

Can't Cope With A 'Tough' Teen? 'Toughlove' May Be The Answer

BY TERRY KOCH
It's called "Toughlove."
It isn't for the parent whose kid won't eat his lima beans.
It isn't "The Cosby Show" or "The Partridge Family."
This is for parents whose kids rip the phone off the wall when they're mad; for parents whose kids do lots of alcohol or other drugs; whose kids have been in jail; whose kids won't do what they're told. At all.
The parents may be rich or poor, from Ogdensburg or from a farm outside of Morristown.
The one thing the parents have in common is this: they've reached the end of their rope — come to an impasse — with their teenage son or daughter. For them, tender loving care doesn't work.
"Toughlove" in short is a program that sees itself as a hardened and realistic approach to child raising.
A Parisville woman who has been there with a now-grown child and who is a member of the board of directors of Renewal House is starting a "Toughlove" group for parents with problem teenagers.
Responsibility On Child
"Toughlove," said Diane Burghdurf, "places the respon-

sibility for the teenager's actions on himself or herself.
"We all have the habit of taking the blame for our children's behavior," she added.
"But the bottom line is, they have to take responsibility for their acts, and take the consequences."
That may include barring a runaway from coming back into the home until the child agrees to obey certain rules, or may even mean calling in "the law."
"Toughlove" was developed by Phyllis and David York, and had its origins at The Community Service Foundation, Sellersville, Pa.
New To North Country
Toughlove support groups have sprung up nationwide but, said Burghdurf, the concept is "new to the North Country."
"It's not that familiar a name up here," she said, but she notes that the need exists.
"I've learned it's a problem," said Burghdurf, "by observing, by word-of-mouth, by reading the police blotter, by watching parents pull their hair out."
She said she has been working on forming a "Toughlove" support

group for parents for about three or four weeks now.
The first meeting, she said, is 7 p.m. Jan. 28 in the First Presbyterian Church of Potsdam. To get in touch with her, call 265-8941 in the evenings.
Others Welcome
But the meetings won't be only for parents whose children are in trouble right now.
"It's helpful for other parents to come, too."
"There's a lot more peer pressure now than ever," she said, "a lot of alcohol and drugs. And alcohol and drugs are two of your major problems."
Members of the support group will not only meet and talk, but help with each others' children at times, she said.
"If you find you need a 'time out' from your child," said Burghdurf, "you have the option of having another support group member take the child for a while."
Another group member may also accompany the child to court rather than the parent.
That, she said, is to avoid situations in which parents plead for leniency.
"We like to protect our child,"

she said, "but it's not always helpful to the child in the long run."
"If TLC (tender loving care) has ceased to be the answer, and you have tried to 'understand' your child, it's time to set up a tough set of guidelines.
"The child has to know that if he or she blows it, they have to take the medicine."
In some states, "the medicine" may mean, in effect, evicting the child from the home until the behavior improves.
But, said Burghdurf, the support group will be conferring with legal experts to see just what is legally allowable.
In New York, that could include calling in a county Probation Department officer, or possibly the police. It may mean seeing to it that your child is designated a "PINS" (Person In Need of Supervision).
"The first thing you do," she said, "is sit down with the child and make a list" of priorities.
That may mean no drugs, no alcohol, no coming in after curfew, no violent behavior.
"It's still your house," she said. "You're paying the rent, not them. You set down the rules and what the consequences of breaking them are."
The support group, she noted, would be examining what some of those consequences could be.

Besides supplying support and resources, Burghdurf hopes the group will be a way of getting children in touch with the kind of services they may need.
"We may be able to refer people" to agencies when the behavior problems stem from domestic violence and sexual abuse, she said.
But many children won't accept counseling.
"Unless they're ready to address their problem," said Burghdurf, "a counselor can't help. In the mean-

time, the parent can't allow the child to act out and harm other people."
The local "Toughlove" group will be structured after the Pennsylvania group, said Burghdurf, a fulltime volunteer at Renewal House.
No grants or government money will be sought, she said.
"We haven't worried about money," she said. "We just need some for coffee and doughnuts."
"This is just for the parents."
Smedman Named President, CEO
NEWTON FALLS — The Board of Directors of the Newton Falls Paper Mill, Inc., Newton Falls, a subsidiary of Stora Kopparberg, Falun, Sweden, announces the following management changes, effective April 1.
Leif Smedman, currently executive vice president of this producer of high quality coated papers, will become president and chief executive officer. Smedman, a resident of Potsdam, joined the firm in May 1985 after 15 years in management positions with several Swedish companies, most recently as vice president-director research and development with Stora Kopparberg.
Henry W. Parnass, president and chief executive officer of the company since 1971, becomes a consul-

Sunday Rock North 'n' South

Mr. and Mrs. Clark Robideau are parents of a daughter, Crystal Rose, born Dec. 11, 1986.

Community sympathy is extended to the family of Aubrey Schwartz who died Dec. 25, 1986. Former Dexter resident Aubrey P. Schwarz, 67, of RD 1, Ravena, died after being stricken at his home. Private funeral services were held Monday at the Johnson Funeral Home, Dexter.

Richard James, who teaches elementary grades in New York City, spent his Christmas vacation

Shoen Named Postmaster

Donald W. Shoen has been appointed postmaster of South Colton. Postmaster Shoen said he looks forward to meeting and working with the postal customers in the South Colton community. This appointment adds to the in-

Nutrition Menu

The St. Lawrence County Office for the Aging nutrition program in Potsdam serves lunches at noon each weekday in the cafeteria of Midtown Apartments, Munson and Waverly streets. Reservations are appreciated at 265-2870.

This week's menu is:
Wednesday — Pot roast, mashed potatoes, carrots, peanut butter cookies.
Thursday — Spaghetti and meatballs, fruit juice, Waldorf salad, mandarin oranges.
Friday — Beef stew, potatoes, carrots, cottage cheese salad, Boston cream pie.
Monday — Baked haddock, baked potatoes, broccoli, jelly roll.
Tuesday — Spanish rice, tossed salad, mixed vegetables, lemon pie.

Bowling Scores

PINARAMA
Jan. 12
TEAM HIGH THREE (Scratch): Flacco-Riley Const. Inc. 2,443. Hospital 2,382.
TEAM HIGH THREE (Handicap): Potsdam New Channels 2,744. Flacco-Riley Const. Inc. 2,489.
TEAM HIGH SINGLE (Scratch): Flacco-Riley Const. Inc. 910.
TEAM HIGH SINGLE (Handicap): Flacco-Riley Const. Inc. 992.
INDIVIDUAL HIGH THREE (Scratch): Mary Lou Mitchell 233. Dot Empey 219.
INDIVIDUAL THREE (Handicap): Grace Winters 608. Dot Empey 604.
INDIVIDUAL HIGH THREE (Scratch): Jackie Decker 557. Dot Empey 553.
TEAM STANDINGS: Covens County Store, McDuff's Rest., Covells Agency, Watsons Market, Flacco-Riley Const. Inc., Norwood Welding, D&B Electronics, Hospital, Gaslight Lounge, Norwood Agency, Northwestern Mutual Life, Pottery Ind., Potsdam New Channels, Verns Mobil.

DELIVERY? CALL 265-6000

Mrs. Mary Lines made a beautiful afghan which she donated to the Senior Racquetteers as a fundraiser for 1987.

We hear that Mrs. Susan Cayey had a perfectly wonderful 98th birthday on Jan. 11 with scads of cards, flowers, callers all day long, a family dinner and even a plant from Florida friends.

On Jan. 29 at 1 p.m. the public is invited to the South Colton Post Of-

Beginners

KIMBERLY ANN NEWVINE was born Jan. 5, 1987 to Lawrence Benjamin and Penny Rose Spencer Newvine, Rt. 4, Potsdam.
SARAH ELIZABETH GREENWOOD was born Jan. 5, 1987 to Bruce Arthur and Christine Marie Leahy Greenwood, Box 101, Norwood.
REBECCA LYNN JOB was born Jan. 6, 1987 to Dwight Frederick and Catherine Irene Harvey Job, 20 Serra Lane, Massena.
WENDY LEE FARMETER was born Jan. 6, 1987 to Richard Lee and Laura Lee Measheaw Farmeter, Rt. 1, Box 58, Madrid.
CHRISTIE NOEL DUPREY was born Jan. 7, 1987 to Emmett Francis and Joyce Margaret Streeter Duprey, Box 18, Star Route, Nicholville.
NICHOL JAMES MCGRAW was born Jan. 7, 1987 to James Michael, Jr. and Julia Ann Murtagh McGraw, Rt. 2, Box 45, Brasher Falls.
LACEY JO ADAMS was born Jan. 8, 1987 to Peter Anthony, Jr. and Lori Lee Hoyt Adams, 28 Larnard St., Potsdam.

PUPPY OF THE WEEK...

Shadow is a 9 week old female mix-breed puppy. She's white and brown, has her first vaccination and is really friendly and sweet. She's named Shadow because she likes to stick close to her human friends. How about letting Shadow or her brother follow you around?



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CAT OF THE WEEK...

McKinley is a distinguished looking gray and white male with white on his chest and front paws. He has long whiskers shooting from his eyebrows. He's about 10 months old, quiet, reserved, and very loveable. He'd be a fine cat for you.



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Check Your Phone Book for the Radio Shack Store or Dealer Nearest You
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