

WEDDINGS AND ENGAGEMENTS

Submitting announcements

Residents of the Birmingham-Bloomfield, West Bloomfield and Southfield areas should send their engagement, wedding, anniversary or birth information, with or without photograph, to: Attn: Bridal, The Eccentric, 805 E. Maple, Birmingham 48009. Residents of the Troy and Rochester areas should send information to The Eccentric, 1814 S. Rochester Road, Rochester Hills 48067. Residents of the Farmington area should send information to The Farmington Observer, 33411 Grand River, Farmington 48335. If you have questions regarding your announcement, call Sue Wills in Birmingham at (248) 901-2560; Debbie Douglas in Rochester at (248) 651-7675, or Katie McManus in Farmington at (248) 477-5450. For a recorded message, call (248) 901-4730 for The Eccentric and (313) 953-2065 for The Observer.

Kosak-Thacker

Anthony and Janet Kosak of Bloomfield Hills announce the engagement of their daughter, Beth, to Jonathan Thacker, son of Linda Cuker of Webster Groves, Mo.

The bride-to-be is a graduate of Oakland University. She is employed at Barnes Jewish Children's Hospital in St. Louis, Mo. Her fiancé is a graduate of Florida Atlantic University. He is employed at Citibank Mortgage Company in St. Louis.



A June wedding is planned at Victorian Wedding Chapel.

Toblas-Chenery

Kelly Lin Chenery and Dr. Jerry Toblas were married April 13 in Mesa, Ariz.

The bride is a daughter of Marilyn Travis and Gary Mannisto of Scottsdale, Ariz. She is a graduate of Arizona State University.

The groom is the son of Lorenne Doney of Birmingham. He is employed at Harper Hospital in Detroit.

A dinner party was held in Phoenix, Ariz. A reception will take place in June in Michigan.



A honeymoon in Hawaii will follow. The newlyweds will live in Michigan and Arizona.

Mendoza-Almeda

Dr. and Mrs. Elias Mendoza of West Bloomfield announce the engagement of their daughter, Marjorie, to Lawrence Gerard Almeda, son of Dr. and Mrs. Isidro Almeda of Rochester Hills. The bride-to-be is a graduate of the University of Michigan and Michigan State University. She will start her residency in internal medicine in July.

Her fiancé is a graduate of Purdue University and the University of Detroit Mercy College of Law. He is an associate of Weintraub & Brady P.C. of Birmingham Farms.



A May wedding is planned at the Ritz-Carlton, Dearborn.

Workshop to assist caregivers

A three-part caregiver workshop will be held in May by the Alzheimer's Association Detroit Chapter.

Programs will be presented Wednesday, May 12, 13 and 20, at St. David's Episcopal Church, 15000 W. 12 Mile Road between Greenfield and Southfield roads in Southfield.

The May 6 program will be devoted to basic information about Alzheimer's Disease and related dementias. May 13 will be concerned with communicating with a memory-impaired person and dealing with difficult

behaviors. The May 20 workshop will be devoted to community resources and legal and financial considerations.

Participants will be given training materials including "Understanding Difficult Behaviors" by Anne Robinson, Beth Spencer and Laurie White.

Participants are being encouraged to attend all three sessions. The workshop is presented as part of the Alzheimer's Disease and Related Disorders Caregiver Education Project. Call (248) 557-8277 to register.

Low self-esteem can be the culprit

RELATIONSHIP REALITIES



KAREN WINTER

Q. I don't like myself as much as other people seem to like me. I've had bad feelings about myself as long as I can remember, but everybody thinks I am totally together and even asks me for advice. I worry others will find out how unsure I am of myself. How can I become the person everyone thinks I already am?

A. I know it's really hard when your feelings on the inside don't match what everyone seems to perceive on the outside. Yet this is a common reason people seek therapy. Our self-esteem, or how we feel about ourselves, can determine many factors in our lives, including how much we achieve in school, the types of careers we pursue and even whom we date.

In order to try to improve our self-esteem, we need to understand how it is formed. As a child, our self-esteem is created by the things we are told about ourselves. "What a clever boy!" and "Such a thoughtful girl!" are statements that would get us to think positively about ourselves. Hearing those types of positive statements over and over again creates a mindset of "I am a good person." This reinforces our opinion of ourselves, and positive self-esteem is born.

Unfortunately, negative statements heard in childhood have as deep an impact as well. Unintentional comments like "Her nose is too big for her face," or "With both his parents being overweight, he doesn't stand a chance" get lodged in our memory and the effects are long-lasting.

We tend to see and judge ourselves by the painful statements

we hear, and take them as gospel truth. After all, they came from an adult — aren't they always right? More serious childhood traumas, such as physical and sexual abuse, cause us to question our own self-worth. We often think, "I must have done something to deserve this," and we don't know how to get it to stop.

As an adult, low self-esteem can be caused by depression. By being unable to come up out of our own sadness, we lose faith in our self-soothing ability. Soothing ourselves is a necessary skill, whether we had a fight with our spouse or a traffic accident. We need to be able to calm and reassure ourselves to get back on an even keel. Depression interferes with this process, and our self-esteem is shaken again, making a vicious circle. How can we soothe ourselves and feel good again if we don't believe we can?

Self-esteem is a perception and needs to be approached by challenging that negative perception. First, make it a goal to eliminate all negative self-statements. You are not going to say anything bad about yourself today. That step helps to step reinforcing the negative statements in your head.

Second, be productive. As we accomplish things, we reaffirm that we are capable. Third, attempt something new. You will be pleased with the support you will get, and you will surprise yourself when you succeed. Lastly, be good to yourself. You deserve it. Believe it, and it will happen.

Rochester Hills resident Karen Winter is one of three therapists who alternate in writing this new relationship column. She is a psychotherapist in Bloomfield Hills, specializing in relationship conflicts. Questions for her may be sent to: Karen Winter, Suburban Life, The Eccentric, 805 E. Maple, Birmingham 48009.

WEST BLOOMFIELD SCHOOL DISTRICT

The West Bloomfield School District prides itself on offering outstanding educational opportunities to all its students. And now, all Oakland County students have that opportunity, too, free of charge, through a "Choice" program.

CHOICE MESSAGE FORM with fields for student name, address, and application deadline (Wednesday, May 13, 1998).

West Bloomfield School District is accepting applications on a space available basis for these openings:

Table with 3 columns: Grade, Openings, and School Name/Address. Lists openings for grades K-7 at various elementary schools.

If applications exceed available spaces, a lottery will be held as specified by state law. For more information and an application call (248) 735-3359.



Every Summer thousands of children look forward to camp...

Advertisement for Summer Camp Corner featuring illustrations of children and text: "...Give them the opportunity to experience yours with an advertisement in our 1998 Summer Camp Corner."

For more information contact Nan: 313-953-2099 Rich: 313-953-2069

Livonia Family YMCA Day Camp 10 Weeks June 15 - August 21 Ages 3 - 14 (734) 261-2161 FUN! SAFE!

BASKETBALL AMERICA SUMMER CAMPS T-shirts • Basketball • Prizes • Awards 257 W. Clarkston Rd., Lake Orion (248) 554-5787 or 1-248-693-5888

The International School Center for Creative Studies Institute of Music and Dance Offer a unique Summer Day Camp Grades K-6th • Foreign Languages French, Spanish & English • Sports • Science • Music • Dance (248) 851-7372 28555 Middlebelt Rd. Farmington Hills, MI 48334 Fall Openings Available

Community Based Day Camps, Resident Camps, Horse Camps, Travel Camps, Wilderness Camps, Canoe Camps, Sports Camps, Science Camps, Technology Camps, Camps for ALL Girls with ALL Interest! Starting as low as \$4 per day. Call 800/326-0309 ext. 218 for a free brochure

TOMORROW'S POWER Take Control of Life! Michigan State Girl Scout Council!

Summer Dance & Theatre Camp REGISTER NOW!!! Ages 6-16 Beginner thru Advanced (248) 553-0305

'98 Camp Corner Directory featuring an illustration of a camp van and text for Dance Et cetera Performing Arts Camp.

Camp CAEN U-M Computer Exploration Camp! This summer, the College of Engineering is offering talented students, ages 13-17, and opportunity to explore one of world's most advanced computer networks!

FASHION CALENDAR

MONDAY, MAY 4 Trunk show Heidi Weibel trunk show, featuring the spring 1998 collection, 10 a.m. to 4 p.m. through Tuesday, May 5, in Couture Salon on 3 at Neiman Marcus at the Somerset Collection in Troy.

THURSDAY, MAY 7 Spring collection Halston trunk show, featuring the spring 1998 collection, through Friday, May 8, in Couture Salon on 3 at Neiman Marcus at the Somerset Collection in Troy.

FRIDAY, MAY 8 American jewelry Personal appearance by Wynne Savitt, one of three sisters in award-winning team who create jewelry using sterling silver, gold and cubic zirconia as their primary materials, 10 a.m. to 4 p.m. through Saturday, May 9, in Accessories on 1 at Neiman Marcus at the Somerset Collection in Troy.

THURSDAY, MAY 14 Fall collection Marian Clayden fall trunk show featuring fall collection 10 a.m. to 4 p.m. through Friday, May 15, in Couture Salon on 3 at Neiman Marcus at the Somerset Collection in Troy.

Send information for the Fashion Calendar to: Ethel Simmons, Suburban Life Editor, The Eccentric Newspapers, 805 E. Maple, Birmingham 48009.

COMPETENZE inc. INTEL PENTIUM PROCESSORS advertisement listing various computer components and prices.