

Bob Talbert speaks

Workshop focuses on drugs, alcohol abuse

By JACKIE KLEIN

Her name is Ethyl. She's gaining popularity among teenagers because she's seductive, a cheap date and parents don't think she's too dangerous.

She makes kids feel delighted and devilish, dizzy and delirious, dazed and dejected. She's been identified as the number one problem of youth.

Her real name is Ethyl Alcohol, the active ingredient in beer, wine and whiskey.

To deal with this growing concern, the Southfield Parent-Youth Guidance Commission, Southfield Public Schools, Southfield Youth Services Department and Oakland County Office of Substance Abuse will sponsor an alcohol education project for interested parents from 6-10 a.m. Wednesday, Feb. 22 in the Southfield Parks and Recreation Building.

Detroit Free Press columnist Bob Talbert will speak on how to talk to your children about alcohol. During four subsequent workshops, staff mem-

bers of the Southfield Human Resources Department will lead discussions on parent-child communications, building family understanding, factors involved in alcohol abuse and community resources for alcohol education and assistance.

WORKSHOPS will be 8-10 p.m. Thursdays, March 8, 15, 22 and 29, in Adler Elementary School, 19100 Fillmore. Subjects will include how to deal with anger, how to get your children to listen, resolving conflicts and being a consultant to your child.

Alcohol abuse nationwide has increased three-fold, according to Sharon Kruger, a counselor in Southfield's Human Resources Department.

"We don't keep statistics on incidents of alcohol abuse in the schools," Ms. Kruger said. "But we can't put our heads in the sand and expect problems with alcohol, no matter how large or small, to disappear in Southfield."

In a recent Gallup Poll, more than three of four U.S. adults approve of offering courses to parents as a regular

part of public school education.

The number one suggested topic was what to do about drugs, smoking and use of alcohol. The survey included parents of young persons 12 to 20-years-old.

The Department of Health, Education and Welfare maintains that alcohol education is a necessary component of a school's curriculum. For the third year, Southfield teachers have joined other educators in the county in intensive health education workshops sponsored by the Oakland County Office of Substance Abuse.

HOW TO talk with children about drinking grew out of a Massachusetts Parent Teacher Student Association's (PTSA) four years exploration of alcohol education under a series of national PTA grants.

The evaluation indicated parents wanted more information and help in communicating to their children concerns about drinking.

"People came to meetings and discussed drinking as someone else's problem," said Charlotte Ryan, president of the Massachusetts PTSA. Any implication that parent models influenced the drinking habits of children seemed to freeze discussion. It was threatening. People believed that attendance at these meetings might indicate they or their families had drinking problems.

"Our solution to the ambivalent feelings of parents toward alcohol was to offer parenting skills for their own value. It was pointed out these skills are useful to all parents in dealing with emotional issues."

Drinking is hard to talk about in families, Mrs. Ryan pointed out. People differ widely in how they feel about drinking for themselves or their children and few feel comfortable about discussing alcohol with children.

"People are likely to feel there are moral issues in drinking or not drinking," she said. "The actual question is whether either choice is made in a re-



BOB TALBERT

sponsible or irresponsible way.

"PARENTS OFTEN find it hard to

understand that they are the most influential factors in determining what kinds of decisions their children will make about drinking. In the end, children make their own decisions."

The workshop workshops are planned around three films of a series produced for the U.S. Office of Education. The films have been successful in providing information and dealing with common issues. Studies have shown that most adults and teenagers share the same misinformation about alcohol and drinking.

The workshop films show problem situations which can help adults as well as young persons think through these issues. They are designed to help adults understand and deal constructively with youthful drinking behavior.

PTA experience suggests that ambivalence about drinking makes the subject of alcohol education less inviting to an audience than discussing effective ways to talk to young persons about drinking.

State's first marathon set

Vic Tanny International has joined West Bloomfield Parks and Recreation in sponsoring the third annual West Bloomfield Marathon Run.

The 26-mile, 385-yard race is set for 10 a.m. Saturday, March 10. It's the first marathon of the year in Michigan.

An Amateur Athletic Union-sanctioned event, it will be run again this year over the certified course which loops Belle Isle in Detroit. Vic Tanny International president Roy Zurkowski will serve as honorary race director.

Although Vic Tanny has been operating health clubs in the Midwest for longer than a quarter of a century, this is the first time the company has become involved in sponsorship of a major sporting event such as this in the Detroit area.

The March 10 marathon date coincides with the official opening of Vic Tanny's new Warren club, which is the second in the area to include an indoor track.

"THIS IS the first time we have had a major sponsor for any of our events," reports West Bloomfield Parks and Recreation Director Michael Teichman.

"It seems like a natural tie-in, not only because of Vic Tanny's interest in running, but because the marathon draws entrants from a wide geographic range."

Vic Tanny stepped in "just at the right moment," Teichman added. Because of severe budgetary restrictions, the parks and recreation department wasn't sure it would be able to pull off the race.

The department was deluged by letters from runners asking for applications, many of them counting on the race as a qualifier for the April Boston Marathon.

"We made the decision to go ahead," Teichman said. "Vic Tanny's help has enabled us to provide some of the frills which we wouldn't have been able to afford — like souvenir T-shirts and publicity."

Kingfish catch earns citation

Maureen Morell of Farmington earned a citation in the metropolitan South Florida Fishing Tournament when she caught an eighteen pound kingfish in the spinning division.

She fished out of the Key West Ocean Side Marina, with Capt. Ralph Delph, on the Vitamin Sea. Morell will also receive a yearbook with her award at the close of the tournament.

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Entry deadline is 5 p.m. Tuesday, March 6. There will be no registration the day of the race.

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