

Boot camp offered in Troy for young aspiring writers

Thlented, ambitious young people who aspire to one day be a journalist are encouraged to join Angela G. King from Nov. 21-23 for her Write On Time! Boot camp.

King, an award-winning writer and former New York Daily News editor, will give the inside scoop on how to successfully forge a career in one of the largest, most powerful industries nationally and globally — the news media.

For one weekend, the Michigan native will share the ins and outs of what it's like to actually work in a newsroom; what makes a good story; how to develop and get the most out of news sources; how to prepare for interviews and more.

Joining King will be Knoll Finely, editorial page editor of The Detroit News and Susan Hatted, president of the public relations firm SBA Communications Inc. Finely has served as The News' editorial page editor since May of 2000.

Prior to that, he was deputy managing editor of The News, and before that the paper's business editor.

Finely has been with The Detroit News for 26 years, where he started as a copy boy while still a student at Wayne State University. Over the years, he advanced at The News to serve as a reporter covering Detroit City Hall during the Coleman Young administration, and later to various editing positions on the paper's city, state and metro desks.

Haddad, who has a degree in journalism from Wayne State University, began her media career helping editors at two local television news stations.

She later moved into public relations, where she created media training seminars for several clients and taught top executives how to work with the media while she was employed at some of the leading public relations firms in Metro Detroit.

Prior to starting SBI Communications, Haddad was the public relations director for Farmington Hills-based Village Green Companies, one of the leading developers, managers and owners of luxury apartment communities throughout the Midwest.

King will hold Write On

Time! in the Detroit area at the Troy Marriott, which is located just east of North 1-75 exit 69 at 200 W. Big Beaver Rd. The boot camp will take place Thursday, Nov. 21 from 5-9 p.m., Friday, Nov. 22 from 9 a.m.-5 p.m. and Saturday, Nov. 23 from 9 a.m.-5 p.m.

King, who has a bachelor's degree in print journalism from Howard University, spent 15 years along a professional track that led to stints at some of the country's most premier news organizations.

For 11 of those years she covered retail, media and entertainment, telecommunications, employee benefits and metals commodities as a reporter for such outlets as the New York Daily News, The Detroit News, USA Today, Dow Jones News Service, Crain's Detroit Business and Fairchild Publications.

Along the way, she found time to help launch Presence, a short-lived news and lifestyle magazine for women of color.

And she picked up writing awards from the Associated Press, Gannett Inc., Crain Communications Inc. and Women in Communications.

Heeding a growing conviction to take her journalism experience to a new level, she left the New York Daily News to pursue a career writing and directing films.

King, who lives just 12 miles west of New York City in Montclair, N.J., is currently taking film and related classes at Montclair State University with the goal of ultimately attending the New York Film Academy.

But she still has her hand in journalism as a part-time reporter at The Montclair Times, an award-winning weekly newspaper. In the year that King has been at The Times, she has garnered several statewide writing honors from the New Jersey Press Association and from the New Jersey chapter of the Society of Professional Journalists.

Space is limited. For information, call King at (973) 233-5023 or her media contact, Odie King at (248) 645-6535. Those interested in participating in Write On Time! can also send an E-mail to kinga@montclair-times.com.

Simple steps can help picky eaters stay healthy

So you've got a picky eater. You are not alone. It is common for young children to prefer diets rich in sweets and potato chips. Many kids show little interest in eating healthy foods, or any foods at all. If they don't like the taste, the smell, the texture, or even the color of their food, they refuse to eat it.

If your child's eating habits drive you crazy, take a look at some effective ways to calm your nerves and set up a healthy attitude toward food.

START WITH THE DOCTOR

If you worry that your kids are not getting their nutritional needs met, your first line of action is to visit a pediatrician. Your doctor will determine if there is cause for concern. If so, you will be given a treatment plan and course of action.

If the doctor determines that your child is healthy and within the normal range on the growth chart, then it's time to put positive parenting practices in place for your picky eater.

When our kids refuse to eat good foods, we must be on guard to avoid spending meal time begging, bribing, forcing, punishing, rewarding or coaxing kids to eat. Whether it's positive or negative attention, an entire meal conversation focused on our picky eaters reinforces their behavior. When we escalate our efforts to make kids eat, they escalate their resistance.

POWER PLAY

I am a former picky eater. My parents were beside themselves with concern over my eating habits.

I would eat chocolate chip cookies, White Castle hamburgers, and spaghetti, but not much else. One evening, my family went to my aunt's house for a spaghetti dinner. I was hungry and looking forward to eating. My family made a habit of discussing my poor eating habits.

When my aunt put my plate in front of me, she said, "I hope she'll eat this. She eats like a little bird."



Parents' Corner
Marilyn Suttle

The moment I heard her words, my hunger disappeared. I was flustered to be compared to a little bird, and I liked the attention. I moved my fork around the plate and only ate a bite or two with much coaxing from the adults. I had the whole family in my service.

Was I really in jeopardy of malnutrition? Was I a rotten kid? A spoiled brat? Well...not really. I was cast in the role of picky eater and I gave a stellar performance.

Looking back on the situation, I realize that I got some one-on-one attention from my mother. I got constant attention, and special treatment. If I didn't eat my dinner, my dad would often run off to pick up my favorite fast food.

I also got to feel powerful. On one occasion, my mom refused to let me leave the table until I tasted the squash she prepared. Every moment I sat there was my victory over her.

WHAT'S NORMAL?

Your child might not be a picky eater at all. Instead your child may be irregular.

A human body is designed to seek nourishment when hungry. Some of us need to eat and sleep at regular time intervals to feel good. Not everyone works that way. Some kids' needs are irregular. They may eat well for two days, then barely touch their food for the rest of the week.

Relax. This is normal for them. Look at their diet over the course of a week and you may see that they are indeed getting what they need.

We control many aspects of our children's lives. We cannot control their body functions. Trying to do so will only create bigger problems both physically and emotionally.

Enjoy music at the Longacre House

The Longacre House will be hosting a "Musical Interlude" from 1-6 p.m. Sunday, Dec. 1.

There will be choral and instrumental music, dance, piano, dulcimers and more.

Rooms will be decorated in a holiday theme and there will be light refreshments between concerts.

Special guests are Kelly

Zander, Miss Farmington-Oakland County and friends and Farmington Musicales Award winners.

Tickets are \$10 at the door or \$8 if purchased before Thanksgiving. Tickets for seniors over 60 years and students are priced at \$6.

Longacre is located at 24705 Farmington Road, just north of 10 Mile. Call (248) 477-8404.

SIMPLY FOOD

A petite woman approached me after a workshop. She was anguished over her three-year-old's disinterest in food.

Despite her doctor's reassurance, this mom was afraid to let her child determine how much to eat.

"When my daughter holds food in her mouth, I tell her to be a pig and swallow it, or I tell her to swallow it for daddy or grandma, or me. If she doesn't listen, I tell her she's a bad girl for not swallowing...I know that I shouldn't have said that. But what can I do? I cannot let her share your own experiences with them."

Food became a source of pain and control instead of simply food. With coaching, this mom began to see more helpful ways to respond to her child's picky eating habits. She had to let go of her need to control her daughter's food intake, and give control back to her child.

Mom made a commitment to let her daughter know that she is lovable and valuable regardless of her eating choices. The hard challenge for Mom was to become dispassionate during meal times.

HELPFUL HINTS

Here is a checklist of ideas to encourage a healthy approach to dealing with a picky eater.

■ Instead of providing three big meals per day, little kids benefit from three or four smaller meals and a couple of small snacks throughout the day.

■ When kids don't finish their meals, remove their plates without comment. Do not pass judgment verbally or through body language. Serve no additional food until the next meal or snack time. This shows respect for order in your home, and respect for your child's ability to learn when to eat.

■ You determine what foods are brought into your home. They determine which foods they will eat and how much to eat.

■ Let kids help prepare meals and plan menus. Even a two-year-old can tear lettuce or place grapes on a plate. Kids

are more likely to eat food that they prepared. Give kids some limited choices in the different food groups to include in the family's weekly menu. They have more interest in the foods that they helped to select.

■ Present food in "kid friendly" format. Cut food into bite-sized pieces. Avoid overfilled plates. Small portions are more inviting. Kids can always ask for more when they finish what's on their plate.

■ Offer foods to your kids that they don't usually eat. Explain that taste buds change over time and they may eventually enjoy foods they didn't like before. Share your own experiences with them. "I love broccoli now, but I couldn't stand the taste when I was five."

■ If they are going to eat potato chips, give them a healthy dip, like cottage cheese or apple sauce to go with it.

■ If they refuse milk, try adding a powder like, Ovaltine, for a different flavor and more vitamins.

■ It isn't necessary to give your toddlers fat free foods. Fats are important to brain development.

■ Take the contest out of eating. You do not win when they eat. You do not lose when they don't eat. By providing a variety of healthy foods and letting the kids choose whether or not to eat, you set up a healthy eating environment.

■ Do not join the Clean Plate Club. Forcing kids to eat when they are full disrespects and dulls their internal body signals for hunger and fullness, and encourages overeating later in life.

■ Take care of yourself. Eat a variety of healthy foods to nourish your body. This sets a good example for your kids.

■ Give yourself permission to feel peaceful during mealtimes. By reducing tension at the table, the whole family will relax and enjoy their dining experience.

Marilyn Suttle energizes corporate and educational groups with her personal and professional growth presentations. Email her at MsSuttle@aol.com or visit her web site. <http://Members.aol.com/MsSuttle>

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