

WEDDINGS & ENGAGEMENTS



JENNIFER KEELER
Jennifer Keeler and Christopher Hibbard were married Sept. 11 in Seattle, Wash. The bride is the daughter of Mr. and Mrs. Brian Müller of

Ann Arbor and Steve Keeler of Birmingham. She is a graduate of Huron High School and the University of Michigan. She is an AmeriCorps School Programs specialist through Freemont Public Association in Seattle, Wash.

The groom is the son of Mr. and Mrs. Frank Hibbard of Farmington Hills. He is a graduate of Troy High School and Michigan Technological University. He is a mechanical engineer at Waterjet Technology, Inc. in Kent, Wash.

A reception was held at the Corinthian Yacht Club. For their honeymoon, the newlyweds went kayaking in British Columbia, Canada, and they are making their home in Seattle, Wash.

BUCKLEY-WRIGHT

Colleen Wright and Kevin Buckley were married June 28, 1999 at Holy Family Catholic Church in Whitefish Bay, Wis.

The bride is the daughter of Pam and George Wright of Farmington and a graduate of Mercy High School in Farmington Hills. She earned a bachelor's degree in elementary education from Marquette University and a master's degree in curriculum development from the University of Wisconsin - Milwaukee. She teaches 5th grade at General Mitchell Elementary in Cudahy, Wis.

The groom is the son of Gene and Carol Buckley of St. Paul, Minn., and a graduate of Marquette University with a bachelor's degree in accounting and finance. He is currently



employed as a senior consultant for Computware in Milwaukee, Wis.

The newlyweds honeymooned in the Caribbean and make their home in Whitefish Bay, Wis.

BAKER-HUND

Carole and Robert Hund of Farmington announce the marriage of their daughter, Cynthia Leigh Hund to Roger Neil Baker on Oct. 20 in Torquay, England. Cyndy is a graduate of Farmington High School and Michigan State University.

The wedding was held in Torquay, England where Mr. Baker's parents live. The ceremony and reception were held in the Cockington Court Manor House. The Trinidad and Tobago High Commission Steel Drum Band performed to honor Roger Baker's many years of residence in Jamaica.

The newlyweds will reside in Fort Lauderdale, Fla.



60TH ANNIVERSARY



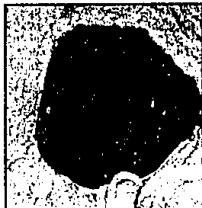
Isabel and Charles Rollins of Farmington Hills will celebrate their 60th wedding anniversary on Nov. 29.

They were married in Pontiac in 1939 at Saint Michael's Catholic Church. Their five children will honor the couple with a party at daughter Sharon Prove and husband Allen's home in Farmington Hills.

While raising their five children, Isabel was also a caretaker for over 20 years. Charles retired from Pontiac Motors after 36 years. He also served in the U.S. Army and is a veteran of World War II.

ROLLINS 60TH

NEW VOICES



BALOGH BABY

Jerry Balogh and Lynn Halton of Farmington Hills announce the birth of their daughter Amanda Helen on Oct. 7 at 9:28 a.m.

She weighed 7 pounds 5 ounces and was 20 inches long. She joins big brother Trent and big sister Carl.

Author to speak at JCC

The Jewish Community Center of Metropolitan Detroit will present Anita Diamant, author of "The Red Tent," at 7:30 p.m. Tuesday, Nov. 30, at Temple Israel.

Co-sponsored by Temple Israel and the JCC, Diamant will speak about her book. A signing will follow.

A Boston-based writer and lecturer, Diamant is the author of five handbooks on contemporary Jewish life. Her first work of fiction, "The Red Tent," is based on the biblical story of Dinah. The book was awarded the Boston Author's Club Book of the Year prize.

A columnist for the Boston Globe Magazine for seven years, she is an award winning journalist whose work has appeared

in Parenting Magazine, Parents, Hadasah, Reform Judaism and Yankee. She now writes a weekly column called "One Jewish Tuesday" for the website Jewish-Family.com.

Her other books include "Saying Kaddish," "How to Comfort the Dying," "Bury the Dead" and "Mourning as a Jew," "Choosing a Jewish Life: A Handbook for People Converting to Judaism and for Their Family and Friends," "Living a Jewish Life: Jewish Traditions, Customs and Values for Today's Families," "The New Jewish Baby Book" and "The New Jewish Wedding."

Reservations are required by Nov. 24. For reservations, call the JCC's Jewish Life and Learning Department at 661-7649.

Help a friend with these tips

If you are concerned about the eating habits, weight or body image of someone you care about, the national Eating Disorders Awareness and Prevention Association offers these tips.

■ Learn as much as you can about eating disorders. Read books, articles and brochures.

■ Know the difference between facts and myths about weight, nutrition and exercise. Knowing the facts will help you reason against any inaccurate ideas your friend may be using as excuses to maintain her disordered eating patterns.

■ Be honest. Talk openly about your concerns with the person who is struggling with body-image problems. Avoiding

it or ignoring it won't help.

■ Be caring, but be firm. Caring about your friend does not mean being manipulated by her. Your friend must be responsible for her actions and their consequences. Avoid making "rules," promises or expectations you cannot or will not uphold.

■ Tell someone. It may seem difficult to know when, if at all, to tell someone else about your concerns. Addressing body images or eating problems in their early, beginning stages offers your friend the best chance for help. Don't wait until the situation is so severe that your friend's life is in danger. Tell people in her life, such as her parents.

Heart attack deaths peak at holidays

Deaths from heart attack appear to be seasonal, peaking during the winter holidays in December and January and then falling, researchers report in "Circulation: Journal of the American Heart Association."

Past studies have shown that deaths from heart attacks are more likely to occur during the early morning waking hours, but fewer studies have related coronary deaths to the months and the seasons.

When University of Southern California researchers looked at deaths from coronary artery disease for a 12-year period in Los Angeles, they found there were 35 percent more deaths in the

holiday season of December and January than in the summer and early fall.

Surprises researchers

"We were surprised by that," said Dr. Robert Kloner, director of research at the Heart Institute, Good Samaritan Hospital, and professor of medicine at the University of Southern California, Los Angeles. "We weren't expecting that much of a difference."

Kloner says a few previous studies have shown that deaths from heart disease climbed as the temperature dropped. But in sunny southern California where the temperature usually only

fluctuates between 60 and 80 degrees F, the researchers weren't expecting such an increase in the winter.

One explanation may be the holiday season, says Kloner. "The death rates are relatively steady through November then shoot up after Thanksgiving and through Christmas, peaking around the first of the year. This could be due to increased food, alcohol and salt consumption and increased stress during the holidays."

"Individuals may not be able to control the weather, but it may help to cut down on high-fat foods during the holidays," he added.

Another possible factor could be the increased use of the fireplace and the particles emitted into the air from burning wood. These particles might irritate the lungs, decreasing the amount of oxygen in the bloodstream and placing stress on the heart, said Kloner. It is clear that temperature doesn't explain everything, he said.

Combination of factors

"The higher coronary death rate during the winter months appears to be due to a combination of factors. Clearly some of these factors are environmental," Kloner said. "The more we understand about the factors that result in death from coronary disease the better we can treat them in the future."

The researchers studied 222,285 death certificates from the Los Angeles County's Department of Health Services Data Collection and Analysis Unit for deaths from coronary artery disease between 1985 and 1996. The monthly number of deaths resulting from coronary artery disease was then averaged out over 12 years.

The number of deaths was highest in December, with an average of 1,808 deaths, and in January with 1,925 deaths. The lowest occurred in June with 1,402 deaths, followed by July with 1,424 deaths. August with 1,418 deaths and September with 1,371 deaths.

Overall reduction

The good news, according to Kloner, is that there appeared to be an overall reduction in deaths over the 12-year period of 16 percent.

"This is probably due to better therapies and better lifestyles and risk modification by individuals," he says.

However, the researchers discovered that deaths tended to have a rapid rise right after Thanksgiving, continuing through Christmas and peaking around New Year's Day.

Researchers found little correlation with the temperature, because daily temperature fluctuations were minimal.

However, there did appear to be a relationship between cooler temperatures and coronary deaths when calculated on a monthly basis. Researchers say this could be due to increased workload on the heart during the winter, higher blood pressure and higher fibrinogen, a clotting protein that is associated with an increase in heart attack risk.

But since the temperatures are so mild in Los Angeles, Kloner believes there are other contributing factors as well. One is the increase in respiratory infections during the winter, which could play a role.

Other researchers included Kenneth Poole, Ph.D., epidemiologist and statistician, and Rebecca Peritt, statistician, both of the Research Triangle Institute, Research Triangle, N.C.

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WHERE: Illusions Bar & Grill, 326 West Fourth St., Royal Oak

WHEN: Tuesday, December 7, 1999

3:30 Cocktails, 6:30 Dinner, 8:00 Show

COST: \$35.00 Individual / \$50.00 couple (Cash Bar)

CALL 248-851-8714 for reservations by December 3.

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