

Tyndale names new board member

Clarence Harvey has been appointed to the William Tyndale College board of directors. Harvey is a consultant to faith-based organizations and a retired president of the Harry J. Lloyd Charitable Trust and colonel of the Salvation Army.

His appointment was announced by Jerry Bringard, acting president of Tyndale College.

"Clarence Harvey's passion for leadership, love for humanity and care for the future of William Tyndale College make him an ideal addition to our board," said Bringard.

Harvey, a graduate of the Salvation Army College, spent 36 years with the Salvation Army and was influential in establishing and directing programs for people with less financial means. In Chicago, he was responsible

Methodist minister celebrates 30 years service

The Rev. Ben Bohnsack, senior pastor of Nardin Park United Methodist Church, celebrated 30 years in the ministry Sept. 23 with his Farmington Hills congregation.

The afternoon event included a luncheon attended by more than 210 guests from all over Michigan. Bohnsack served several other congregations before coming to Nardin Park in 1997.

Many churches

He served at Newburgh United Methodist and Hardy Methodist in Livonia, as well as congregations in Howell, Brighton and Marquette.

Master of ceremonies for the celebration was Clare Horwood. Guest speakers included the

for 11 specialized social welfare programs, including alcohol and drug rehabilitation and child abuse prevention.

He developed a partnership between the Salvation Army and the state of Michigan in which they jointly sponsored the Emergency State Shelter program - providing supervision to 127 shelters caring for more than a million people each year. It has become a national model.

Harvey commanded the Salvation Army's emergency response units which provided aid to victims of the Detroit riots in 1967, the Rapid City flood of 1970, and the skywalk collapse at the



Marking 50 years

50 Years: The American Association of University Women, Farmington branch celebrated its 50th anniversary recently at Glen Oaks Golf Club. President Ruth Klehm welcomed members and guests. After dinner a video presentation was made looking back on the history. From left are Helen Allen (who joined in 1955), Pat Dated (seated) a member since 1953, and Kay Briggs, member since 1960. For more information, call Ruth Klehm at 661-0706.

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Rev. Kathleen Groff, associate pastor at Nardin Park; Norm Findlay, chairman of Nardin Park's evangelism committee; Dr. William Ritter of First United Methodist Church of Farmington; the Rev. Juanita Ferguson of Trinity Church in Waterford; and the minister's wife, Marcia Bohnsack.

The Bohnsacks have three children: Kevin, Todd and Brenda. Todd attended with his fiancé, Alicia Hunsinger.

Hubbs Grimm presented a slide show of the past 30 years of

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one's thoughts and attitudes about sleep. Statements like "I'll never get to sleep" might better be put "I'll sleep eventually." Similarly, saying "I'll never make it through tomorrow with no sleep tonight" could better be put "I'll manage tomorrow. I have before."

Behavioral techniques can include muscle relaxation before bed, having a quiet-time ritual to unwind, avoiding strenuous exercise, alcohol and other stimulants for two hours before bed. Sleep techniques can include being in bed only for sleep, not TV or reading, and not laying awake for more than 15 minutes. Get up, walk around, sit in a

chair, then go back to bed. If you're still awake after 15 minutes, get up again.

Depression cause

Psychological approaches include looking for depression. This common emotional disorder can produce its own type of sleep deprivation. The depression would need to be treated to correct the sleep. Also, issues could be explored with a professional to look for underlying fears - of losing control, of one's dreams or nighttime thoughts.

Medical-biological approaches can include medications. The most popular prescription medications are Ambien, Restoril and

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