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**Kids & Vitamins**

(NC) Children's multivitamins may seem like a healthy idea, especially if you've got a fussy eater, but some experts say they're not necessary. If you do decide to supplement your child's diet, keep these tips in mind: \* Never refer to the pills as treats or candy good taste aside, an overdose of vitamins can be very serious. \* Always dole out the vitamins yourself, and never let kids "help themselves." Get your daily dose of family healthcare tips at the Sympatico Web site at [www.sympatico.ca](http://www.sympatico.ca).

**Journey into Joy promises transformative experience via written expression**



(l-r): Susan Kliffer (assistant), Helen Maupin, and Kathryn Molloy (assistant), of Journey into Joy

**By MYRON LOVE**

For Susan Kliffer, Journey into Joy was a life-enriching program that touched her soul. Kathryn Molloy describes it as an incredible experience.

"My love of creative writing surfaced and improved after a lapse of 30 years," Molloy notes. "I healed several long buried hurts through working with the Transformative Writing Process. And I made new friends."

Helen Maupin, who pioneered the program two years ago, describes Journey into Joy as a "Write of Passage", a personal development program that uses tools of exploration and expression to jumpstart your life and your writing.

"Each of us has a unique writer's voice that expresses our truly authentic, creative self," Maupin says. "The Journey's purpose is to get you started writing, keep you writing and move you beyond writing rules and personal stumbling blocks to tap into your own unlimited creative resources and access the passion, inspiration and joy within."

Journey into Joy has been a personal transformation for Maupin as well. A psychologist by training, she worked as a consultant to business for several years. Three years ago, tired of working on her own, she and a friend began discussing other options. They decided to "go back to school" for a year. From that year off emerged the vision of Journey into Joy.

In her first year with Journey into Joy, Maupin worked with three groups of ten students each. Last year, six groups graduated from the program. This year, alumni Molloy and Kliffer will be assisting her.

Journey into Joy is not a "how to write" class. "We provide a structured environment for writing," she says. "Our students know that for 2 1/2 hours once a week, they are going to be writing with ten other people. Some come to embark on a journey of discovery using creative writing. Others come for the opportunity to write and find themselves on a personal journey of discovery."

The classes run for 32 weeks from September through May. For the first term, the writers experiment with different personal development tools as expressed in their writing. In the second term, the focus is more on auto-biographical sketches in five-year stints. Students are encouraged to read what they write aloud to their fellow writers. No criticism or editing is allowed. Rather the listeners write "power notes" to the reader detailing how the writing impacted the listener.

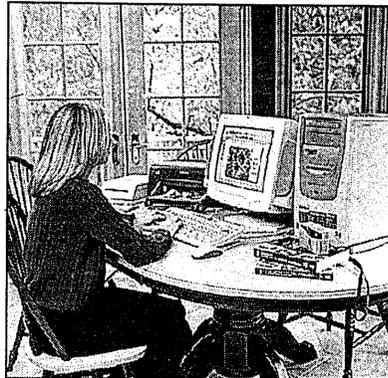
"We have an operating principle," Maupin says. "Homework is by invitation, not expectation. People have busy lives. Jobs and families often don't allow time for homework."

At the end of May, she notes, each student has at least 32 pieces of writing whether poetry, prose or short story and the authors are invited to submit their work to be included in a published anthology entitled Journey Into the Joy of Writing". Copies can be found in the Winnipeg Centennial Library.

Through Journey into Joy, Maupin has fostered a growing community of writers who continue as part of that community with other program offerings such as alumni gatherings, Coaching On and Journey On.

**Internet and pc top tools for today's teens**

(NC) - For any parent considering buying a computer or signing up for Internet access to help their children with homework, there is good news. Your investment is likely to be money well spent. Surveys shows that Canadian schoolchildren with computer and Internet access are spending a third of their homework time on the computer, and two hours a week on the Internet doing research for schoolwork.



These results seem to validate the large percentage of parents (60 per cent) who buy a home computer primarily for their children's educational needs. Of the eight hours children now spend doing homework each week, an hour more than last year, one-third spent on the computer shows the increasing popularity of the web as a homework tool. Students are turning to online websites and guides to uncover the most in-depth information they can find for projects and school assignments.

But as well as being a research tool, parents say the Internet can also be a valuable learning tool. By its very nature, the web requires an organized search to uncover the information kids want to find. So by refining the child's thought processes, these types of searches improve their learning ability as well.

Eight out of ten parents questioned actually believed an Internet accessible household has had a positive impact on their child's learning ability, motivation to learn and quality of their homework. To help students further with their assignments try the following websites:

- [www.schoolnet.ca](http://www.schoolnet.ca)
- [www.stemnet.nf.ca/curriculum](http://www.stemnet.nf.ca/curriculum)
- [www.yahooligans.com](http://www.yahooligans.com)
- [www.studyweb.com](http://www.studyweb.com)
- [www.homeworkcentral.com](http://www.homeworkcentral.com)
- [www.ala.org/ICONN/kidconn.html](http://www.ala.org/ICONN/kidconn.html)
- [www.encyclopedia.com](http://www.encyclopedia.com)

[www.encarta.msn.com](http://www.encarta.msn.com) Recognizing that search engines are an integral part of successful research on the web, students are increasingly using them to make their Internet searches easier and more effective. Students have listed Yahoo (43 per cent) and Alta Vista (22 per cent) as particularly helpful for researching homework assignments. Here are some hints the Canadian team that participated at Intel International Science and Engineering Fair this year have put together to show how students can search the web most effectively:

- Know your search engines
- Talk to your friends and find out what they use
- Watch commercials to discover useful sites
- Vary your search engines as each one will bring up different sites and information
- Use search engines that use graphics to make your search easier
- Pages like Google.com (it brings up a collage of home pages so you can actually see the home page of each site)
- Do more than just research on the Web
- Expand your searches to finding

things like project materials on the web. There are some great sites that enable you to order supplies that might help with certain experiment or assignment. Bookmark sights so that you can refer to them in the future Vary your search

- words/phrases
- Use different phrases and words when searching for information on a subject.
- Be creative, you never know where it will lead you
- Be active in your searches
- Sign up and register for useful reminders/services. Avaleigh and her partner signed up for ISEF through the Web and received their itinerary on the Web site. This kept them involved throughout the event and helped them to become familiar with other participants.
- Be as specific as possible when searching to find the exact information you need
- Practice makes perfect
- Navigating the Web gets easier every time you do it.

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--Helen Maupin

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