

CHAT ROOM



Tina Shemtoob

## Be aware of signs of eating disorders

National Eating Disorders Awareness and Prevention Week is Feb. 20-27.

The Anxiety Disorders Anonymous Center, just north of Maple on Orchard Lake Road, offers free screenings, an assortment of self-help material and hand-outs. Screenings will be done by appointment (call 932-3733) or just walk in.

An eating disorder is a collection of eating habits, weight management practices, attitudes about food, weight and body shape and physiological imbalances which result from these practices.

Eating disorders are characterized by extremes of food intake which may be manifested by severe weight loss, rapid increases in weight, or dramatic weight fluctuations.

The following attitudes, behaviors and physiological imbalances are present in people with eating disorders:

- Disatisfaction with one's body often coupled with a distorted perception of body shape and body signals (for example, hunger, anger).

- Unhealthy weight management practices, including but not limited to a semi-starvation food regimen, binge eating, self-induced vomiting, use of laxatives and diuretics, and excessive exercising.

- An irrational fear of fat and a very strong desire to become slender.

- Misery in the form of food and weight obsessions, recurrent anxiety about control, guilt, helplessness, hopelessness and extreme mood swings are the results on an eating disorder. This adds up to "I'm mad," a common underlying emotional issue for persons with eating disorders. Most, however, have no conscious awareness of their anger.

### Those most susceptible

Any person can develop an eating disorder. They occur in people of all races, intelligence levels, and in men as well as women. In general, however, over the past decade, eating disorders have

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# Winning Futures sparks motivation

A pilot program at Farmington High gets students to focus on a five-year plan for future success.

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When the pilot "Winning Futures" school-community mentorship program began in November at Farmington High School, students were curious - but not exactly revved up - to see what all the commotion was about.

But it didn't take long at all for them to tune in and take off. "Kids were really iffy, they didn't want to be there," said Kris Sobczynski, director of Winning Futures, following the recent assembly capping the program's first Farmington foray. "But by the end of the two-month program, the kids really were excited about it."

Some of that enthusiasm clearly rubbed off on the rest of the student body, judging from the recent rally celebrated the program's success. Amid colorful balloons, pulsating "pump-you-up" music and messages projected on the video screen such as "Success: Don't Be Sheep," the motivational message permeated the auditorium.

Helping move matters in the right direction were comments from special guests, including keynote speaker Ralph Nichols of the Dale Carnegie Institute and Detroit Red Wings assistant coach Dave Lewis, a Farmington resident, who talked to students about what it takes to win a championship.

The noise became almost deafening when Winning Futures' facilitator, Kathy Tsoian, announced prize-winning student finalists - who won for creating excellent five-year plans for future success, during eight weekly one-hour sessions of Student Managed Academic Resource Time.

### Winners all

Fourteen students (in the marketing classes of teacher Linda Giggia)



O Happy Day: Kathy Tsoian enjoys Marshall Williams' reaction to winning \$1000 in scholarship money plus the use of a Chevrolet Corvete for one week.

STAFF PHOTO BY BILL DUNLAP

mapped out these plans after taking into account sage advice from business world mentors. From there, they crafted written reports and formulated oral presentations. A total of about 60 stu-

dents attended the Winning Futures sessions.

Senior Marshall Williams won the Grand Prize, accompanied by \$1,000 and use of a Corvete. E. J. Hartley fin-

ished in the runner-up spot, winning \$500. In third place (\$250) was Carolyn Spalding, while Alana Burton, Dan Turkovich and Lisa Williams all won \$125 for finishing in a tie for fourth. Honorable mention winners were Brad Baker, Kristin Edison, Nikki Giroux, Stacey Haberstroh, Timothy Smith, Rebecca Thomas, Matt Yanke and Dana Wantin.

All of the cash prizes were donated by the primary sponsors, Bob Sellers Pontiac-GMC and Holiday Chevrolet Inc.

Marshall Williams, standing at the podium after his selection was announced, talked about how Winning Futures helped him turn his life and attitude around.

"The enthusiasm you guys show wasn't fake," Marshall said. "It's a great joy to have teachers here who really care. They want to see me make it. Winning Futures has taught me a lot, and I want to thank God for placing me here."

Among those supportive teachers Marshall might have been referring to were Giggia and Maya Schumacher, who was instrumental in bringing Winning Futures to Farmington High, as a first-year pilot. But with the ringing success of the program, Sobczynski said hopes are to bring it to Harrison and North high schools in the next year or two.

According to Carnegie's Ralph Nichols, the mentorship aspect of Winning Futures is an effective tool to spark motivation in young people.

### Another voice

"What happens is, I call it the 'Uncle Syndrome,'" Nichols said. "If parents tell you something, it just blows on by. But if an uncle tells you something, it's gospel. It comes from a different voice, a different source."

Nichols said students and business types alike benefit from mentoring.

Students learn about key lessons such as managing time and getting focused on tasks, then completing them. Mentors, on the other hand, "get re-energized about a different age

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## Pageant sponsors sought

The Miss Farmington program is gearing up for the July 7 event to be staged at Vladimir's, the kick-off event for the Farmington Founders Festival.

The local program is an official franchise of the Miss America Program, awarding over \$2 million in scholarships each year. Operation is dependent on donations from merchants. The committee is seeking scholarship contributions and sponsorship from patrons and businesses. Call Ginny Morris at 471-9042.

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Photo by Dan Parker

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Thursday, March 4, 1999

The Community House  
380 South Bates Street  
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6:00 - 7:30 pm Reception with Mr. Varney

Tickets: \$50 includes admission to Presentation

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