Talking to your teens

thought his older sister had always known how to read and didn't have to learn.

"I THINK A RADIO serves a very definite purpose. Teen-agers are flood-ed all the time with feelings and im-pulses.

"They need something to blot all this out so that they can concentrate. And a radio does this. Of course, it's valuable to point out. If they walk with a Walkman on, they'll never hear the birds sing and when their teachers ask them to write about spring, they won't have any material."

FEELINGS ARE another important factor in a teen's development, Novick said. "You have to have autonomy somewhere in your life; and where you have autonomy is in your feelings.

"That's true for teens, too. You can't control how a teen-ager feels, but you can demand they be considerate of oth-

without asking and then looks better in it than you do."
Teen years are a learning time for parents, she said. "It's terrifically im-portant for parents to back off and learn they're not always right."

BOYFRIENDS ALSO hold a special place in the teen development process. "Yesterday's jerk can be today's hearthrob. And you can get in a lot of trouble expressing any opinion. "Better to just be there and isten and occasionally make some kind of non-comittal noise." Television, considered by many parents a major concern, also attracts Novick's attention. "I'm very anti-TV. Kids should not have unlimited access to any passive experience whether it's drugs, drinks, sleep or TV. "Hut you have to put your moosty, this only have to put your mooth kids not to watch TV when you get up in the morning and the first thing you do is turn on 'Good Morning America'." BOYFRIENDS ALSO hold a special

"That's true for teens, too. You can't control how a teen-ager feels, but you can't control how a teen-ager feels, but you can demand they be considerate of others."

A MEMBER of the Michigan Psychostatic Grounding is a questionable solution to a problem, she said. "Grounding as the only major punishment is not very effective. Plus it's counter-productive, "What teens need is to be getting away from parents and learning responsibility. Plus it invites deceptive in the problems of the probl

Assertiveness taught in 5-session workshops

Oakland University Continuum Cen-ter will offer a flve-session program of assertiveness training beginning at 9:30 a.m., April 23, in Church of Our Sa-viour, 6555 Middlebelt Road, just south of Maple Road, West Bloomfield.

Judith Schneider, a resident of Franklin and a psychotherapist in pri-vate practice in Birmingham, will lead the workshops.

One on One Instruction

NO NEEDLE HAIR REMOVAL

sectrolysis obsoletel Remove unw n any part of the body with harm radio frequency energy without di

HEALTH WORKS!

Exercise Classes throughout Oakland County

Progress at your own rate to higher fitness levels.

Call: it on any relimon

5 Jak 504 birmingsam menigan 48019 31/1540 495

pression saying, "Learning to say what you want and how you feel directly and honestly is a skill you can practice and improve. Often that means breaking old habits of always putting your own needs or feelings aside, or always showing deference to others.
"This means accepting your own needs and feelings in order to be assertive. Assertiveness training can open up whole new and rewarding patterns."

Scheider, who is also an associate staff member of the Continuum Center, describes how assertiveness training can expand one's options for self-ex-





retirement memos

Margaret Miller

Pool those laps and miles add up

"What are you trying to do, swim the English Channel?" a winter visitor to our condo asked me from poolside.

Not exactly. That body of water stretches 21 miles at its narrowest. But I was pleased to start calculating that I'm now up to covering its equivalent in less than a month.

And I can't think of a better way to

JOE AND I see a great parade of re-tired exercisers on the sidewalk that stretches down our island home. They walk at various gaits. They log and they run. We have one friend here who has done several marathons and is planning to run in Boston this spring. She makes lots of training runs along

that sidewalk.

But jogging and running are not for us. We enjoy our walks along the beach, but for exercise we'd rather go swim-

ming. Getting into the pool cach day is something we rarely miss. We've picked up a reputation around our condominium for being the most-frequent pool users. It's the kind of exercise we both enjoy most, and we're delighted to have it available.

I DECIDED WHEN we first retired and came here to live that I'd try for 60 lengths of our pool each day. That was what I had done in the summer in

Michigan whenever work schedules

Michigan whenever work schedules would permit.

As time went on and we wound up going swimming morning and afternon most days, I started thinking why not 60 lengths twice a day.

Last summer, other scheduling of time let up and there was more opportunity to stay longer at the pool. I started trying for 100 lengths, some days twice.

ed trying for 100 lengts, some un-twice.

I had been figuring the pool was 30 feet long, so that meant more than a mile of swimming any day I managed 200 laps. Then a tall gentleman who lives here said he thought it was more than that. He noted that his feet were just about 12 inches in measurement, so he paced it off.

FORTY FEET, he announced. Well, that required some recalculating. Any time I could do 132 lengths, it would be a mile. And that figure had all kinds of neat subdivisions for keeping track. Like 22 lengths, a sixth of a mile, 33 a fourth

fourth.

On some days recently, I've been managing the 132. Come summer, I think it should be possible twice a day. Besides all the enjoyable exercise, just think now many channel crossings!

Margaret Miller was Suburban Life editor for Observer Newspapers for 18 years. She and her husband Joe have retired to Florida, where she writes Retirement Memos.

SUMMER



Tanfaster SUN TANNING CENTERS

Whether you want to get a ten or keep a ten no matter what the weather, you want a rich, dark, Tanfaster tan.

COMPLETE TANS ONLY 549

FARMINGTON HILLS • 474-112B wood Square, corner of Grand River and Orake WEBTLAND • 425-3850 in Woodcreet Plaze, 8347 Wayne Rd. Just North of Westland Mal



⁸**3**⁶⁰ OFF per Gallon n Draperies & Window Tra Wallpaper (over 400 books) 20%-50% OFF -Free Off



NEW CABINETS OF WOOD, FORMICA AND STEEL ON DISPLAY: Sub-Zero, Jenn-Airo, Thermador, Corian. Lot St. Charles Kitchens lesign your new home or upgrade your prosont residence.

present residence.

Come in and see our new display and receive
a FREE St. Charles design catalog.

NEW LOCATION



★ GRAND OPENING ★ "DANCEWEAR OUTLET"

32444 DEQUINDRE **WARREN, MI 48089** (IN THE RED RUN INDUSTRAIL CENTER)

(313) 268-7383

- CAPEZIO
 - 30-50% OFF RETAIL DANSKIN

OPEN APRIL 17, 1985

HOURS: WED., FRI. 10:00-6:00, SAT. 10:00-5:00

MASTERCARD, VISA & CHECKS WELCOME

MARK WERNER, M.D.

wishes to announce the re-location of his office for the practice of

- Obstetrics
- Gynecology
- Infertility
- Laser Surgery
- Pre-Menstrual Syndrome

Hours by Appointment 352-8062

Mark Werner, M.D. 26206 West 12 Mile • Suite 301 Southfield, MI







We Take Your Injuries Personally.

When you reach out to a personal injury attorney for help, you expect personal attention, and care. After all,

Our legal staff works hard to make certain you are fairly compensated for any financial loss and suffering which you have sustained due to the negligence of others.

At our firm, we deal with people instead of just "cases." And our fee is contingent upon recovery.

We take YOUR injuries personally.

Martin G. Waldman, P.C.

Attorney at Law Specializing in Personal Injury 3000 TOWN CENTER, Suite 1444, Southfield, Michigan 354-0836

Museum site for May antique show

Henry Ford Museum and Greenfield Village will hold an antique show May 16-18.

Organized and sponsored by the President's Society of The Edison Institute, the show promises to be an antiques event of national proportion. More than 30 antique dealers, representing 12 states and the District of Columbia, have already contracted to participate. participate.

Show manager, Jordan Humber-stone, said the selection of antiques will be marked by "quality, variety and pricing to fit every budget."

Thematically, the Village Antique Show is designed to complement the extensive collections at Henry Ford Museum and Greenfield Village, an indoor/outdoor historical complex depicting more than 150 years of American achievement and daily life.

Sale items will range from furniture dolls; from antique watches and to uous; from antique watches and clocks to automotive ephemera; from early American glass to classic, hand-made quilts — all reflecting the scope and quality of items on display in the museum and village.

MEANWHILE, VOLUNTEER committees are busy completing plans for related show activities. One such event,

Preview Night, is scheduled for the evening of Wednesday, May 15, in Lovett Hall, site of the show. This preshow will offer prospective buyers the lirst possible chance at viewing and purchasing the assembled antiques.

Preview Night will include cocktalls, hors d'ocuvres and musical entertainment. Tickets are \$50 per person. For a \$75 per person donation guests can take a carriage ride down to the village's Eagle Tavern for a taste of some 1850s dining and hospitality.

An afternoon tea and lecture on Friday, May 17, Is another event on the agenda. Guesta will be addressed by an antiques authority, yet to be announced, in the Henry Ford Museum Theater. The \$5 ticket also includes tea and pastries in the theater lobby afterwards.

All proceeds from the show and re-lated events go to The Edison Institute, which administers the exhibits, pro-grams and operations of the museum and village.

Dealers and collectors who wish to obtain further information about the Village Antiques Show may contact David C. DeVore, director of development, The Edison Institute, P. O. Box 1970, Dearborn 48121, 271-1620, Ext. 213.

