

## FFIA offers parents tips on teen drug use

Farmington Families in Action offers these tips in its summer newsletter for parents regarding awareness to drug use by teens. Teens are adept at hiding their use from parents for long periods of time. In order to help parents, student assistance personnel at each Livonia public high school asked some students to share warning signs and techniques used to keep parents in the dark about drug use.

Parents should be alert to changes in their teen's appearance, attitude and behavior. Changes in appearance will vary by substance used but may include redness in eyes or constricted pupils, runny nose, frequent bloody nose, weight gain

or loss, hoarse voice, twitching and vomiting.

Behavioral changes might include withdrawal from family, change in friends, drop in grades, loss of memory, extremes in eating and sleep patterns, sneaking out, dishonesty, confusion and unexpected reactions. Also watch for extreme moodiness and irritability.

Parents are advised to be on the lookout for missing faucet screens, pop cans or plastic bottles with two holes, high use of plastic baggies, balloons, razor blades, swab sticks and spoons that are scratched, burned or missing. Mints, gum, eye drops, cologne and Febreze, a fabric deodorizer, are often used to

**Behavioral changes include withdrawal from family, change in friends, drop in grades, loss of memory, sneaking out, dishonesty, confusion and extreme moodiness.**

mask drug use.

Students report that when confronted by suspicious parents their first line of defense is to get indignant and hostile or act shocked and upset. Typical responses might include: "How could you even think that?" "You don't trust me." Or "You're not being fair." Parents are warned not to be dissuaded by these tactics.

Teen years are a time of exerting independence. Some of these behaviors are a rite of passage

and part of normal developmental expectations. However, the combination of several signs or the gut feeling that your teen may be using drugs warrants immediate action. Contact the student assistance coordinator at your child's school or the Farmington Youth Assistance office for confidential assistance with next steps. Call FYA at 489-3434. Or stop by the FYA office at 33000 Thomas St., Room 104, in downtown Farmington.

## Men successful losing weight

Weight Watchers is not your mother's diet anymore. Long gone are the days when Weight Watchers was perceived as a "ladies only" group. Just ask Rob Hardin. Or Eric Semenuk. Or John Kean.

These three men are among numerous males across metro Detroit who turned to Weight Watchers 1-2-3 Success program to rid themselves of unwanted pounds. The good news: the program worked. The better news, more men are finding out about the weight loss program that let them eat their favorite foods, including pizza and burgers, drink a few brews (within reason) and still lose that spare tire. The program is easy to follow with no fat or calorie counting and no special menus, according to Eric Semenuk of Grosse Pointe Woods, who lost almost 200 pounds on the program which assigns a point value to all foods.

### Diet unappealing

"Many men who need to lose weight put it off because the thought of going on a formal diet is unappealing. They think they'll have to measure food, count calories and live on lettuce," Semenuk said. "Like most men, I love to eat. On 1-2-3 I still ate my favorite foods; I just learned how to con-

trol portions and how to balance out the rest of my day's points. I didn't feel deprived."

John Kean, another Grosse Pointe who lost 45 pounds on the program, agrees.

"Between the ease of the plan and the support of leaders and classmates, losing weight was a snap," says Kean, who adds that men don't usually plan their meals in advance, which leads to poor eating habits.

"Many men, especially single guys, are content opening a can of whatever is in their cupboard, or stopping at a drive-thru for dinner, without paying attention to the nutritional value," said Kean. "I think women are much better at reading labels and planning ahead."

### Drive-thru meals

Before joining Weight Watchers, drive-thru dinners and plenty of high fat meals and snacks were a way of life for Rob Hardin of South Lyon, who lost 140 pounds on the plan. Hardin says a general lack of education about healthy eating is what helped him tip the scales at 329 pounds.

"You never realize how much you don't know about nutrition until you talk to people trained in that area," said Hardin. "Learning the basics about nutrition and having an easy plan I could stick to have completely

turned my life around."

Hardin says his once a week, half-hour classes helped him learn to incorporate healthy snacks into his daily diet, assess portions and increase his daily intakes of water, fruits and vegetables.

"It wasn't a magic pill; it wasn't some crazy food combination or 'lose weight fast' scheme - it was all common sense. I'll be able to continue doing everything I've learned for the rest of my life," he said.

### Getting losses

Hardin admits he still looks over his shoulder if he gets a smile from a woman because he's not accustomed to getting looks from members of the opposite sex.

"I used to feel invisible when I was overweight," he said. "It's definitely changed my life. I know that I'll never go back to the old me again."

Weight Watchers president and CEO Florine Mark, whose company is headquartered in Farmington Hills, says she's pleased to see an increase in male clients.

"I'm so glad to see more men joining the battle of the bulge. Our 1-2-3 program appeals to everyone because it's so simple to follow! Men won't even feel like they're dieting."

## This summer let kids cool off on ice



With the new-found freedom of summer vacation comes responsibilities for parents or caregivers to find ways to keep children occupied.

Instead of the typical summertime pursuits in the great outdoors, try indoor ice skating. It's a fun way to cool off and challenge kids' artistic sides while they get some needed physical activity. Many communities have indoor skating facilities open to the public year 'round.

"Skating is such a great outlet for families and kids," said Dan Riegelman, vice president of marketing for Riedel Skate Co. "It challenges kids to learn another activity and it's an artistic sport that constantly allows you room to improve."

For more information on local figure-skating classes, call the Farmington Hills Ice Arena at 478-8800. Mini-session two begins on Aug. 2.

## Local garden clubs welcome new members

The Farmington area has several garden clubs that always welcome new members.

The Farmington Garden Club meets at Longacre House the first Monday of the month at noon. The Longacre House is on Farmington Road north of 12 Mile. On Aug. 2, a field trip and luncheon at Henry Ford Estate is planned. Call 626-1696.

The Will and Dale Garden Club meets at the Farmington Community Library on 12 Mile Road the second Thursday of the month at 7 p.m. The August meeting will be a pot luck and garden tour. The club will meet at the Spicer House in Heritage Park at 6:30 p.m.

Guests are invited. Call Marcel Steiger at 662-2391.

The North Farmington Garden Club meets at the Farmington Community Library on 12 Mile Road at noon the second Tuesday of the month.

On Aug. 10, the speaker will be Daisy Bachik who will share the video "Pauline's Plants and People." On Aug. 17 there will be a field trip to her Hosta garden, one of the largest in the area. Daisy is the sister of Pauline Banyal, known as the "Hosta Lady." Pauline developed several new Hosta varieties and has a Hosta garden dedicated to her at Cranbrook.

**KITCHEN & BATH REFINISHING**

**WE REFINISH:**

- \* Bath Tubs
- \* Vanities
- \* Showers
- \* Enclosures
- \* Chip Repair
- \* Kitchen Cabinets
- \* Counter Tops
- \* Non Skid Applied to Tubs

**Bath Tubs As Low As \$250**

**Kitchen Cabinets As Low As \$1,000**

**WE BEE'S ENTERPRISE**

**248-738-0245**

Our state of the art process allows us to complete most jobs in 1-4 days.

\* COUPON 10% OFF AT TIME OF ESTIMATE • COUPON 10% OFF AT TIME OF ESTIMATE •

**ANCIENT GOLD**

*The Wealth of the Thracians*

TREASURES FROM THE REPUBLIC OF BULGARIA

Now through August 29  
THE DETROIT INSTITUTE OF ARTS

A major exhibition of over 200 brilliant gold & silver objects, recently excavated in Bulgaria from 15 royal Thracian sites, dating from 4000 BC to 200 AD.

Tickets at the DIA box office: 313/833-4005  
Free tickets for DIA members  
5200 Woodward Ave. [www.dia.org](http://www.dia.org)

**MERITOR**

The exhibition is organized by the Ministry of Culture of the Republic of Bulgaria & The First Museum Exhibitions. It is supported by an indemnity from the Federal Council for the Arts and Humanities. In Canada, the exhibition is made possible by a generous grant from Meritor Automotive, Inc. Additional support is provided by the Michigan Council for Arts and Cultural Affairs and the City of Detroit.

THE DETROIT INSTITUTE OF ARTS

**Frank H. Boos Gallery**

AUCTIONEERS & APPRAISERS

AUCTION featuring property belonging to numerous collectors and estates, including paintings and drawings by Jean Dubuffet, Marcel Gromaire, George Grosz, Paul Jenkins, Redmond S. Wright, Donald, Richard Anuszkowicz, Franz Albert Biedhoff, John E. Hollen, Walter Spitzer, Sarkisian, Culver, Teed, Robert Hopkin, Francisca Jerome, C. Cobble, Arthur Suler, Carl Wagner and many more; graphics, including a Michelangelo Pistoletto color serigraph on mirror finish stainless steel, the "Au Pied du Sinaï" by Henri de Toulouse-Lautrec, and others by Willem de Kooning, Peter Max, Elyse Lord, Currier and Ives, Tadaki Kuwayama, S. Sorman, Lars Bo and many more; jewelry, including a diamond and platinum bracelet watch containing approximately 6 carats; reproduction and antique furniture, including an antique William and Mary chest; Orientalia, including 19th century Chinese School paintings on silk, rugs and a Turkmen belt with silver mounts; bronzes; American pressed and other glass; clocks; art pottery, including Weller, McCoy, Roseville and a selection of cookie jars; porcelain, including a 38" Japanese cloisonné vase; pietra dura micro-mosaic plaques; antique and other weapons; decays; antique toys; unpublished Marilyn Monroe photographs, and much, much more.

**PREVIEW**  
Friday, July 23rd - Noon to 8 P.M.  
Monday, July 26th - Noon to 8 P.M.  
Tuesday, July 27th - 10 A.M. to 5 P.M.

**AUCTION**  
Wednesday, July 28th - 6 P.M.  
Thursday, July 29th - 6 P.M.

Illustrated catalogues: \$20, \$25 postpaid, \$30 foreign  
420 Enterprise Court, Bloomfield Hills, MI 48302  
(three blocks north of Square Lake Road, east of Franklin)  
(248) 332-1998 (248) 332-4370 Fax  
Internet <http://www.boos.com>  
Now accepting consignments for future sales  
Free auction estimates Monday through Saturday by appointment  
Personal property appraisals for all purposes  
Priced House Sales  
Now accepting most major credit cards



## 1999 Ann Arbor Antiques Market

5055 Ann Arbor - Saline Road Ann Arbor, MI  
Washenaw Farm Council Grounds  
(Exit #175 off of I-94, then south 3 miles)

**SUNDAY**  
**JULY 18, 6 a.m. - 4 p.m.**

### FUTURE SHOWS:

- August 15, 6 am-4 pm (Sun)
- Sept. 18 & 19, 8 am-4 pm (Sat & Sun)
- Oct 17, 6 am-4 pm (Sun)
- Nov 7, 6 am-4 pm (Sun)

**Free Parking • Admission \$5**

Over 300 Dealers in Quality Antiques & Select Collectibles.  
All Under Cover ( 7 Buildings). All items guaranteed  
as represented. Locator service for specialties and dealers;  
on site delivery and shipping service. Lots of homemade  
and custom made food. No pets please!

For further information contact:

**Nancy Straub**

**P.O. Box 1260, Panacea, FL 32346**

**(850) 984-0122**