playing harmonica, slide guitar, and the didgeridoo. If you're lucky enough to catch him live, don't be surprised when he grabs your guitar to join in.


Inspired by the music of 34 Waller, Winston has a lifelong ambition of producing a solo piano album of Duke's classic blues. Perhaps when fulfilling that dream we will soon hear from him again.

Composer and musician George Winston is indeed a talent that has brought pure and uncultured. It propels a true sensitivity on us, his listeners.

WPP updates, enters the computer age

by CHRIS KLEVER

Last spring the WPP joined the computer revolution with the acquisition of a computerized typesetting system in a joint effort with the art department. This year the paper has been almost completely designed and Typeset in the computer. This year the paper writer is a member of many ways. One of the most obvious ways is that it has lengthened the deadline for having mate-

rial ready to be typeset. "The system gives us the ability to meet up to date," Marilyn Janschel, the faculty advisor, said. "It allows us to get stories that would have been closed to us before. For instance if some-

thing disastrous happened which affected the college the paper could be done on the computer. Most of the paper layout can also be done on the computer, so the stories can be prepared in time for the printer.

Another advantage of the system is that it is "state-of-the-art." "We're keeping up with the publishing industry," Janschel said. WPP employs a growing number of small publications, colleges and private, which have adopted a com-

puter system, typesetting, and layout system.

"The main difficulty in adopting the systems has been keeping in touch with the com-

puter system," Janschel said. "The staff has had much to learn, if any, exposure to computers, so it is taking some effort for them to get used to using the system.

The move toward comput-

erization is also making communication between papers and publishers more efficient. There are now several 312.15, the "Computerized Student Information System," which is attempt-

ing to form a worldwide network.

The paper, which is distributed in several cities and is in the United States, France, Germany, Australia, and New Zealand, is in the process of getting contacts in the Soviet Union.

Beautiful Smiles Begin With Beautiful Teeth

ROBERT H. CHASE, D.D.S., F.C.P.

"Beautiful Smiles Begin With Beautiful Teeth" is the title of this month's feature column. Chase, a dentist, discusses the importance of good oral hygiene and the role it plays in overall health.

New Parker Waterman Freshwater Pearls (Grade D) - $250

All insurance plans accepted.
Nearly 1,200 people attended the Nauvoo Barbecue and Festival May 25, 26.

"The Barbecue was magnificent," President Phil Randolf said. "Children and adults enjoyed food, music, games, entertainment and much more. The weather was better than ever. A large slide, merry-go-round and other rides were a hit with the kids."

By MATT WATSON
Nauvoo, Ill.

Close to 1,200 people were served at the 53rd annual Nauvoo Barbecue and Festival May 25, 26.

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By MATT WATSON
Nauvoo, Ill.
3,000 served"n

Another batch of hot dogs is cooked for the nearly 13,000 people who were served at the barbecue.

Over 500 volunteers helped keep the all-day event running smoothly.

The money raised from this year’s barbecue will go toward computer equipment for The White Pine Press, The Commercial Art program, the Graphic Arts department, Library and Media Services, the materials for the Child Care Center and for new equipment in the physics lab.

Students wind down with a game of volleyball after clean-up day.

The only Alpha Romeo "Bat" was featured in the antique and classic car display.

and multiple other attractions kept the kids entertained while the adults were treated to a slow dance featuring two live bands in the evening.

"The BBQ was tremendous," said Barbeque President Ron Hofmeister. "Arnold Announcer attracted and kept the people. There was music all day with the weather playing a vital part in a super, super day.

by GAYLENE COLE, MATT WATHEN, AND GAYLE LUTZIK

and students plant flowers near the administration build-

Clean-up day.

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At Planned Parenthood
You're a Person,
Not Just a Patient

- Complete birth control services
- Gynecological exams
- Pregnancy testing & counseling
- Testing & treatment for sexually transmitted diseases
- AIDS testing & counseling
- Fees and supplies you can afford

For An Appointment Call
929-1844

Northern Michigan Planned Parenthood
126 Boardman, Traverse City
Dear Study Lady,

Spend a day of time in the library, try something different, I(daydreaming. I'm beginning, a further upper... just not bother going because I don't accomplish anything any other way. What can I do?}

Dear Abby,

I'm going to give the most popular advice for you. I'm sure the ' accumulated knowledge from all the most popular advice books.'

Let's say you're studying a novel. You're reading along for a few minutes before you start talking about tribal food preparation rituals. Your stomach growls. You wonder what's for dinner. Maybe fish or soy sauce.

You put the book on the pile of papers and you bungle your activity before the book.

You're reading diligently again when the discussion turns to crowd control. Could Johnny look at a fox today? I wonder what he's doing this Saturday night.

You're back to the page.

Every time you catch your mind floating out the window, you take the exact moment to get back to your text.

The initial value of the procedure involves having the agent that many checkmarks be a key to your concentration. How fast to concentrate instantly how it feels to lift your mind mound sideways, and most importantly how it feels to pull your thoughts back into your reading begins to sink. There are many techniques more often practiced without culture than in one's own -- for training the attention. This checkmark method is particularly straightforward, down to earth, and effective approach to an age old problem of keeping the mind pointed in one direction for more than two seconds at the time.

It's that skill - with practice - even you and I can cultivate.

Dear Study Lady,

If I did everything that the Study Lady suggests, I would have time for anything else. What to do....

Only Mental

Dear Mental,

Don't feel bad. I'm the Study Lady and I don't do everything the Study Lady suggests.

Not only are we all mental; we're all different, too. I try to provide a safeguard of possibilities so you can pick and choose what works for you.

More important than any specific tip is the underlying principle that informs everything that I suggest. They can be stated very simply, in a few words.

Any time that you spend going over material before sitting reading or listening is probably time wasted. One short term memory is just not made for the long haul. Some kind of recycling, reworking, rethinking is vital to make the be- ginning of the chapter stick.

Second, learning is not guar- anteed; you are not a Tennis ma- chine. Learning a chapter is a matter of making Python and building your own world of the parts and the whole. You don't need to learn it - if it is a matter of the time management needs to be valued. Productive study time doesn't happen. It has to be scripting out your life to make it more than something that just happens to you.

You have to create it. You have to make it worthwhile to yourself to keep on pushing for more. Just ask yourself,"Am I honestly, my hard work, making it stick?" and "Am I placing my own importance on the material - and on my life - in such a way that I'm making it my own?"

Confidential to Panicky:

You know all those pretty people hanging around the classroom door before a test? Did you study this week? Do you think he'll ask about that test? How hard did you study?

These people are not your friends, at least not until after the test. Anxiety is contagious, and there's no way you can allow yourself to be exposed. It's contagious in the same way that germs are, and it's contagious in that you can catch it and pass it on to others. Test anxiety can be kept away from the classroom door in the classroom.

Think of yourself as entre- taining a karate match. You're spending those last minutes before the test gathering balance and gathering point.

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Advice

Q. It happens too often that I am preoccupied with business matters when my wife wants my attention or company or to make love. I am aware of this and it is right, but I don’t know how to break the cycle. I’ve given it a time — as in, an evening, a weekend. They think into my mind, and they aren’t imaginary either.

But I feel that life is slipping by and losing sight of my wife, giving to it the pleasure that should, otherwise, compassionately, personally or sexually.

A. Sometimes the best advice comes from the one who says “I can’t seem to do something.” It is a sort of short cut to many desired things. Instead of thinking “How will I get myself into the right state of mind to do what I shouldn’t” just do it. But “I will give you a couple of ideas for breaking out of the worry habit. First, every day during the workday take a big 15 minute break at least to do something totally unrelated, like taking a walk around the block, going to the roof and watching the traffic or doing some mind emptying exercises. This will help your head and it will help you do later what you need to do with your wife — set aside a time for you and her to make love, or just to be together without those preoccupations. These set aside times will rest your mind, too, and help you to think better when you return to your concern. And you have to tell yourself that what you need is not a sudden change in your body and for your brain, much in the way that sleep or nourishment are good for them. Thinking and on of problems when energy is low is worry-worrying which hasn’t been defined as low grade thinking. And this. It may be that your wife’s needs get to seem like more demand on you, like your business and your mortgage and whatever. What you have to do is ask of you, even if you know you have to give it, even if you want to give it, may get be something you must. There is a simple ease to unleash the reattachment. Do some simple thing all for yourself. Once held in an executive not to come back to my office until he had gone to a sporting goods store and bought himself a baseball. I knew that he had been a schoolboy athlete before the blindness of the world and so I asked him, “How did you lose your eyesight?” He said he was shot and lost track of time and all these concerns in that simple, positive — and his wife, his children and his work all became found.

I have been married five years, and my husband and I

A. About what? About one thing even though you don’t find it possible to become more specific in your final question. I am concerned that you might be too busy to become more specific in your final question. I am concerned that you might be taking too much of your work to home life and lost track of time and all these concerns in that simple, positive — and his wife, his children and his work all became found.

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