

## OBITUARIES

**ANTHONY JARACKAS**  
Anthony Jarackas, 80, of Farmington Hills died Dec. 20 at Botsford Hospital in Farmington Hills.

Mr. Jarackas was an assembly line worker for General Motors and was a member of the Redford Moose Lodge. He enjoyed gardening.

He is survived by wife, Geraldine; son, Anthony Jr. (Donna) of Florida; daughter, Darlene (James) Sadak of Detroit; brother, Joseph of Sterling Heights; sister Ann Pesky of Sterling Heights; four grandchildren; and several stepchildren.

Private services were held.

Arrangements were made by Thayer-Rock Funeral Home in Farmington.

**KATHRYN S. SCHNEIDER**  
Kathryn S. Schneider, 51, formerly of Farmington, died Dec. 15 at her home in Novi.

Mrs. Schneider was a homemaker and a member of First United Methodist Church in Northville. She was a graduate of the University of Nebraska and earned a master's degree from Marygrove College. She was a member of Pi Beta Phi Sorority.

She is survived by husband, Dennis; sons, Mark (Erin) and

Jeff; sister, Debbie Prust; brothers, Brian and Tim Alberts; and parents, Dr. Marion and Jeanette Alberts.

Funeral services were held Dec. 21 at First United Methodist Church in Northville with the Rev. Dr. Douglas Vernon officiating.

Memorial contributions may be sent to the American Brain Tumor Association, 2720 River Road, Des Plaines, IL 60018.

**DONALD B. JONES**  
Donald B. Jones, 85, formerly of Farmington, died Dec. 18 at Orchard Hills Mercy Pathways in Pontiac.

Mr. Jones was an architect/designer for Himmann Smith Building Company.

He is survived by his wife, Frances.

Funeral services were held Dec. 21 at Thayer-Rock Funeral Home in Farmington with the Rev. Eugene Bragg officiating.

**JACK D. LAWSON**  
Jack D. Lawson, 76, of Farmington Hills died Dec. 2.

Mr. Lawson worked for Briggs Manufacturing, Precision Die Cast, Grand Rapids Brass, Presto-Lite and Woodstock Die Cast. He was an avid golfer with a zero handicap, loved to travel

and enjoyed the outdoors.

He is survived by wife, Mary; son, Jay (Suzanne) Lawson of Brooklyn, Mich.; daughter, Janet (Stephen) Zdan of Plymouth; and four grandchildren.

Funeral services were held Dec. 7 at Nardin Park United Methodist Church in Farmington Hills. Arrangements were made by McCabe Funeral Home in Farmington Hills.

Memorial contributions can be sent to Angela Hospice or the American Diabetes Association.

**ELEANORE R. TINDALL**  
Eleanore Ruth Tindall, 79, of Farmington Hills, died Dec. 20,

at Botsford Hospital in Farmington Hills.

She is survived by daughter, Patricia (Robert Phelps) Tindall; sons, Michael (Connie) and Timothy (Denise); and five grandchildren.

Funeral services will be held at 11 a.m. Saturday, Dec. 26, at Our Lady of Sorrows Catholic Church in Farmington with the Rev. William Tindall officiating. Arrangements were made by Heene-Sundquist Funeral Home in Farmington.

Memorial contributions may be sent to the National Kidney Foundation or the Michigan Humane Society.

## Exploding holiday weight-gaining myths

It's holiday time, and most people who have been successful on a weight-loss program are afraid that weight gain is inevitable during the months of November and December.

Don't despair. Florine Mark, president and CEO of the Farmington Hills based Weight Watchers group, presents the following seven myths of holiday dieting:

**Myth One:** The five to seven pounds that are usually put on during the holidays are due to the combinations of a couple of high-fat holiday meals.

**Truth:** Most of the weight that is gained during this time is due to munching on holiday candies, cookies and overindulging at parties. The two or three big holiday meals are really a small part of overall weight gain during the holiday season. What you eat for two or three days won't make a difference in the long run.

**Myth Two:** It's OK to indulge in November and December. I'll start my diet on Jan. 1.

**Truth:** Eating everything and anything for two months will put you that much further behind when Jan. 1 rolls around. Who wants to lose an additional seven pounds?

## Starve/binge theory

**Myth Three:** The only way to eat what I want at a holiday party is to starve myself all day.

**Truth:** Starving yourself is not only unhealthy, but it sets you

up to overindulge. It's a good idea to eat some fruits or vegetables or a cup of yogurt before a party so you're not famished when you get there.

**Myth Four:** I can give up my exercise routine during this hectic season because of all the running around I'm doing.

**Truth:** In addition to the many healthy benefits regular exercise provides, setting aside time to exercise helps reduce stress when you're extra busy with shopping, entertaining and other holiday activities.

## Scope out buffet

**Myth Five:** I have to stay clear of the buffet and deprive myself of all the tasty treats at parties.

**Truth:** It's important to scope out the buffet table once without putting anything on your plate. Then decide on a few things that you really want, and enjoy them in moderation.

**Myth Six:** It's impossible to lose weight during the holidays. There are just too many temptations.

**Truth:** It's not impossible, but it is challenging. Many people set goals to "not gain weight" instead of to lose weight during the season.

**Myth Seven:** The only way to lose weight during the holidays is to avoid all of the family functions that revolve around food. It's impossible!

**Truth:** The key to attending

these functions is moderation. Eat plenty of the healthy food and don't forget to treat yourself to an occasional treat, but make sure it's what you really want. Concentrate on what is really important during the holidays — people.

## Pediatrics ward reaps goods

The Media Play stores in Livonia and Southfield recently donated books, shirts and coloring books to the pediatrics ward of Henry Ford Hospital.

On Saturday, Dec. 12, representatives from the Miss America Scholarship program visited and entertained the children at the hospital and then shared special time on the floors with those young patients who couldn't attend the program.

This is one of many activities Miss America/Oakland County contestants spend their free time doing in the community. On Dec. 20, several of the young women entertained residents at the Grand Court in Farmington Hills and at Botsford Commons on Dec. 21.

## Ford post-Christmas tours slated

Post-Christmas tours of the Henry Ford Estate, a national historic landmark on the campus of the University of Michigan-Dearborn, will feature a role-play of Clara Ford, wife of Henry Ford for 59 years.

JaAnn Cashwell has honed her portrayal of Clara over the past four years. Using the decorated

historic home and its unique powerhouse, scenes from the past are recreated both on the landing and in her study as guests see the drama and the memories of this landmark come to life in her portrayal.

Clara will appear in all tours from Saturday, Dec. 26-31 at the regularly scheduled times: 10

a.m. to 3 p.m. on the hour Monday-Saturday and 1-4:30 p.m. Sunday. Cost is \$7 for adults and \$6 for seniors and students with I.D. Children under five are free.

The Pool restaurant will be open for lunch from 11 a.m. to 2 p.m. Dec. 28-30. Limited menu items will be available.



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