

THURSDAY, AUGUST 18, 1994

# SUBURBAN LIFE

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BETTY NICOLAY

## Family is key to fighting drug abuse

October Drug Awareness Month has been a familiar phrase in our community for the past five years. The theme for this year's campaign is "The Family."

Eleven years ago, Farmington Families in Action was organized because a few leaders in our community felt "family" was the missing link in helping our children appreciate healthy minds and bodies and understand the dangers of teenage alcohol/drug use.

Today "family" is still the key element in this struggle. Whatever outside pressures and influences there are, parental attitudes still have the greatest and longest lasting impact on young people.

FFIA also sponsors the Red Ribbon campaign each year during October. This campaign originated when federal agent Enrique Camarena was murdered by drug dealers in Mexico in 1985.

### Drug-free symbol

As a result, the National Federation of Parents for a Drug Free Youth introduced the Red Ribbon campaign which became the symbol to reduce the demand for drugs and as a commitment to become drug-free through education and awareness.

The ribbons will be displayed on vehicles, doors of area businesses, city offices and signs, school and city buildings as well as city-owned vehicles and school buses.

Students and local residents will be "Pinning One On" during the week of Oct. 10-15. You can become a part of Red Ribbon Week events by "Tying One On" your car, bike, mailbox, tree, subdivision sign or lamp post.

FFIA furnishes the ribbons which have been cut by the Senior Citizens of Farmington/Farmington Hills.

This year, also, FFIA October Drug Awareness Community Breakfast will be held beginning at 7:15 a.m. Friday, Sept. 30, at Glen Oaks County Golf Course located on 13 Mile.

Tickets are \$12 each and must be purchased in advance and may be obtained by calling 851-8565.

### Message from experience

Involved citizens from all segments of the community will gather to hear Bill Oliver address the theme of the year, "The Family." He is associated with PRIDE (Parent Resource Institute of Drug Education) in Atlanta, Ga.

Oliver developed the program "Parent to Parent," which is based on the firm conviction that drugs, alcohol and the drug culture's destruction of children can be stopped by informed, trained, committed parents.

Bill's message is compelling because he speaks from a personal family experience involving his daughter and his family's journey back from the insanity of the world of chemical dependency.

Saturday and Sunday, Oct. 1-2, will be Religious Week.

All churches and synagogues are encouraged to address the issue of use, abuse and addiction. They also will be urged to pass out Red Ribbons to their congregations.

In another program, Sharon Scott, a renowned author and counselor from Texas, will be addressing Farmington Public School parents on Thursday, Oct. 13, and school staff on Friday, Oct. 14, about the use of student peer groups to combat negative peer pressure in schools.

Scott will conduct a workshop for parents on building confidence, teaching responsibility and peer pressure reversal.

Scott is the author of "Peer Pressure Reversal" and "How to Say No and Keep Your Friends." Support is also shown annually by Valvoline Oil Change on Grand River in downtown Farmington. The company again this year will have a weekend of activities, Oct. 14-15.

FFIA will receive \$3 for every oil change on those two days. Prizes also will be given to children on those two days.

You may call FFIA at 851-8565 if you need Red Ribbons, have any questions or wish to become involved in the October celebration.

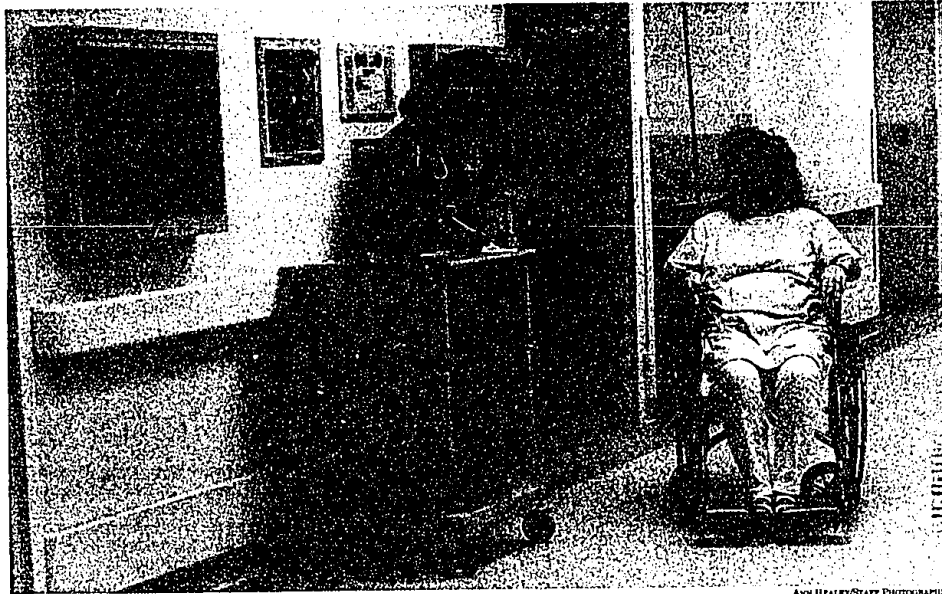
You may want to ask your kids what their school is doing to celebrate.

You need to know about when and where young people are using alcohol and other drugs.

You need to be involved in prevention.

If you are not part of the solution, you are part of the problem.

Betty Nicolay, a FFIA board chairperson, began the group 11 years ago. The 38-year Farmington Hills resident is a member of the Farmington Optimist Club, a board member of the Y.M.C.A., she serves on the Farmington Hills police advisory committee and works on various school committees. Nicolay lives with her husband, Bud. All three of her children were educated in the Farmington schools.



ASH HENLEY/STAFF PHOTOGRAPHER

Expecting greatness: Julie Wagner, Botsford physician referral coordinator, is expecting a baby and takes time to pose with nurse Gerryanna Luscri, of Botsford's maternal child health. The new Botsford Labor, Delivery and Recovery unit will open soon.

## Laboring decisions

### Botsford delivers birthing option class



Couples expecting a baby should consider marking their calendars for Aug. 20 so they can take part in the "Great Expectations" seminar at Botsford Hospital. Classes ranging from fertility to finances will be covered.

BY DIANE GALE  
STAFF WRITER

If only the stork delivered babies. Since giving birth isn't quite that easy, Botsford General Hospital is sponsoring a program for couples expecting a baby. "Great Expectations" will be combined with an open house at Botsford Hospital beginning at 8:30 a.m. Saturday, Aug. 20. The program continues throughout the afternoon.

Here's the schedule:  
■ 8:30-9 a.m.: Continental breakfast and introduction;  
■ 9-10 a.m.: Getting Pregnant;

#### What You Need to Know:

- 10-11 a.m.: Preparing for Parenthood: Lifestyle Changes and What's Ahead;
- 11:15 a.m. to noon: The Event: What Are Your Options?;
- Noon to 1 p.m.: Lunch and guest speaker Nancy K. Fuller talking about stress management. How Do We Cope?;
- 1:30-2:30 p.m.: Financial Planning for Your Family;
- 2-3 p.m.: Infant Nutrition: Breast-feeding Vs. Bottle Feeding;
- 3:30-3:30 p.m.: Ask the Doctor will

include a question and answer period. Visitors will also have a chance to win prizes including a getaway weekend.

The seminar coincides with the opening of the Special Delivery Center at Botsford. Self-guided tours will be from 1-4 p.m.

"It's a completely new department in the hospital that is all self-contained," according to Susan Perry-Nolte, Botsford marketing manager.

"A woman in labor comes in a private entrance and is admitted right there."

The center will include labor, delivery and recovery rooms, waiting areas for families and two new operating rooms for Cesarean sections and emergencies.

"The advantage of admission on the unit is that the significant other can stay with mom during the whole

process," Perry-Nolte said adding that couples can also register before labor begins, which speeds admission.

Earlier this month, more than 50 couples had already registered for the seminar.

Ongoing afternoon educational sessions will run every 30 minutes during the open house focusing on topics like financial planning, day care options, breastfeeding vs. bottle feeding, and nutrition and fitness before, during and after pregnancy.

A program for children allows them to be photographed with their grandparents and participate in a kids safety ID program.

Another program is likely before the end of the year, she said.

While both events are free and open to the public, registration for the seminar is required.

For more information, call (810) 442-7988.

## Proper handshake can make a difference

BY ETHEL SODMONS  
STAFF WRITER

When you shake someone's hand, do you grasp it firmly, web to web, and maintain good eye contact?

Or, do you offer one of these three bad handshakes: "The cold fish" - limp, holding half a hand; the condescending "ministerial or sandwich" - with two hands, one over the top of the other; or "arm wrestling," not going in web to web, and crunching the fingers? The proper handshake is just one of the many important nonverbal skills taught by Peg Treacy, who offers one-hour sessions in Professional Image Consulting through Oakland University's Continuum Center in Rochester. For \$49, Treacy meets with a client for a private afternoon or evening session.

Business manners, all phases of appearance and body language are the three categories in which her expertise falls. Although what she teaches can vary according to the individual's desire, she does provide a computer-assisted body analysis for each man or woman she consults with. Treacy said she tells clients what clothes and accessories she recommends, including "the best way to use color to pull a wardrobe together and be most effective."

### Increased confidence

Being effective is what it's all about. Greg Mollet of Farmington Hills, a realtor at Century 21 in Livonia, has been one of her private clients and also has taken some classes with her, at the Continuum Center. Mollet, who is single, finds the wardrobe analysis and other tips result in "basically feeling more confident. In sales, it's the first four seconds. It helps me put on a better image. She also has given me insight regarding communication between the sexes."

Among Treacy's women clients is Pam Marin, director of Continuing Education at OU's Department of Continuing Education, which includes the Continuum Center. "I've been one of her

clients for years," Marin remarked. "What you see is all Peg," she said, gesturing toward her body and the smart, soft suit she was wearing.

"I have the first folder Peg ever prepared for me. That was my wardrobe analysis. She is top!" Marin goes back to Treacy whenever the image consultant gets new services that interest her.

Another Treacy client off and on is Judy Miller of Bloomfield Township, former Birmingham city commissioner and former state representative and business ombudsman for Michigan. "She was very helpful in putting things together when I

first ran for the city commission," Miller said. "She's really given me a focus for what I need to do for my appearance when I'm out in front of the public and working."

Because Treacy has conducted many seminars for employers, she knows what kinds of things about appearance bug them the most. "For men, the first thing is the shirt, of poor quality or the lack of being commercially ironed," she also said. "A short-sleeved 'dress' shirt is an oxymoron."



JIM BEER/STAFF PHOTOGRAPHER

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Shake a hand: Image consultant Peg Treacy (left) and Pam Marin, director of continuing education at Oakland University, demonstrate the proper handshake: web to web.