

# John Amos Hosts McDonald's Literary Achievement Awards

While hosting a successful acting career, John Amos made his living as a writer, moonlighting for a local television variety show while working as a copy writer at an advertising agency. Recently he hosted the 1989 McDonald's Literary Achievement Awards in New York City and boosted the writing careers of Lorraine Harrell, of Chicago, McKinley E. Dabney, Jr., of New York City, and Toni Press, of San Francisco, the winners in poetry, fiction and playwrighting, respectively.

The winners received a \$2,000 honorarium and an all-expense paid trip to New York City to attend a celebrity reading of their works, staged by the Negro Ensemble Company (NEC).

"McDonald's believes in giving

recognition where it's due. These extraordinary writers and their stories represent an outstanding literary contribution. We are proud to salute these up-and-coming talents," said Ed Rensi, chief operations officer and president, McDonald's U.S.A.

The awards program is a national competition which honors amateur writing on the black experience in America. A record 1,800 writers entered the 1989 competition, which McDonald's sponsored with the NEC, one of the country's leading black theatrical organizations.

"I was thrilled to be a part of McDonald's Literary Achievement Awards program," Amos said. "I began my career as a writer, and

have a deep respect for those who create the stories which bring the media of film, theatre and television to life. Without writers, actors would be without careers."

Amos, no stranger to McDonald's, helped introduce one of the most successful advertising taglines ever written — "you deserve a break today" — in a 60-second TV spot produced for the company nearly 20 years ago. A

restored version of the 1970 "Clean Up" spot is currently airing on network television in commemoration of the 35th anniversary of Ray Kroc's McDonald's.

Amos has many television credits including the James Evans role in "Good Times" and an Emmy nomination for his portrayal of the adult Kunte Kinte in "Roots;" in film, Amos has appeared in "Let's Do It Again," "The Beastmaster," "Dance of the Dwarfs," "American Flyers," "Coming to America" and "Lock Up."

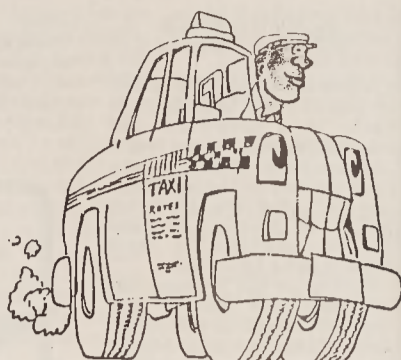
Earlier this year, Amos realized a dream to perform Shakespeare

when he appeared in the New York Shakespeare Festival's production of "Twelfth Night."

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## Duke Psychiatrist To Talk About Adolescent Coping Mechanisms

Some may argue that there is no such thing as a "normal" adolescent. It is a tumultuous time when teen-agers must deal with what has been termed "raging hormonal surges" and the difficult passage into adulthood.

To deal with these biological and sociological pressures, adolescents employ a number of coping mechanisms. If any of these become exaggerated, professional help might be necessary, according to J. David Jones, M.D., child psychiatrist at Duke University Medical Center.

Jones, associate professor of pediatric/psychiatric liaison services and assistant professor of pediatrics, will give a free presentation, "How to Know When Your Teen is in Trouble and What You Can Do About It," on Tuesday, Jan. 9, at 7:30 p.m.

The session, the fourth in a series of monthly forums for parents of adolescents, will be held at Teer House, located at 4019 Roxboro Road in Durham. The Duke Psychiatric Day Hospital for Youth and the Substance Abuse Hospital for Youth, two outpatient programs, are based at Teer House.

"These normal adolescent coping mechanisms are geared to help the teen move from childhood to adulthood," Jones said. "They are internal mechanisms. The journey from childhood to adulthood is not a smooth one and it throws many parents off guard."

One of the techniques used by adolescents is what Jones called "regression of feeling." Previously sweet children turn into monsters who show little respect and consideration for their parents. "At age 3 or 4 they slip out of your grasp at 13 or 14 they step on your heart," Jones said of the feelings of many parents whose adolescents are in this phase.

Another mechanism occurs when the adolescent shows increased aggression to an adult who is not a member of the family, such as a coach, teacher or minister. This is a normal process toward becoming an adult, Jones said, but many parents feel threatened and jealous.

When adolescents look to peer groups instead of parents for support, another coping mechanism is being used. "It's normal development for kids to move from parents to peers," Jones said. "You have to have peer groups to practice becoming an adult. We worry about an adolescent who doesn't hang out with a group or clique."

Another mechanism is the aesthetic adolescent reaction. "These teens run away from anything instinctual. They want to breathe the freshest air and eat the purest food. They become Spartans. They're so obsessed with aesthetics and purity that they won't allow themselves instinctual things, such as eating and sleeping. Anorexia can be seen as an exaggerated avoidance of the instinctual need for food."

A similar mechanism is seen when teen-agers focus on their body and appearance for self-esteem. "This is when a physical complication can have dramatic psychological effects. This is why a pimple, for example, can cause a high degree of worrying in the adolescent."

"All these and other coping mechanisms help the child enter the world of adulthood," Jones continued. "It takes on significance when one or more are exaggerated to an extreme. All of us used these mechanisms as adolescents. A teen-ager who is developing well uses all of these mechanisms in a flexible and balanced manner."

Whenever parents feel totally shut out of their child's life, that could be an example of exaggeration," he continued. "If parents see that their child is putting too much emphasis into his or her body, that could be a problem to be looked into."

Future lectures in the series include "Risk-taking Behavior in Adolescence: What is Really Risky Behavior and What Parents Can Do About It," which will be presented Feb. 13 by John G. Looney, M.D., professor and chief of the division of child and adolescent psychiatry at Duke.

The lectures, which are open to the public, are sponsored by Teer House and Duke's division of child and adolescent psychiatry. Typically, lectures last for about 30 minutes, leaving ample opportunity for questions or comments from the audience. Refreshments will be served.

For more information about the lectures, call Herb Klar at (919) 479-2913.

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## THE HOME GAME

BY VIRGINIA TRUAX

**WASH FABRIC** — Store fabric-softener sheets, and use them with liquid softener. You can pull a sheet, wring out the solution and use again in the laundry.

**DEODORIZED DOG** — When it's too cold to bathe the dog, try a dry shampoo. Rub baking soda into his coat, brush well and he's socially acceptable again!

**GOOD SHAPE** — Sausage links won't shrink if you'll simmer them gently for 7 or 8 minutes before frying. Blot them well to avoid splattering.

**CHILDHOOD MEMENTOS** — Your children's artwork can be preserved by using hairspray to keep colors from fading and smudging. Let them know you care!

**WATER CONSERVATION** — If you're serious about conservation don't let the water run while brushing teeth or shaving. This can waste many, many gallons of precious water.

**DO AHEAD** — To keep whipped cream for a day or two without separating try this: Sprinkle 1/2 teaspoon unflavored gelatin over 1 tablespoon cold water in custard cup, then place cup in simmering water until gelatin melts. Whip 1/2 pint cream until almost stiff, add gelatin and whip until stiff. Cover and keep refrigerated.

**QUICK WARMUP** — Need cold eggs at room temperature? Just place them in a bowl of warm water for 8 to 10 minutes.

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