

# Elderly couple tie the ribbon

**Continued from Page 1**

A FRIENDSHIP grew when Marian Ward offered to chauffeur Uhl to group card games because he does not drive.

"The friendship developed into a romance," Uhl said. "I never realized anything like that could happen to me."

"It was very natural for us to be together," Marian Uhl said. "There was no strangeness between us."

"I didn't think I would ever remarry. There has to be a certain amount of similarity to your lives when you get to our age. You don't want a lot of change."

Marian Uhl said she worked to overcome the loneliness of being widowed following the death of her husband of 12 years.

"I didn't let it bother me being an odd person at a dinner party or other events. You have to give of yourself in order to have people come to you. You have to keep yourself occupied and interested in what others are doing and not just brooding about yourself."

"After my first husband passed away

I made up my mind I wasn't going to stay home and be a hermit. I decided every day I would get dressed and go out to eat. Then I joined Mature Mingles."

"If you stay home and look out the window you'll begin climbing the walls," added her husband.

TODAY THE couple say they cherish their newfound companionship.

"Companionship is something you've just got to have," Marian Uhl said.

The days are filled with variety. At least once a week the two play pool with a Mature Mingles group in which Marian is the only woman involved in the sport. Card games at the Troy Community Center and Holy Spirit Church in West Bloomfield also vie for their time.

Marian loves to cook and Adam likes to dine out so they do both. The trees and grounds around their home attract wildlife, and Uhl has taken to feeding the squirrels which come around each day.



JOHN STAND/staff photographer

Neither Marian nor Adam Uhl expected to remarry following the death of their spouses. But the two discovered romance followed on the heels of their friendship.

## A word about pictures sent for publication

Due to the volume of pictures that are received with requests for publication, the Farmington Observer will not take responsibility for their return.

The photographs pass through numerous hands before they are printed and unfortunately with even the best of caution, some get lost.

On the other hand, our files are

bulging with pictures that their owners have told us they would pick up in our office after they were published. Some were published more than a year ago.

These pictures can be picked up from 8:30 a.m. to 5 p.m. weekdays in our office at 2332 Farmington Road until March 1. Thereafter, pictures will be held for for 90 days, only, after publication.

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**LIVING WITH BACK PAIN - PART 2**

As I discussed in my previous column, most back pain results from either strain upon ligaments and muscles, or from pressure on nerves as they exit from the spine. Each of these causes is associated with a particular pattern of pain, thereby providing you a way to identify what cause is most probably in your case.

In instances of ligament or muscle strain, the pain usually begins in the low back and moves up in the direction of the neck, or down to the sacrum (the tailbone) or across the back. Occasionally the discomfort is in the buttocks or anterior thigh.

In contrast, pain caused by nerve impingement has a different pattern; discomfort travels down the buttock, thigh and leg, to the foot. The exact pattern depends on the particular nerve being compressed.

If your back pain is intense or incapacitating, you should see a doctor immediately. If the pain is not so extreme, there are steps you can take to decrease your discomfort. I will discuss these measures in my next column.

Dr. Weiss invites inquiries from readers, please send your questions to his office.

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Q. How should I select a life insurance agent?  
A. There are several guidelines you can use to make sure you are getting good financial advice. First, does the agent seem knowledgeable about all areas of insurance? There are many insurance products on the market today designed to fit specific needs and situations. Second, do you feel comfortable with the agent? You should not feel "pressured" into buying. Rather you should invest in a program because a real need for insurance exists. This means the agent should determine your needs by evaluating your current situation and have the products available to satisfy those needs. Third, and equally important, is service. Does the agent seem to be interested in an ongoing relationship? If not, you should probably look elsewhere.

Remember, a carefully selected agent can be a valuable part of your financial planning team.

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