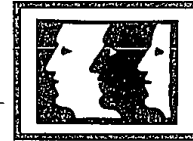


Suburban Life

Lorraine McClish editor/477-5450



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Dual career families

A highly complex lifestyle with inherent built-in stress

By Lorraine McClish
staff writer

GLENN WHITELAW is a clinical social worker who specializes in the problems of dual career families.

Whitelaw's specialty comes in part because he's lived through those problems himself and in part because he's made a study of those problems that are new to today's society — ones that have never had to be solved before.

"When things go wrong, you cannot go to mama to get some advice. Mama didn't live through it."

"We've just never had anything in our history that's been comparable to the stress that is created in a family when husband and wife are both climbing up the corporate ladder," the Farmington Hills resident said.

"And if kids are involved, they are going to geometrically complicate things."

Latest statistics available show that 63 percent of American families are dual career families.

"These are people who have a lot of time and money invested in their careers and have every right to expect they will be moving up that ladder."

"They are masterful people. They are achievers. So why isn't their marital life moving at the same pace and getting better?"

"If it was a corporate problem, they'd sit down and solve it. Period. But that is not always the healthy way to go about facing a marital problem."

WHITELAW, WHO is in private practice in Southfield, is married to Suzanne Dengiz, who is employed as



JERRY ZOLYNSKY/staff photographer

When this picture was taken, Glenn Whitelaw had just learned he'd been elected president of Michigan Chapter, American Marriage and Family Therapists. His office is in Southfield and

he specializes in solving the problems that crop up in dual career families.

'When things go wrong, you cannot go to mama to get some advice. Mama didn't live through it.'

— Glenn Whitelaw
family therapist

a teacher by Farmington Public Schools. The couple have two sons, 7 and 4.

"We went through just about every crisis that I hear my clients tell about now."

"And we went through every possible combination of solving those problems with each of us working full time or part time and her staying home full time. I have not tried staying home full time, but I was willing to do that if that is what it took."

A solution for the Whitelaws was for him to quit his job at University of Michigan and open a private practice.

"At the time I was working 60-70 hours a week. It was very demanding, but also very stimulating."

"I was working in the department of child psychiatry with kids who had two working parents. They all had common problems — denial of dependency needs was the big one — and common strengths."

"What I am doing now is profes-

sionally not as high falutin' as working for a university, but I had to look at the cumulative quality of life I was making for myself and my family."

"The balance was out of whack. I left with reservations. But I planned it, so there was no resentment — a key element."

"And I can tell you this, when a husband is supportive of his wife's career, values that, and backs that up, you reach a level of satisfaction that is the highest you can attain in a marriage."

WHITELAW RATTLED off a couple of the most common problems that come up in dual career families.

1) Husband and wife expect a high standard of living, and they expect it to improve. And when that doesn't happen, it erodes their self-esteem.

2) One spouse gets a promotion or

an offer of another job that involves a move out of state.

3) There is inequality in the relationship — an unfair amount of restraints on one of the partners.

4) The lifestyle — whatever that lifestyle is — is causing such a high level of stress that the couple begin to believe something is wrong with one of them. Everybody else is looking pretty good. Everybody else is doing better than they.

5) One of the children gets sick. Who is going to stay home?

6) The children aren't marching up their own ladders at the rate the parents expect.

Whitelaw is a consultant for Walled Lake Public Schools and gives seminars, lectures, workshops to dual career families as well as other professionals.

He can be reached in his office, 358-1370.

Global Walk

Environmentalist is determined to complete 3,000 mile trek



SHARON LAMIEUX/staff photographer

Farmington Hills resident David Stern is ready to commit the next nine months to being a part of The Global Walk for a Livable World.

By Lorraine McClish
staff writer

DAVID STERN traveled to California "a couple of months" ago, to find out what he could do about the Global Walk for a Livable World. He came back home determined to be part of the 3,000 mile trek.

Before the week's end Stern will be on his way to attend a two-week orientation session in Santa Monica, Calif., with walkers from throughout the United States who will form "The Walking University," learning themselves about the earth as they go and teaching others along the way with educational workshops and presentations of alternative ways to live without endangering the planet.

The walk will begin Feb. 1 in Los Angeles and stop at 200 communities on its way to New York City. The walkers are expected to arrive in the United Nations Building on U.N. Day, Oct. 24.

"This is something I just feel I have to do," the Farmington Hills resident said. "I have my airplane ticket paid for and I have enough money to get me about halfway across the U.S. The walkers are paying all their own expenses which works out to \$1 per mile. If you've got \$500 you can walk 500 miles. This takes care of all your food, first aid, everything you need in camp, all the necessary licenses, all of the presentations we'll be making on the new technologies that can be used without hurting the environment."

"I need some financial help. I feel

an urgency about this," Stern said. "I know a lot of people who say they care. And maybe they do. But they aren't doing anything about it."

"I hope to get enough money so I can give whatever I have to give to the entire walk without having to worry about recycling cans or knocking on doors to solicit enough for the next mile or so."

THE GLOBAL WALK is described as "A celebration of our reverence for the earth and of our cultural and individual diversity. The vision of the Global Walk is to form a community to unite us in concern for the fate of this planet and to produce a vibrant, viable entity capable of transforming ourselves and others who witness us."

A Global Walk for a Livable World was formed by Joan Bokser, a teacher at Cornell University, for the sole purpose of the walk. It is a non-profit organization run by a board of directors who set up the itinerary for the walk and the walkers' activities along the way.

The walkers will live simply. They will pick up litter along the way and recycle materials. They will plant trees along the route and showcase the role trees play in maintaining a livable environment.

They will be visiting sites associated with nuclear industry, supporting a comprehensive test ban and the eventual elimination of all nuclear explosives.

They will create a speaker's bu-

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