

Experts say give a hug

(NC) — When it comes to their own children parents are the best experts. That is the opinion of Ivy Williams, project officer, Mental Health Division, National Health and Welfare Canada, Ottawa.

With the stress of modern living on working parents, and the reality of so many single-parent families living below the poverty line, today's family is constantly changing. Therefore, in some respects, children themselves have more responsibilities than at any other time since the industrial revolution.

Some parents are so busy organizing activities they often forget something: the most important gift you can give your children is the gift of yourself. Your own time and the quality of that time is what they may need more than anything.

What children tend to remember is what you did with them. The time you left the dishes in the sink and went tobogganing on a moonlight night. Those walks in the fall when you all kicked the leaves. Or the many stories you told about yourself as a child.

Ivy Williams has a number of suggestions about making sure that each individual child enjoys time with you. Errands have to be done, so take one child with you to pick up the drycleaning and go to the car-wash. Let another go grocery shopping with you.

"Above all, share some of your worries and your true feelings or thoughts with your children," says Ms. Williams. "They will sense something is wrong — even if you try to hide it."

"A friend of mine actually invites her children to a family discussion and asks them for their advice on a number of matters. She said she has never failed to learn from them. Also, she reports back to them after she has followed their advice and makes them feel part of the solution. In other words, she appreciates them and she shows it."

Something else that Ms. Williams advocates is laughing.

"Laugh with them as much as you can. Whatever the calamity, try to turn it into an adventure. If you run out of gas on the highway, don't lose your temper. Look upon it as something to be solved together. It could make a hilarious story in a few months and an even better one in a few years."

Here are a few tips. Why not see what happens when you:

- talk to your children;
- listen to them even more;
- laugh with them often;
- show them you respect their advice;
- point out beautiful sunsets.

And, of course, when in doubt — hug!



Art sold

Gloria Hyde, at left, the daughter of renowned area artist Fred Greene, was in Terrace Bay recently to sell her father's black and white wildlife and landscape prints. One original water colour was sold to a local

woman. That artwork was displayed with the assistance of Mike Clements, 13, who seemed to enjoy the unique display. Greene is perhaps better known as Greenfeather.

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Letters to the Editor

Dear Editor:

As a member of the Rent Review Advisory Committee, I have been asking tenants what they think of the proposed changes to landlord and tenant laws in Bill 78. In doing so, I have found that many tenants are not aware of the rights we already have. Before

tenants are able to respond to Bill 78, we need to know what our rights are under the present laws.

To stimulate discussion, I am submitting a true/false questionnaire (and the answers) concerning tenants' rights. The list is not exhaustive and I recommend that tenants consult a lawyer or a legal clinic before taking action. This questionnaire was prepared by myself and one other tenant member of the Rent Review Advisory Committee for use in public meetings:

True or False?
If the landlord doesn't do repairs you should refuse to pay the rent.

A tenant cannot be evicted in the winter.

A landlord may increase your rent if you take in a room-mate.

A landlord can evict you for whatever reason they want because it is their property.

A damage deposit is legal.
Verbal notice is the same

as written notice.

If you sign a lease, you must always abide by everything that is in the lease.

If your landlord enters your home without your permission, the best thing to do is to change the lock.

You know that the tenants before you paid \$100 per month less than you are paying but you agreed to pay more when you moved in. There is nothing you can do about it now.

The landlord has changed the heating system. Now you have to pay your hydro bill in addition to your regular rent.

A tenant cannot be evicted for starting a tenants' association.

Answers: all false except the last statement, which is true.

Pilar Amaya-Torres,
Marathon
Rent Review Advisory
Committee Member

The McCausland Hospital

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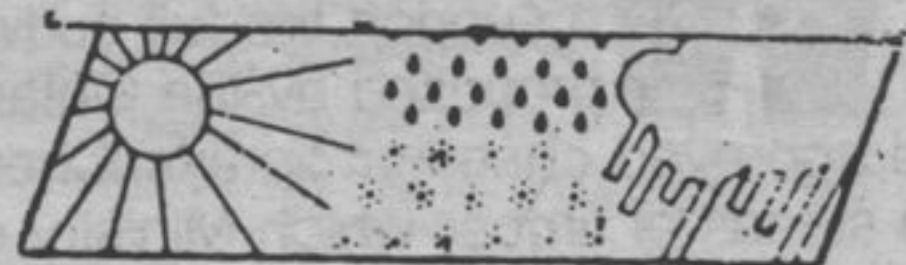
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