

### Powell-Osterdale

Mr. and Mrs. David L. Powell of Farmington Hills announce the en-gagement of their daughter, Su-zanne, to Alan C. Osterdale, son of Mr. and Mrs. Charles A. Osterdale of Millord.

Millord.

The bride-to-be is a graduate of North Farmington High School and the University of Michigan, employed as a product management specialist with Michigan National Corp. Her fiance is a graduate of Harrison High School and Central Michigan University. He is associated with Osterdale Insurance Agency and president of Farminghton Area Javeces. Jaycees.
A May, 1989, wedding is planned.



### **Ehlers-Kennedy**

Mr. and Mrs. Norman Ehlers of Farmington Hills announce the engagement of their daughter, Elistohan, to John Francis Kennedy, son of Dr. and Mrs. James Kennedy of East Detroit.

The bride-to-be is a graduate of Farmington High School and her fiance is a graduate of Grosse Pointe North High School Both will graduate from Michigan State University early next spring.

A June wedding is planned in Nardin Park United Methodist Church, Farmington Hills.



#### Looser-Sweda

Mr. and Mrs. Eugene Looser of Farmington Hills announce the en-gagement of their daughter, Chris-tine, to Gregory Sweda, son of Mrs. John Sweda of West Bloom-tod.

field. The bride-to-be is a certified public accountant, employed with Arthur Andersen & Company. Her fiance is an associate with the law firm of Kitch, Saurbler, Drutchas, Wagner and Keny.

A September wedding is planned.

# Stay festive for the festivities

For most the holiday season is a agic time, a time to make memo-so with amily and friends. But for to so with a physical handicap, the Arthritis Foundation passes along

some suggestions for people with physical limitations so they can deal effectively with the special strains of a holiday schedule.

The key is to adapt the rigors of the season to noe's own limitations and capabilities. For example, when giving a party, plan and prepare for the event as far in advance as possible. Don't feel you have to handle all the details yourself. Delegate. Count on your family and friends for help right from the beginning. This is not only good for your health, it also achieves the true holiday spirit of sharing and togetherness.

Remember that the party doesn't.

good for your heatth, it also achieves the true holiday spirit of sharing and togetherness. Remember that the party doesn't need to be complicated. Informal entered to be complicated. Information of the party doesn't have to a suitable buffel-style. Use sturdy paper plates and plastic utensils to simplify serving and clean-up. Or, have a polluck dinner, You provide the main dish, while the guests bring an array of food to round out the menu.

During the party, designate several people to prepare drinks, refill snack dishes or greet guests at the door. This will keep you off your feet and enjoying the party, while the lepers feel much more a part of the event. Remember that the most important ingredient of any part there — Is the warmin, cheer and bospitality you provide.

PLANNING and pacing activities can help in other aspects of holiday festivities. Simplify Christmas shop-ping by spacing your trips over a pe-riod of weeks or months. Shop early in the season or during non-peak hours to avoid the crowds. Or order

that deliver.

To wrap gifts attractively and easily, look for decorative tins, stockings, lars, boxes and bags—ether paper or canvas—that can serve as cheerful gift containers. As an extra touch, you can adorn these items with pre-assembled, self-sticking bows or ribbons. This will eliminate wrapping, which can be difficult and exhausting if you have arthritts in your hands.

Finally—and most important of

Finally — and most important of all—get the right amount of rest to be your festive best this holiday season. On the day of a party or other important event, set aside a rest period to lie down, relax and prepare your body.

For information about making life ror information about making me easier for people with arthritis, con-tact the Arthritis Foundation, Michi-gan Chapter at 23999 Northwestern Highway, Suite 210, Southfield 48075 or call 350-3030.

The Arthritis Foundation, Michigan Chapter is a United Way Agency.



### Kidd-Seech

Stephanie Ann Seech and Dr. Da-vid Allan Kidd were married by the Rev. Norman Price len Saint Monica Catholic Church, Santa Monica, Caill. She is the daughter of Carol and Helen Seech of Farmington, and he is the son of Folly Kidd of Dear-born and Jack Kidd of Dearborn. Elalan Seech served as her sister's mald of bonor. Kenneth Seech, brother of the bride, served as best man.

brother of the bride, served as best man. The bride is a graduate of Farmington High School and Wayee State University, employed as an account upervisor with Pritikin Longevity Center in Santa Monica. The groom is a graduate of Western Michigan University and Wayne State University School of Medicine and has a private practice in Santa Monica. The couple received guests in Saddlepeak Lodge of Malibu in the Santa Monica Mountains before leaving for a honeymoon in San Francisco. They are now residing in Santa Monica.



## New Weight Watchers Center opens downtown

Weight Watchers announces the opening of a new Weight Watchers Center in The Village Commons Shopping Center on Grand River cast of Farmington Read.

The new Weight Watchers Center offers a full schedule of meetings Monday through Saturday, Both morning and evening hours are available.

Being introduced is the new 1989 Quick Success Program, which of-fers new plans, recipes and ideas for safe, quick, effective weight loss.

The new Weight Watchers center is among 24 centers in the Metropol-itan Detroit area. For more informa-tion on meeting times and dates and 553-3232, or toll free 1-800-462-7466.

· SECOND-PLACE poster winners in the Farmington district were Sean Matuzzak, a third grader at Wood-dale Elementary School; Inge-Lisa Baessler, a fourth grader at Fland-ers Elementary; and Jereny Koski, a seventh grader at Power Middle

Saturdays And Evening Appointments

Continued from Page 1 culminating with a press conference and awards ceremony April 4 in

MADD's message

School.

Third-place poster winners in the Farmington district competition was considered to the poster before the place of the place o commands with a pick counter concontrol of the control of the co

one of y lying a red fibodin to their cars symbolizing hope for a less violent future. And it dovetalls with Project Liferide. The joint venture of Wayne County MADD, Oakland County MADD and radio station WOMC provides free cab rides home on New Year's Eve for anyone who has had too much to drink to get home safely. WOMC provides the phones. MADD provides the volunteers to man the phones. Much of the funding for the project has come from local beer distributors.

to man the phones for Project Litertion Man Mary Stre.

"This has been a real success story
for our group," Helisek said. "We
have experienced only one alcohorelated fatality in the tri-county
area in the past five New Years.

"Throughout the year MADD volunteers accompany victims of alcohorrelated crashes to court proceedings
to offer moral support and demonstrate community concern to the
judiciary. They also sit in on cases
by request of arresting officers and
prosecutors.

MADD also offers a victim support group.

port group.

And 24 hours a week, seven days a week, the Oakland MADD holline is open for either inquiries or victim assistance. The number is 333-3060.

Emergencies

477-1500

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Imagine if you had to ask for blood to save the life of someone you love Next time the American Red Cros

GIVE BLOOD, PLEASE



