



Cross country skiing, a family sport, attracts small and large, short and tall. Chuck Hutton shows the difference in ski lengths. The boot in the foreground is a popular cross country style. (Staff photos by Harry Mauthe)

Bicentennial speaker slated

Jeremy Rifkin, co-director of the Washington D.C.-based Peoples Bicentennial Commission, will speak on Monday, Nov. 3 at 8 p.m. in Roosevelt Auditorium on the Eastern Michigan University campus. Admission is free and open to the public. The Peoples Bicentennial Commission was started in 1971 by Rifkin and co-director Ted Howard.

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Questions, answers from FAAC

(Editors note: The following questions and answers are from the Farmington Area Advisory Council (FAAC). FAAC is the sponsoring organization for Rapline Crisis-Intervention Telephone Service, Youth and Parent Counseling Service and substance abuse educational services. Questions are welcome and may be mailed to FAAC, 23450 Middlebelt, Farmington Hills 48024, or call Rapline 477-6600.)

Q My daughter has just become a teenager and with all the things I hear about kids using drugs and how easy they are to get, I'm really worried. What can a parent do?

A The key to this and many other potential family crisis situations lies in the area of good communication. The parent of today's complex youth faces perhaps the greatest challenge of any parent in history due to the turmoil of our times and emerging changes in social attitudes and actions.

Many kids and parents seem to have difficulty in speaking the same language. The result is often as drastic as two people of different nationalities trying to do business without an interpreter.

In learning to communicate with your teenager on a drug situation, certain steps are advisable:

• Realize that there is a local as well as a nationwide drug problem

• Realize that NO FAMILY is beyond or above the possibility of a drug problem in their own home

• Realize that most young people are better informed concerning drugs than their parents

• Learn as much as possible from accurate drug sources

• Realize that all drugs are different in their effect and degree of danger

• Recognize that drug use can be a symptom of other underlying problems—ranging from boredom and a search for excitement to a means of escape from pressures which are difficult to cope with. Be willing to hear how your teenager feels about the things that are going on in his or her life

• Talk with not to your young person concerning drugs

• Take a realistic stand based on the facts and do not guess or pass on to your teenager information that you are not certain of

Ultimately the choice on whether or not to use drugs rests with the individual. One final word: start early helping your child develop his own processes for wise decision making and maintain an open, honest line of communication

Q Why is it supposed to be so dangerous to sniff airplane glue?

A Sniffing of glue and other delirants can cause irreversible damage to lungs, brain cells, liver and bone marrow

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