



retirement memos

Margaret Miller

Cardboard boxes lead to nuptials

Sally and Charles used to play house with big cardboard packing boxes. They decided that when they grew up they'd build a house next to the candy store.

That was something like 70 years ago. Now they're planning housing arrangements for a new life together — in a community full of retirement goodies — after they are married, Friday, Jan. 16.

And, although late-in-life marriage is not uncommon in these days and in these parts, Joe and I think theirs is about the neatest story we've yet encountered.

We have known Sally since we first arrived in Sarasota. She lives in the apartment directly above ours, and she was one of our first new friends. As time goes on, we appreciate more and more this attractive, caring, unforgivingly gracious lady who has been a widow nine years.

We are just beginning to know Charles, and we're convinced this recently-retired physician is going to be a lot of fun. He's a man who knows what he wants and how to go about getting it.

BUT BEST to go back to the cardboard boxes in Pipersville, Pa.

Charles, who was reared by Sally's aunt and uncle, remembers that as a small boy he used to sit on top of them every Sunday afternoon to wait for Sally and her parents, who would come to visit her grandparents next door. They'd arrive by horse-and-buggy from the neighboring town of Perkaskie.

Kids grow up and childhood games end. Sally and Charles attended high schools that were great sports rivals. They saw each other only occasionally during high school years, then not at all as college and life took them in different directions.

Sally finished college and married Hal and moved a couple of streets away from her parents' home in Perkaskie. They had a daughter and a son and Sally eventually taught school.

Massage therapist will teach her art

Nanice Chayot, a certified acupressurist and massage therapist, will share her expertise when she leads two workshops in Farmington Community Center this month.

"Head, Neck and Shoulder Tension Relief" will be taught 7-8:30 p.m. Tuesday, "Hand and Foot Reflexology" will be 7-8:30 p.m. Tuesday, Jan. 23.

Chayot's first training was given to her by her grandmother who taught her Swedish massage. She has been in private practice as a massage therapist for three years. She has worked as an exercise consultant and has taught ballet, ballet exercise, jazz dance and aerobics both privately and for Schoolcraft College.

She holds a bachelor of science degree from University of Michigan and is a member of American Massage Therapy Association.

She will teach basic tension relief techniques for the head, neck and shoulders in Tuesday's class. Participants are asked to bring a mat or towel, and wear comfortable clothing. Fee for the session is \$4.

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Nanice Chayot

Reflexology is based on the principle that there are reflexes in the hands and feet that relate to all organs in the body, and that by properly stimulating these reflexes health problems can be relieved in a natural way. Fee for the session is \$4. Registration is made by calling the center, 477-8404.

Dear Ms. Green:

I have been meaning to write to you for a very long time. Each time I read your column, I would vow that I would write as soon as I remembered to buy some full-size white paper, and as soon as I thought of something witty to say.

As you can see, I never got around to buying the right paper, and I still can't think of anything clever to talk about. But I'd be very happy if you would analyze my handwriting any way.

P.A.,
Livonia

Dear P.A.:

While you may have been at a loss for something clever to say on the day you wrote to me, I doubt if that happens too often. Most of the time you can be a convincing conversationalist with a sprinkling of humor.

You enjoy people and probably delight in group activities or community projects. People of all classes or stations seem to interest you.

In your interpersonal relationships

graphology

Lorene Green

some full size white paper as soon as I thought of something witty to say. As you can see, I never got around to buying the right paper, and I still can't think of anything clever to talk about. But I'd be very happy if you would analyze my handwriting any way.

you do not always feel as secure as you might wish. A certain possessiveness is here.

Some secrecy, as well as repression in your handwriting, tell me there are things which you do not care to tell others. If questioned, you would side step or just keep quiet.

MANY OF YOUR goals are set at a practical level of achievement. Others involve challenge on your part. The determination needed to accomplish your goals is strong and some persistence is an asset. Imagination is rather well developed and would lend something col-

orful or dramatic to the things to which you lend your energies.

Large-size numbers and full lower zone letters suggest your concern with personal security.

You seem torn between needing your family and wanting to let go and be more independent of familial ties.

You seek to make a favorable impression and rather like having your own way. Your enjoyment of the limelight tends to belie the inferior feelings you sometimes experience. Those around you are probably unaware of these feelings as you cover them well.

If you would like to have your handwriting analyzed through newspaper articles to Lorene C. Green, a certified graphologist, at 38251 Schoolcraft, Livonia MI, 48150. Age, handedness and signature are all helpful. And feedback is always welcome.

Note to J.P.: Thanks for your thorough and rapid feedback.

Center offers some new classes in its winter lineup

Instructors who are new to Farmington Community Center bring their expertise to offer 12 new classes or workshops for the winter term.

Scott McCue offers "Acting for Adults" for those over 18 and "Theatre for Beginners" for those 6-17.

For adults McCue concentrates on vocal and physical interpretation of the student-actor, along with a wide range of scene work, monologues and public speaking techniques. First class begins at 8 p.m. Thursday, Jan. 22.

For youth, McCue gives an introduction to play-acting, basic pantomime and improvisation. First class begins at 6:30 p.m. Thursday, Jan. 22.

McCue has conducted workshops for Actor's Alliance Conservatory Theatre and at summer arts camps. He is a member of Screen Actor's Guild and Actors Equity, a performer and director.

For girls, McCue teaches how to make small fur garments, make fur repairs, and maintain fur, in an eight-session class beginning at 12:30 p.m. Wednesday, Jan. 14.

Virginia Lampe teaches an introductory course to traditional rug hooking beginning at 2:30 p.m. Thursday, Jan. 15.

PAM ELDRED, a former Miss America, and May Arvo, a former Mrs. Michigan, share the know-how that helped them win their titles in "Teen Modeling," a four-session class that begins at 4 p.m. Wednesday, Jan. 21.

Teens will learn about skin care, makeup application, wardrobe coordination and etiquette from the professionals.

Youth 10-13 can get their first lesson in pencil drawing from Katherine Bennett. The six-session class be-

gins at 10 a.m. Saturday, Jan. 17.

For those who want to learn pencil sketching, Paul Dolan begins his eight-session class at 10 a.m. Saturday, Jan. 17, for all students over 12.

"Positive Preschool Parenting" is instructed by Patricia Kirksey. The elementary school teacher takes a positive approach to dealing with everyday situations and teaches how to be comfortable when dealing out discipline. Her three-session class begins at 9:30 a.m. Friday, Jan. 9.

Nanice Chayot comes to the center to teach techniques for relieving tension in the head, neck and shoulders in a one-session workshop at 7 p.m. Tuesday, Jan. 13. She is a certified acupressurist and a member of American Massage Therapy Association.

Chayot returns to the center for another one-session workshop called "Hand and Foot Reflexology," set for 7 p.m. Tuesday, Jan. 20. The session is based on the principle that there are reflexes in the hands and feet, which relate to all the organs of the body. By learning to stimulate those reflexes properly, one can reduce stress and tension.

ALP ORDER, a financial consultant with Thomson McKinnon Securities, offers "Investments: Understanding Your Opportunities." His three-session class begins at 7 p.m. Tuesday, Jan. 27.

"Baskets in Miniature," either miniature or doll size, are created in a two-session workshop led by Kathy Root, beginning at 10 a.m. Monday, Jan. 14.

The center is at 24705 Farmington Road. The office is open to take registrations from 9 a.m. to 7:30 p.m. Monday-Thursday, from 9 a.m. to 5 p.m. Friday and from 9 a.m. to noon Saturday.

Non-Impact aerobics class starts

Non-Impact Aerobics is being offered in Farmington Community Center beginning the week of Jan. 12. The class will not meet from 11:15-12:30 a.m. Mondays and Thursdays for six weeks. The cost is \$48.

Katherine Bennett has designed this class for the person who has been wanting to exercise, but hasn't gotten around to it.

She begins the class with a slow

paced warm-up, followed by 20 minutes of fat burning non-impact aerobics gradually working into the cool down, which brings the heart rate down to prepare for the floor work. On the floor, Bennett will direct exercises that work the various muscle groups by toning and building endurance.

Registrations are taken by calling the center at 477-8404.

Rogan-Mitchell

Linda Carol Mitchell and Kevin Patrick Rogan of Denver, Colo., were married Oct. 18 at Martha-Mary Chapel, Greenfield Village, Dearborn. The Rev. Constantine Trued performed the ceremony.

Parents of the couple are Robert and Barbara Mitchell of Plymouth, formerly of Farmington Hills, and Thomas and Barbara Rogan of Plantation, Fla.

The bride is a graduate of Farmington Harrison High School and of Western Michigan University. She is employed by a law firm in Denver.

Her husband is a graduate of the University of Georgia. He is employed as assistant vice president-manager of property insurance with

Johnson and Higgins in Denver.

Julie Ludwig was the matron of honor. The bride's attendants were sister of the bride, Susan, and Patricia Van Ryn.

Brother of the bride, Thomas Rogan Jr., was the best man. The bridegroom's attendants were Allan Masarak and Craig Cox.

For her wedding, the bride wore her mother's gown of ivory satin and lace. Her bouquet was of ivory roses and stephanotis.

A reception was held at Fairlane Manor in Dearborn.

Following a wedding trip to St. Thomas, Virgin Islands, the newlyweds will make their home in Denver.

Prepare for GRE test

Individuals who need to take the Feb. 7 Graduate Record Exam may enroll now in Oakland University's GRE preparation workshops offering personalized instruction at low cost.

Conducted by the Division of Continuing Education, the four-session workshops will be held Saturdays, Jan. 10, 17, 24 and 31, from 9 a.m. to

3 p.m. on OU's campus near Rochester.

Registration fee, which includes materials, is \$95. An optional math refresher course is available for \$35. To register, call 370-3110, between 8 a.m. and 8 p.m. weekdays.

The GRE workshops provide insights into the types of questions that appear on the exam.

Family Services renew link with Christ Church

The Perinatal Coaching Program of Oakland Family Services will begin its 20th Volunteer Training Series at noon Tuesday, Jan. 13. The initial meetings of the eight-week series are given in Christ Church Cranbrook, 470 Church Road, at Lone Pine, Bloomfield Hills, to commemorate the role of the church's volunteers in developing a family-focused agency that later became Oakland Family Services.

Forty years ago, members of the Women's Auxiliary of Christ Church Cranbrook, working as volunteer home visitors to needy families, saw gaps in available services to support and strengthen families and decided to do something about it.

They arranged for a survey of the Birmingham, Bloomfield and Pontiac area in 1945 by the Family Welfare Association of America. The survey indicated that hundreds of family and individual breakdowns could be prevented or reduced if social services were increased in this area.

FROM THIS SEED came a new agency, the Family Service Center, whose purpose was "to promote services and social action which will further the development and preservation of wholesome family life." The Jan. 31, 1946, Birmingham Ec-

centric reported the development of this new family agency and its first annual meeting. Many community leaders, including former Birmingham mayor Carl Ingraham, served on the board of directors. The chairman was Paul Averitt editor of The Eclectic.

In 1950 the Family Service Center merged with Family Service of Southern Oakland County to become Oakland Family Services, a non-profit mental health agency with six sites throughout the county. Now more than 100 staff members provide preventive and treatment services to about 4,000 individuals and families annually.

The Perinatal Coaching Program, which trains volunteers to be supportive coaches for new families, is an important part of the prevention services. It has received national recognition as an effective model that uses volunteers to strengthen family relationships and prevent child abuse. Currently, the Junior League of Birmingham is providing funding for expansion of the program throughout the county.

For more information on the Perinatal Coaching Program and the coaches training, call Brenda Byrne or Ruth Edelman at Oakland Family Services, 858-7766.

EYE CARE

Gordon R.A. Fishman, MD

Diplomat of the American Board of Ophthalmology

CATARACTS

Most patients have the misconception that a cataract is a film growing across the eye. Some patients believe that a cataract is a growth, like a tumor. None of these beliefs are true. A cataract is a clouding or a discoloration of the normally clear lens that nature put in our eye. Just as a camera must have a clear lens to take a good picture, the lens in our eye must be clear for us to see properly. As we grow older, chemical changes in the lens cause discoloration or clouding. Light rays that enter the eye are obstructed, and vision seems blurred. You feel like you are in a haze or a bit of smoke is in your way. To date there is no medication to treat or prevent cataracts.

Fortunately, cataract surgery can now be performed on an outpatient basis. It is entirely painless, and patients can go home, go out to lunch, or sometimes even go shopping, a few hours after surgery.



Cataract surgery is the most frequently performed surgery in the United States. It is highly sophisticated, technical, and about 95% successful in restoring vision. To remove the cataract, you must actually remove the lens of the eye. So a substitute lens must be put in its place. Remember the camera? Without a lens, a camera cannot take a clear picture, and an eye without a lens cannot see clearly. Patients who have had cataracts removed have several options. They can use thick spectacles (corrective lenses), or a contact lens, or an intraocular lens.

For a FREE brochure of Dr. Fishman's "EYE CARE" Call or Write to: 1777 Ardva, Troy, MI 48064 • 649-3535 or 2770 Orchard Lake Rd., Farmington Hills, MI 48024 • 478-0571

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