



Delray Forum



WEDNESDAY, MARCH 2, 2011

VOL. 55 No. 9

WWW.SUNSENTINEL.COM/DELRAYBEACH

Delray author stays busy amid media glare

DAVID DIPINO DDDIPINO@TRIBUNE.COM

Delray Beach may be known sometimes as a sleepy paradise – its nickname is the “Village by the Sea” – but it has given rise to a multimedia star.

Chelsea Krost has been ubiquitous lately, making TV guest appearances, hosting her own talk radio show and writing a book. She even did “The Today Show” recently.

“I always wanted to know what it would feel like to be on ‘The Today Show,’” she said.

And? “It was incredible. I was nervous at first, but when we started rolling I just went back to being myself.”

Krost, 20, appears with her mother, Cindi Krost, on “Party Mamas,” a reality show that follows mothers as they plan over-the-top parties for their children. The show has chronicled a shopping spree on Atlantic Avenue, a night at club Il Bacio and even filmed an in-

terview at her home in West Delray Beach.

The producers found out about Krost from her radio show. When she was 17, she started “Teen Talk Live,” a program aimed at teens in which no topic is off-limits. “We talk about teenage pregnancy, diseases, all the way to fashion,” she said.

She’ll also be appearing on the March cover of *Seventeen* magazine.

Krost said she is looking to offer a positive depiction of teenage life.

“I was so sick of reading about teen train wrecks,” she said. “I wanted to reinforce the message that young women don’t have to become tabloid clichés or reality-show wannabes. My message is: Individuality is cool. Don’t be afraid to buck the trends and be yourself. Change begins with you.”

Krost helps charities, is a spokesperson for Kotex feminine hygiene prod-

ucts and even took a trip to Kenya to drop off feminine hygiene supplies to those in need around Nairobi. As part of “Teen Talk Live’s” mission to Africa, hundreds of feminine hygiene products were hand-delivered to the HEART Freedom for Girls Program and the Nyumbani Children’s Home.

“I love highlighting charities,” Krost said.

Krost has been a reporter for cable TV news affiliates and attended President Obama’s inauguration as a teen correspondent.

And now she’s an author, too. Just after leaving what she called her “teen-hood” and entering her 20s, she finished her first book. Titled “Nineteen,” it’s a rumination on her teenage years. But it’s not just for teens. Said Cindi Krost, “This book is going to be good for moms.”

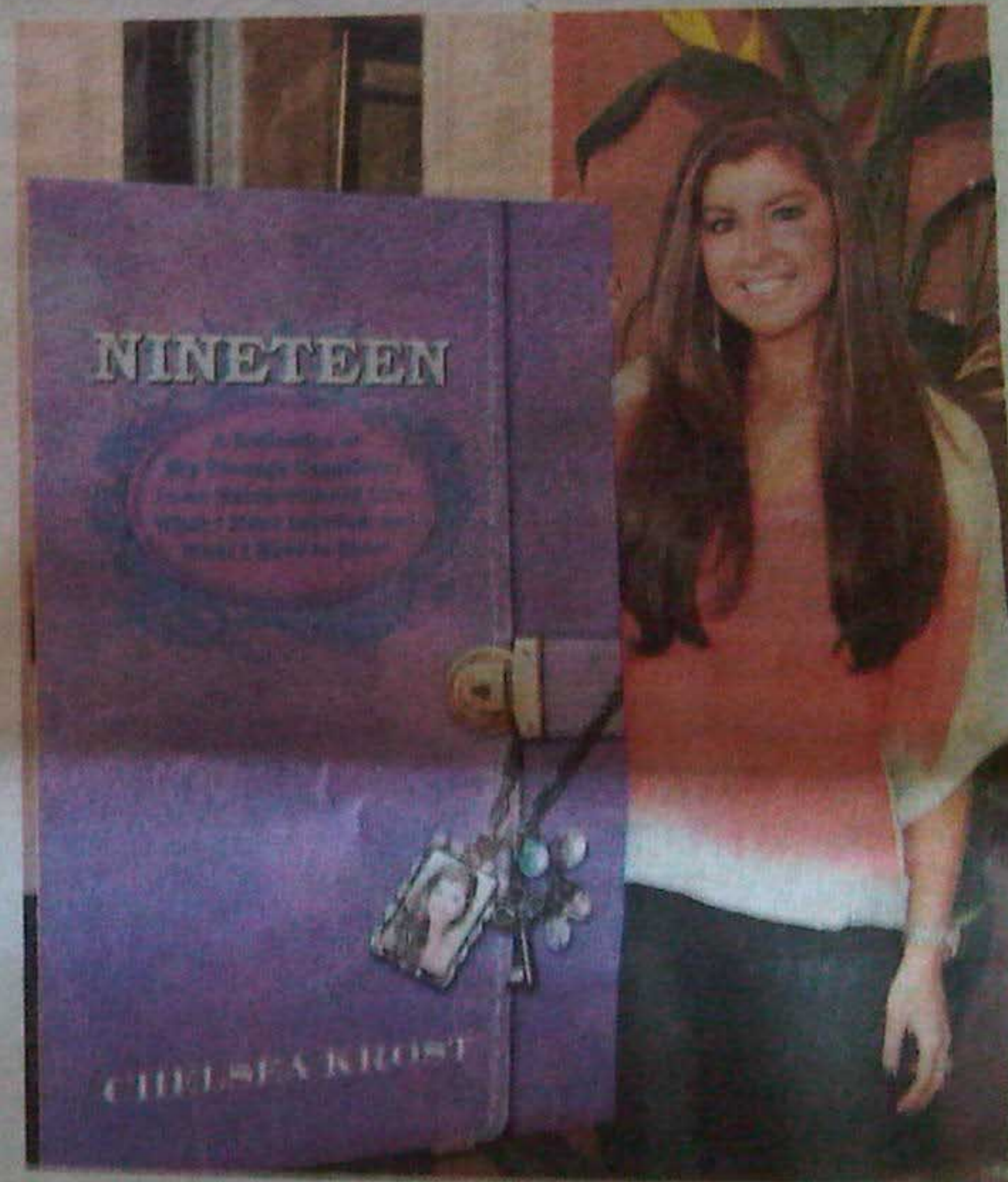
Jacquie Jordan Pub-

lishing is releasing the book. Editor Margie Kaye worked on it with Krost for seven months and was impressed with the breadth of her knowledge. “She’s eloquent and writes from the heart and soul,” Kaye said. “Our talks were like girlfriends talking. I’ve never worked with someone so comfortable, seasoned and professional. It was a gift.”

Krost is promoting the book, balancing her media obligations with her studies. She’s enrolled at Marymount College in New York, where she is enrolled in the broadcast journalism program. She said she’s not worried that her many activities will leave her feeling burned out.

“I have a great support system,” she said. “My mind runs a million times a minute.”

For more information, visit www.teentalk-live.net/bio.cfm.



TEEN MEMOIR Chelsea Krost, 20, is promoting her new book, “Nineteen,” which covers her experiences during her teen years. STAFF PHOTO/JANIS MARIE