## ındale names new board member

Clarence Harvey has been appointed to the William Tyn-dale Col-



lege board of direc-tors. Hartant to faith-based organi-zations

n n d retired presi-dent of the Harry J. Lloyd Chari-

table 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

Kansas City Hyatt Hotel in 1979.

After retiring from the Salvation Army, Harvey was named president of the Harry J. Lloyd Charitable Trust which encourages and supports religious, evangelical causes and provides resource opportunities throughout the world.

In 1999, he left the trust to consult with faith-based organizations to help them improve their levels of service.

Tyndale is a four-year accredited Christian liberal arts college headquartered in Farmington Hills.

Marking 50 years

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

## Methodist minister celebrates 30 years service

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

gregation.
The afternoon event included a luncheon attended by more than 210 guests from all over Michigan. Bohnsack served several other congregations before com-

ing to Nardin Park in 1997.

#### Many churches

He served at Newburgh Unit-d Mothodist and Hardy Methodist in Livonia, as well as congregations in Howell,

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

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Bohnsack's career, representing all his various assignments. Gone Laphew, pianist, played musical accompaniment. In lieu of gifts, \$1,455 in dona-



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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 Unit-ed Methodisc Church of Birming-ham; the Rev. Juanita Forguson of Trinity Church in Waterford; and the minister's wife, Marcia Bohnsack. Dr. William Ritter of First United Methodist Church of Birmingham; 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 fiance, Alicia Huntsinger.

Hubbs Grimm presented a slide show of the past 30 years of Sept. 23.

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 temorrow with no sleep tonight" could better be put "I'll manage temorrow. I have before."

Behaviesal scalesians.

Chat room from page B1

### Depression cause

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

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

Depression cause

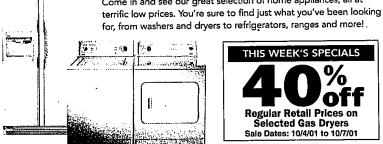
the Halcion. There are drawbacks, especially when used for more especially when used for more especially when used for more another and the transfer of two during a crisis or before an event for which you must be well

> For the sleep disorders less For the sleep disorders less common than insemnia, such as appnea and narcelepsy, consultation with a sleep disorder clinic would be best. Usually a sleep study would be dene with an allnight polygraph to diagnose the stages, clarifying the disorder, then considering medical approaches.
>
> Common tips for sleep: Don't vary your schedule. Go to bed and get up at the same time.

Avoid atimulants and spicy foods close to bedtime. Avoid vigorous exercise two hours before bad. Keep bedroom cool. Sleep with "white noise" or a fan to block out distractions. Don't mentally review a "to do" list. Don't use the bed for work or watching TV. Avoid napping. Try bananas and milk 30 min-utes before sleep.

Leonard McCulloch is affiliated with the American Psychotherapy Association and board certified in trauma. He's on staff at Broc Rehabilitation Services in Farmington Hills. Call him at (248) 474-2763.





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