

**Publication:** *St. Joseph News-Press*

**Publication Dates:** 1997 and 1998

**Publication Info:** From August 1996 through August 1999, I was the newspaper's lifestyles editor. In my position, I did everything from essential line editing to guiding eight lifestyles sections a week from conception to production.

Among the approximately 1,200 lifestyles sections I helmed - working in collaboration with lifestyles writers, graphic artists, photographers and design editors - three series projects required particularly coordinated planning and execution. The projects - each with a daily main story and two or three sidebars - also happened to be enlightening, challenging and, at times, fun for all involved.

To receive clips of these articles, contact me at [lwiedmaier@kc.rr.com](mailto:lwiedmaier@kc.rr.com).

### **RETURN TO CIVILITY**

**Part 1 Sunday Lifestyles:** how and why to put "civil" back into civilization; with introductory column by me on reasons not to be rude

**Part 2 Tuesday Health:** how being civil is good for one's health

**Part 3 Wednesday Food:** promoting civility before, during and after dinner

**Part 4 Saturday Faith and Ethics:** cussing as a cause and effect of incivility

**Part 5 Sunday Lifestyles:** how being a good neighbor can lead to a more civil society

### **AGING GRACEFULLY**

**Part 1 Sunday Lifestyles:** elder care options and care-giving resources

**Part 2 Tuesday Health:** senior citizens' need to make smart health decisions

**Part 3 Wednesday Food:** seniors' need for good food habits for nutritional and social reasons

**Part 4 Thursday Photo Essay:** elderly couple's love and companionship

**Part 5 Saturday Faith and Ethics:** seniors teaching youngsters spiritual and ethical lessons

**Part 6 Sunday Lifestyles:** elderly people as vital members of their families and communities

### **STRENGTHENING FAMILY BONDS**

**Part 1 Sunday Lifestyles:** how people can establish or re-establish bonds within their own families; with introductory column by me on what makes a family

**Part 2 Monday Community:** National Family Week events

**Part 3 Tuesday Health:** how engaging in sports or fitness activities can strengthen family bonds

**Part 4 Wednesday Food:** why sitting down together for family meals is important

**Part 5 Thursday Photo Essay:** a day in the life of a local family

**Part 6 Friday Entertainment:** leisure-time activities suitable for family bonding

**Part 7 Saturday Faith and Ethics:** how community organizations, schools and churches help strengthen families

**Part 8 Sunday Lifestyles:** how people are establishing familial bonds within non-family groups



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