

Good news about women and aging

Elinor Waters, director of the Continuum Center at Oakland University, will bring good news about women and aging when she speaks at 7 p.m. Monday, April 3, in Farmington Branch Library.

"I'm going to dispel a few myths," Waters said. "The empty nest syndrome is one. That is not a cause for depression. Matter of fact I know more than a few women who think of it as a cause for celebration. It opens the door to so many options. There are probably more choices in mid-life than at any other time of one's life."

"I don't want to sound like a cockeyed optimist but with a little thought and a little direction any transition in your life can be made a little smoother."

To help make the transitions smoother, Waters will lead her audience in some value clarification exercises, aimed to help think out what to do with the rest of their lives.

"You have to think out what is important to you, what is of value to you," she said. "And I can help you think about the meaning of your life between your family, work, community, volunteerism, whatever is in your life," she said.

THE PRIMARY focus of the Continuum Center's programming is to



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— Elinor Waters
Director
Continuum Center
Oakland University

group procedures. She serves, for the 1988-89 season, as president of Association for Adult Development and Aging, and has been a national trainer for American Association of Counseling and Development's Gerontological Counseling Skills Project.

"HITTING YOUR Stride: Good News About Women and Aging" is sponsored by Farmington Chapter of Older Women's League (OWL) as a public service. There is no admission charge.

All meetings planned by the local OWL chapter pertain, for the most part, to women and are either educational or informational aimed to make life better for mid-life and older women.

On the national level, OWL works to change public policy to benefit women; to improve the image and status of older women; to provide mutual support for its members; and to achieve economic and social equity.

Targets for change are Social Security, pension rights, health insurance, caregiver support services, jobs, and budget cuts that disproportionately hurt women.

Inquiries are taken by Virginia Nicks, 474-3994.



Children of the American Revolution from the Farmington-based chapter are in back Katherine Amrose, Michelle Davis, Susan Hartwig and Kandra Falerios. In the front are Carla Soule, Susan Amrose, Dana Lee, A. J. Lee and Robert Kerwin.

C.A.R. members meet in convention

Members of Lexington Alarm Society Children of the American Revolution attended the 56th Michigan State Conference in Lansing this month. The conference was led by state president, Nichole Huard, 15, of Farmington Hills.

Susan Hartwig, 13, was elected state 1st vice president for the coming year. Other Farmington Hills members elected to state office are Michelle Davis, organizing secretary; Christine Huard, recording secretary; and Nichole Huard, director. Kandra Falerios and Charles Kerwin have been appointed state committee chairmen.

Last month members of Lexington Alarm presented a play, "Martha Washington's Dream" to Quakertown Chapter DAR.

During the past year members studied the craft of printing from revolutionary times to the present by publishing their own newsletter using different writing tools. Also they learned about the life of American Indians on reservations. For their conservation project members have kept a section of the Rouge River free of litter. They help support DAR schools in Appalachia and raised enough money to buy a microwave oven for a school in Alabama.

Some members of the society will attend the National C.A.R. Convention in Washington in April. Most are looking forward to the Great Lakes Regional meeting in Columbus, Ohio in July.

The C.A.R. members are proud of their heritage and in their way are working to better the country today. Lexington Alarm Society is sponsored by Quakertown, Three Flags and Ezra Parker Chapters of DAR.



Joyce Gottlieb is surrounded by some of the Farmington Branch Library. The exhibit continues through the month of April.

Sculptures on display

The work of Joyce Gottlieb will be on display in the Farmington Branch Library throughout the month of April. Gottlieb's reliefs and three-dimensional sculptures are all figurative.

"I try to capture something meaningful to me that I see in my subject — an essence of the being I am portraying," she says.

Gottlieb is an instructor for West Bloomfield Community Education and president of the Sculptors Guild of Michigan.

She is a frequent lecturer for University of Michigan Art Museum and Ann Arbor Art Association. She has won awards from Eastern

Michigan University and Detroit Palette and Brush Club. Pieces of her work are in the collections of Temple Beth El and Eastern Michigan University.

Gottlieb is a resident of West Bloomfield and a member of the Farmington Artists Club.

March of Dimes plans for annual WalkAmerica

With some 8,000 participants raising roughly \$800,000 last year, the March of Dimes WalkAmerica is the organization's largest annual event and has a significant impact on the fight against birth defects.

The 1989 WalkAmerica will be chaired by Mal Sillars, WDIV TV 4, chief meteorologist; Joel Alexander of WJR-AM Radio 76; and Michale J. Fox from Power 96. WHTT. The three media personalities have committed time to assist the March of Dimes by speaking at WalkAmerica activities, participating in public service announcements and helping

on the day of WalkAmerica, April 30.

All three men assisted with WalkAmerica 1988, which was one of the most successful walk-a-thons ever held by the Southeast Michigan Chapter of the March of Dimes.

Sillars says he is pleased to participate again this year. "I can predict great weather but there's not much I can do to make it happen. I can also predict a healthier start in life for America's children and fortunately there is something I can do about that."

The walk-a-thon has become a significant source of funds for the fight against birth defects since the first event in Columbus, Ohio. Since then, it has spread to some 1,400 communities across the country, becoming the largest outdoor fund-raiser in the country.



A close-up look at one of the works of Joyce Gottlieb.

Antiques appraised

DuMouchelle Galleries representatives will be appraising items from 10 a.m. to 4 p.m. Wednesday, April 5 in Plymouth Historical Museum by appointment.

There is a limit of four hand-carved items per person, with a charge of \$4 per item. The Plymouth Historical Museum is at 155 South Main Street. Call the museum, 455-8940. Wednesday, Thursday, Saturday or Sunday between the hours of 1 p.m. and 4 p.m. to set up an appointment.

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