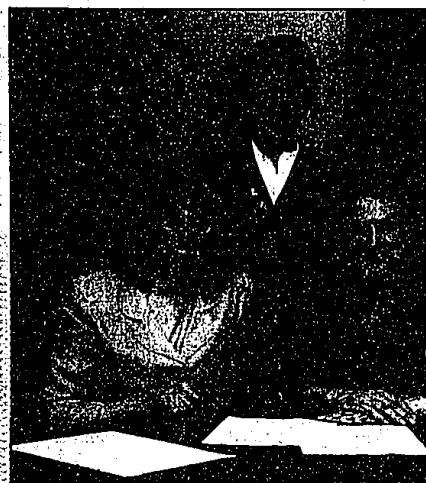


Experts offer seminar for women



Experts speak: M. Patricia Currier (standing left), Sheila Sky Kasselman, Kathryn Gilson Sussman (seated left) and Barbara L. Spreitzer-Berent participate in P.R.O.

P.R.O., an interactive seminar for women approaching retirement, will be held 6:30-9 p.m. Wednesday, March 11, at The Community House, 380 S. Bates, Birmingham.

A panel of four women experts, including a CPA, tax attorney, financial planner and gerontologist, will discuss fiscal and physical fitness. Each attendee will receive a free workbook and a calculator for use during the presentations.

The free seminar is open to women who want to receive current information on estate planning, 1998 tax law revisions, charitable giving, well being and long-term care.

P.R.O. speakers include Sheila Sky Kasselman, CLU, owner of Sky Financial Services in Birmingham, talking on "Your Financial Future: Be Healthy, Wealthy and Wise." Kathryn Gilson Sussman, Esq., partner in Couzens, Lansky, Penk, Ellis, Roeder & Lazar, P.C., in Farmington Hills, on "Senior Savvy: Estate Planning and Charitable Giving." M. Patricia Currier, CPA, secretary-treasurer of Currier & Moncrief, P.C., in Birmingham, and Barbara Spreitzer-Berent, gerontologist, NHA, founder and president of Quest Learning Resources and Age Quest in Royal Oak, on "Women and Aging: Hot Flashes or Power Surges."

For reservations, call Sky Financial Services at (248) 540-8747. Donations of books for children ages 3 and under are requested for the Child Care Center of the Women's Survival Center in Pontiac.

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Newsletters provide more sources



ALICE MCCARTHY

In my last column I described my "Healthy newsletters that should be coming into your home without charge from your local school, union, preschool, or health organization. More than 600,000 copies go out to families twice yearly. Good health is critically important for kids to do well in school.

Listed below are sources of information that accompany articles in the March 1998 Healthy newsletters.

Family-School Community Involvement:

■ To obtain U. S. Department of Education booklet "Parents Guide to the Internet" or its Community Update newsletter, contact the U.S. Department of Education, Office of Educational Research and Improvement, Media and Information Services, 555 New Jersey Ave. NW, Washington, DC 20208-5570, or phone 1-800-USA-Learn. Its website is: <http://www.ed.gov>.

Controlling TV viewing:

■ Since television isn't going away, we need to look for safe and healthy solutions to objectionable programs. A new, viable book, "TV Proof Your Kids: A Parent's Guide to Safe and Healthy Viewing" by Lauryn Axelrod (Carol Publishing Group, 1997, \$12) presents realistic techniques to help children choose programs.

Substance Abuse Prevention:

■ A free guide to help you discuss alcohol and other drugs, "Keeping Youth Drug Free: A Guide for Parents, Grandparents, Elders, Mentors, and other Caregivers" is published by the U.S. Department of Health and Human Services (1996). Call the National Clearinghouse for Alcohol and Drug Information at 1-800-767-0117.

■ "The Michigan Parent Handbook," a guide to help prevent alcohol, tobacco and other drug problems among children and teens, is free from Michigan Resource Center, 111 W. Edgewood Blvd., Suite 11, Lansing 48911, phone 1-800-626-4636 or (517) 882-9956, or fax at (517) 882-7778.

Raising Middle Schoolers and Teens:

■ "The Roller Coaster Years: Raising Your Child Through the Madding Yet Magical Middle School Years" by Charlene C. Gannett and Margaret Sagarese (Broadway Books, New York, 1997, \$15) is a guide for parents of 10-to-15-year-olds. It is well-researched and documented by two journalists and authors raising middle school children of their own. It is supported by the National Middle School Association.

■ "The Parent-Teen Connection" newsletter (30 pages, \$15 for six bi-monthly issues) is available from P.O. Box 285, Deerfield, Ill. 60015-0285; phone (847) 317-0302, fax (847) 317-0121, e-mail parentteen@aol.com. It does an excellent job discussing a wide

range of topics of concern to families and their teens.

■ "Healthy Teens: Success in High School and Beyond" by Alice R. McCarthy, Ph.D., is available from Bridge Communications Inc., 1450 Pilgrim Road, Birmingham 48009; (248) 646-1020; 1997 (\$9.56 with postage and Michigan sales tax included). It provides crucial information on how to keep kids healthy in today's world.

Raising Healthy Daughters:

■ "Daughters" is a truly outstanding nationally acclaimed newsletter written to help build strong parent-daughter relationships. It is published eight times a year. Call 1-800-829-1088 or send your name, address and telephone number with a check for \$25 to: Daughters, 1808 Ashwood Ave., Nashville, Tenn. 37212. Major credit cards are accepted.

For information about encouraging girls' interest in computers, visit the GirlTECH website at <http://math.rice.edu/ianius/club/girls.html>.

Be sure to visit your library or the internet for resources that will help you to keep your kids healthy.

Birmingham resident Alice McCarthy, Ph.D., is a nationally known parent educator, writer and editor. She is the mother of five children and grandmother to eight young children. To leave a message for McCarthy, from a touch-tone phone, call (313) 853-2047, mailbox 1894, or write her at The Eccentric, 805 E. Maple, Birmingham 48009.

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