



Advice for those who think too much

OK, I'll admit it - I think too much.

I'm an over-ruminator. We don't have a 12-step program yet, but I'm guessing it won't be long. Not since University of Michigan Professor Susan Nolen-Hoeksema, Ph.D., lifted overthinking to a clinical level with her book, *Women Who Think Too Much*.

The day Nolen-Hoeksema did her first interview, several friends called to recommend the book. I wanted to feel insulted, but there's really no point in arguing with the truth.

In my own defense, I ruminate much less now than I did a year ago. However, there's always room for improvement. So last payday, I buzzed to the nearest bookstore on a mission.

Looked through all the "New Nonfiction" displays. Found nothing.

A store clerk I hunted down gave me a puzzled look when I asked for the book. "Has that been in the news a lot lately?" she asked. I allowed as how it had, that's how I found out about it.

She said, "I think we're sold out." After pecking at a computer keyboard for a few minutes, she added, "I've already got 20 copies on order. I could order one for you."

Disappointed, I shook my head and moved on to another bookstore. And then another. Got the same answer.

Clearly, Dr. Nolen-Hoeksema is on to something; her book seems to be flying off the shelves. But I had to wonder if what she's tapped into isn't just another wave of popular reasoning designed to create another self-help best seller.

Then again, I could have just been thinking too much.

PATTERN THINKING

In desperation, I turned to the Internet and within days, the book arrived.

Nolen-Hoeksema's professional style doesn't keep you on the edge of your seat, but she salts enough interesting case histories to even the pace. Once exposed, it's easy to see how a pattern of thinking could move someone seamlessly from a casual conversation with the boss to (in the words of self-help icon Stuart Smalley), "I'll die homeless and penniless and nobody will ever love me." Don't laugh. I've made that leap. It's not as far as you might think.

As the book demonstrates, overthinking has destroyed relationships, ruined careers and made women physically ill. It saps creative energy, leads to hours of lost time on the job and makes us sadder than we really need to be.

And people weren't always this way. Research showed overthinkers are most likely in their early or middle adult years. Most senior citizens weren't even sure what the word "over-thinking" meant.

SOMETHING USEFUL

My favorite story involved a woman in her 70s who invited an interviewer into her home. When asked what she did when problems or worries presented themselves, she said she turned her troubles over to God and then did something "useful" around the house.

PLEASE SEE HUBRED, C6



Moms in traditional Chaldean dress perform a line dance for the Sorrows students.

PHOTO BY BOB PRESLEY/STAFF PHOTOGRAPHER

Geography lesson

Rotary Exchange students spend the day at Our Lady of Sorrows

BY SUE BUCK
STAFF WRITER

There are no "snow days" in Liviv where Paul Lebedynets, a 16-year-old Ukrainian, lives.

"We don't have buses," Lebedynets said. "I can walk to school in 10 minutes."

He shared his culture and lifestyle with Our Lady of Sorrows second-graders in Kristina Dedinas' class March 13, as part of the school's Geography Day. Dedinas was assisted by Mary Coffey, a parent, during the day's activities.

From 11 a.m.-3 p.m., OLS students traveled from room to room every 25 minutes to hear presentations by Rotary Club-sponsored exchange students and other speakers. Lebedynets attends Walled



In an awesome display of the martial arts, Alex Malzone breaks a board held by his mom, Carolyn Malzone.

Lake Central High School and is hosted by the Walled Lake Rotary Club's Youth Exchange. He pointed out a

number of differences he's noted between Detroit suburbs like Farmington and life in his homeland.

For instance, when Ukrainians get beyond the central city, there are no suburbs, only farms, he said.

People shop at farmer's markets and usually make dinner rather than eat fast food, he said.

Some city buildings are almost 300 years old and reflect the architectural style that dominated the Ukraine at the time, he said.

"All culture is in the big city," Lebedynets said. "Every family has a car, but they don't use it too much."

While life may be different, some things have seemed very familiar to him as well.

"Kids everywhere are the same," Lebedynets said. "They just talk different languages."

Speakers included Sergio Revilla from Bolivia, hosted by Ann Arbor North Rotary Club; Horacio Sierra from Ecuador, Berkley Club; Marie Devaux from France, Birmingham Club; Constantin Hofstetter from Germany, Saline Club; Yuri Ando from Japan, Waterford Club; Han Choi, from Korea/Peru, Clarkston Club; Jessica Campos Diaz from

PLEASE SEE STUDENTS, C6

Rotary exchange brings people together

The International Rotary's youth exchange program helps bring people of different cultures together as an important reminder of unity in a rapidly changing world. Rotary representative Ellen Blauer said the group's program information states, "The world becomes a smaller, friendlier place when we learn that all people - regardless of nationality - desire the same basic things: a safe, comfortable environment."

Rotary's Youth Exchange programs, which include students who presented at Our Lady of Sorrows Geography Day, are in more than 82 countries.

The first documented exchanges date back to 1927, when the Rotary Club of Nice, France, initiated exchanges with European students. Exchanges between clubs in California and Latin American countries began in 1939, and activities spread to the eastern United States in 1958.

In 1972, the Rotary International Board of Directors agreed to recommend Youth Exchange to clubs worldwide as a worthwhile international activity promoting global peace and understanding, Blauer said.

"Our Rotary District (including 50 clubs in Oakland, Macomb and Washtenaw counties in Michigan, and Kent County in Ontario) is hosting 21 students, from Argentina,

Australia, Belgium, Bolivia, Brazil, Chile, Colombia, Croatia, Czech Republic, Ecuador, France, Germany, India, Japan, Mexico, Norway, Peru, Poland, Ukraine and Venezuela," she said.

The Rotary also sponsors 13 U.S. and Canadian students abroad. The district is preparing 18 students to leave in August to spend a year abroad, as well as six students for a month-long summer exchange.

Boys and Girls Republic helped board president

BY PAUL R. PRICE
STAFF WRITER



Dorn

When Karl Dorn was a troubled teen, the Boys and Girls Republic changed his life.

Dorn, 50, was recently elected president of the board of directors of the Boys and Girls Republic, a Farmington Hills cornerstone for nearly 100 years. Over the past nine years, he's given back to the organization that he says guided him in a positive direction.

Nestled on an 80-acre parcel of land, the Boys and Girls

actions. Dorn was sent there at age 14 for being rebellious and running around with the wrong crowd.

After 18 months at the Farmington Hills campus, something happened. He

returned to school, turned his failing grades to A's and B's, and went on to college.

"There's positive peer interaction where the residents hear stories from other kids," said Dorn, who today runs his own successful printing and graphics company.

While at the Boys and Girls Republic, Dorn said he learned to accept himself and gained self-confidence. Now as a board president, he joins 26 other volunteers who work toward the facility's mission of helping at-risk teens turn their lives around.

Dorn, who lives in Royal Oak, said he decided nine years ago to give back by serving on the board.

"I've come full circle," he said. "This allows me to help other young people turn their lives around; to give back in some way that was given to me."

He said the facility's staff offers individual and group treatment for about 60 young people. There is also family therapy and, when the teens go back home, counselors offer follow-up sessions.

Dorn is also involved in United Way Community

Services and Renaissance

Unity's men's group.

Last year, the board raised nearly \$100,000 for the organization. Dorn said cuts in state funding will make fund-raising more important than ever.

This year, the board will have its ninth annual Golf Outing on Sept. 15, as well as the organization's first Sock Hop Dance on Oct. 25.

"These activities are for one reason, to help our residents and families," Dorn said.

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