

# Kids' middle school difficult time for parents

Parenting is often more difficult than we anticipated. This seems to be especially true around the time a child enters middle school. It is a time of big changes for kids and parents.

Proteens begin to question our values and rules, they want more personal freedom and begin to look to peers to set new standards. We, as parents, struggle to help our children to become more responsible and independent while trying to keep them safe and happy.

If you've ever had doubts on how to achieve this delicate bal-

ance you won't want to miss Managing Middle School Madness airing on INFO TV-12 and TV-10.

This program is a cooperative effort coordinated by Farmington Families in Action (a grass roots parents organization whose mission is to educate the community about the dangers of substance abuse), Farmington Public Schools, the Farmington Hills Police Department and the Southwestern Oakland Cable Commission. In a panel format, typical issues that parents may encounter day-to-day are discussed.

The host of the program is Sue Cobb, administrator for Farmington Public School's TV-10. The panel consists of Linda Enberg, past president of Farmington Families in Action; Lt. Chuck Nebus, police liaison offi-

cer with the Farmington Hills Police Department; Norman Lubvick, assistant principal at Power Middle School; and Janette Horton, senior student at Farmington High School.

The audience is Farmington Families in Action members representing the community. Pat Newcombe, who is a Farm-

ington Families in Action instructor and a parent, wrote the program.

Panelist Linda Enberg notes, "Research has shown information alone does not change behavior. Only when parents add their expectations and follow up with consequences will behavior change. For this reason, we believe that parents are key to the prevention of substance abuse."

Linda Enberg —Panelist

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She goes on to say, "the fasci-

inating thing about all this is the teenagers of the 70s are raising teenagers today. The 70s weren't normal times. The highest drug abuse in our country happened at that time. Some parents may have experimented themselves. They don't want to seem hypocritical.

They don't know what to tell their children. So many say nothing at all — avoiding the whole issue or some perhaps are still using old information about drugs and alcohol.

"There is much new information out today from research studies noting long term effects of substance abuse," Enberg adds.

This is why it is so important for parents to learn all they can on this topic. Farmington Families in Action even teaches free classes called "Talking With Your Kids About Alcohol".

We encourage all of you out there to watch "Middle School Madness." Discuss the issues with other parents. Brainstorm. We're sure you'll pick up many helpful hints on cutting down the "madness" in your house. Check your Observer & Eccentric TV guide for days and times.

The next SWOCC meeting is 7 p.m. Tuesday, Oct. 22, at Novi City Hall.

The next CAC meeting is 7 p.m. Tuesday, Nov. 12, at SWOCC.

Special SWOCC meeting is 4:30 p.m. Oct. 15.

Mary Linda Calderone is the Community Outreach Coordinator for the Southwestern Oakland Cable Commission.

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**RECREATION NEWS**

Each week the Recreation Division of the Farmington Hills Department of Special Services presents a synopsis of upcoming activities in this column. For further information regarding programs, contact the Recreation office at 473-9670. Pre-registration is required for most activities. For matters regarding Hillside City Council agenda items, call the news line at 473-9632.

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**HALLOWEEN HAUNTED WALK**

The Ninth Annual Halloween Haunted Walk will be held Friday, Oct. 25, and Saturday, Oct. 26, at Heritage Park from 7:30-9:30 p.m. We are looking for groups, organizations or individuals who would be interested in creating a station on the trail to provide the chilling effects of the spirit of Halloween. If you or your group/organization is interested, contact Cathy O'Rourke-Wendrick at 473-9570.

**TROPICAL FISH**

Learn the steps to having a successful home aquarium from City Naturalist Joe Derak. He will discuss tank size, water conditions, varieties of fish, breeding, plants and food on Tuesday, Oct. 22 from 7-9 p.m. at the Heritage Park Day Camp Building. Pre-registration fee of \$5 per person or \$15 per family is required.

**FRIDAY NIGHT MADNESS**

Kids ages 6-12 can enjoy swimming, movies and organized games at the Costick Activities Center 7-11 p.m. Friday, Oct. 18. Children should bring a bathing suit, towel and gym shoes. A snack is provided. Pre-registration fee of \$10 per child is required.

**PARKEY'S PUMPKIN CARVE**

Children 6-10 years of age can create an interesting creature from a pumpkin using safety carving knives. Pumpkins will be provided as well as a snack. Pre-registration fee of \$10 per child for this event on Oct. 26 from 11:30 a.m. to 1 p.m. is required.

**SWIMMING LESSONS**

Classes for the next session of swim lessons will begin the week of October 28 at the Costick Activities Center pool, 29600 11 Mile Road, just east of Middlebelt. Classes from preschool beginners to advanced are available. A \$35 registration fee for the seven lesson program should be made at the Recreation Office. For specific days and times of classes, call the office at 473-9570.

**PINOCHLE**

On Oct. 18 from 7-10 p.m. at the Heritage Park Visitor Center, couples can enjoy an evening of playing single deck pinochle. A pre-registration fee of \$12 per couple is required at the Recreation Office and includes refreshments.

**WATER AEROBICS**

Join our water aerobic class to help keep fit as the fall and winter seasons approach us. The classes are held at the Costick Activities Center Pool with morning and evening hours available for Trim and Swim or Water Walking classes. Next session begins Oct. 28.