



100th Day: Kindergarten students at St. Paul's Lutheran School in Farmington Hills celebrated the 100th day of school with cakes shaped like the number 100. They counted to 100 and had activities, including a parade, all through the school. Pictured are (from left) Katie Wright, Nick Wellman and Chase Steele.

Kids etiquette seminar will focus on manners

Local etiquette expert and columnist Margit Erickson will again present her popular children's etiquette seminar, "Growing Up Gracefully," at the Country Epicure restaurant in Novi from 10 a.m. to 2:30 p.m. Saturday, March 4.

Topics to be included are letter writing and thank you notes, the proper way to answer the telephone, how to introduce your parents and friends to others, developing good grooming habits, proper behavior at the beach, parties or theatre, what to do and not to do when traveling, the fun of "sleeping over," and other topics of proper social graces.

This newly revised seminar will include topics such as family values, behavior at school and on school buses, participating in sports events and being with people different than ourselves.

The seminar includes a three-course luncheon where children can learn by hands on experience the proper use of silverware, knowing what to do with

It is open to boys and girls ages 8 to 12 years old and is limited to 12 children.

the napkin, learning how to cut foods, table conversation and handling stemware. It also includes a workbook, handouts, pertinent literature and other items.

It is open to boys and girls ages 8 to 12 years old and is limited to 12 children. The fee is \$125. For enrollment or for more information, write Margit Erickson at P.O. Box 841, Northville, MI 48167 or call her at 471-6170.

An etiquette consultant for over 12 years, Margit Erickson received her training and certification in Boston and Washington D.C. Her column appears in the Northville Record, Novi News and Farmington Observer. She also hosts "The Elegant Life" on Time Warner cable channel 12.

Eating disorders seminar tomorrow

A seminar on preventing eating disorders will be held 7-9:30 p.m. Friday, Feb. 11, at the Costick Activities Center in Farmington Hills.

Presented by the reigning Miss Farmington/Oakland County, Leslie Reinbold, the Helping Others Prevent Eating Disorders (HOPE) seminar will feature two guest speakers from Los Angeles.

Representing the organization edFREE.com are Tita Mahoney, director of operations, and Susan D'Angelo, director of Christian services. EdFREE.com is an interactive support program providing an alternative means of finding understanding and support for individuals who suffer from eating disorders.

Reinbold, who has suffered from anorexia, and her mother, Lori, will speak of their experiences with the disorder. A physician from the eating disorders clinic at William Beaumont Hospital in Royal Oak will also address the forum.

The seminar will include danger signs, what to watch for, how to get help, where to get help and literature related to eating disorders. The seminar is open to the public and the community is invited to attend. For more information, contact Leslie Reinbold at reinbold4@pilot.msu.edu

Diabetes association plans benefit

This summer more than 100,000 people will gather all over America. They will call their friends, neighbors and co-workers, gather sponsors and donations to raise funds for the American Diabetes Association. They will ride together proudly in Tour De Cure.

Tour De Cure is the American Diabetes Association's annual fund-raising cycling event to raise funds for both diabetes research and local programs. This event supports the mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Diabetes is reaching near epidemic proportions, affecting nearly 15 million Americans — including 350,000 in Michigan. Each year, 700,000 Americans are diagnosed with the disease. Diabetes has no cure yet. It's the sixth leading cause of death by disease in America, killing more people than AIDS or breast cancer. This year alone, more than 180,000 Americans will die from its complications.

Diabetes is serious and costly. Tour De Cure is planned Sunday, June 11, at the Island Lake Recreation Area in Brighton. Early registration fee is \$15 (before April 19) and \$20 after April 20. The day of the event the fee will be \$25. Minimum pledge required is \$100.

To register, call 1-888-342-2383.

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