

**HUBRED**

FROM PAGE C5

Take that, Mr. Tin OK. You're OK.

Many of us who let it all hang out in the '60s, traumatically analyzed in the '70s, raised families in the greed-driven '80s and survived the dot-com '90s have come full-circle. Our carefree childhoods have given way to near-obsession with emotional patterns we didn't really care about until someone told us navel-gazing was the key to happiness.

Now comes Dr. Nolen-Hoeksema to tell us all those pop psychologists were just plain wrong.

Well, not completely. No one would argue the value of thinking through a problem or expressing emotions.

The unhealthy cycle begins when we tap into the past, rehash old problems, revisit unaddressed wrongs and lose ourselves in thoughts that don't get us any closer to resolution.

It's roughly akin to figuring out exactly where you ran over the nail, how big the nail is, how serious the leak is, whether a jack is the real solution ... rather than pulling a spare out of the trunk and getting about the business of replacing the flat tire.

When we've been wronged - deeply and truly hurt - it can seem difficult to move on with our lives. For women in particular, years of overthinking have hard-wired our brains with paths to other bad memories, which sinks us even more deeply into depression.

No amount of psychotherapy, no drugs or medication will erase that pain. But there are ways we can keep from dwelling on it.

**STOP!**

Dr. Nolen-Hoeksema suggests one way to keep from spiraling inward is a simple interruption of the thought process the leads us from the current wrong to those of long ago.

Women who have conquered the problem say they physically change their surroundings or say aloud or silently, "STOP!" One woman reminds herself by keeping a tiny stop sign on her desk at work.

Can "Women Who Think Too Much" promotional pens with little stop signs on them be far behind? Imagine a sea of bumper stickers, a line of greeting cards and coffee cups gaily decorated with red octagons. Mark my words, there will soon be - if there's not already - a "WWTM" Web site, complete with online journals, daily meditations, message boards and Live! chat.

If that happens, and I hope it doesn't, the message of hope will be lost again.

Because the lides behind focusing on our feelings over the past 40 years was never about whether our inner children would come out to play or why we repress emotions. Nobody really wanted to know the root causes of depression and anxiety, except the doctors who treat them.

All anyone has ever wanted is to be happy. And simply put, Dr. Nolen-Hoeksema's book tells us only what we have known all along, that happiness is something we won't find in thoughts of pain and sadness.

It's something we make for ourselves.

Jon Hubred is editor of the Farmington Observer. She welcomes your comments in person or by mail at 3341 Grand River, Farmington, MI 48335; by phone, (248) 471-5450; by fax, (248) 471-9722; or via e-mail, jhubred@home.com.net.



ELL MESLER/STAFF PHOTOGRAPHER

**Nome**

Mercy High School students are gearing up to present the musical "Nome." Performances are scheduled at 8 p.m. on both Friday, March 21, and Saturday, March 22, and at 2 p.m. Sunday, March 23. Tickets are \$12 for adults and \$8 for students and children. The school is located at the corner of 11 Mile and Middlebell roads in Farmington Hills.

**ENGAGEMENTS**



Cosgriff-Warrick

Michael and Audrey Cosgriff of Farmington Hills announce the engagement of their daughter, Kelly, to Gary Warrick, son of Norman and Renee Warrick of Warren.

The bride-to-be is a graduate of Mercy High School and Eastern Michigan University with a bachelor's and master's degree in speech-language pathology. She is a speech-language pathologist for the Waterford School District.

Her fiancé is a graduate of Central Michigan University with a bachelor's degree in journalism/public relations. He is a senior research analyst for Millward Brown Precis in Southfield.

A July wedding is planned at St. Fabian Catholic Church in Farmington Hills.



Martin-Colvert

George and Shirley Martin of Northville announce the engagement of their daughter, Margaret, to John Colvert, son of Elston and Annie Colvert of Romeo.

The bride-to-be is a graduate of Farmington High School, Michigan State University and Wayne State School of Law. She is employed as corporate counsel for Nationwide Insurance.

Her fiancé is a graduate of Culver Military Academy and Union College. He works in investment sales.

An April wedding is planned at St. Thomas Community Presbyterian Church in Romeo.

**CARRIER OF THE MONTH**



East Middle School seventh-grader Kristin Stack is the Farmington Observer's Carrier of the Month for March.

A Farmington Hills resident, Kristin carries an "A" average and her favorite subject is science. When not in school or studying, she enjoys bowling, reading and hanging with her friends.

She feels she has developed a sense of responsibility by having a paper route. "I have to make sure I finish my tasks in time," she said.

Kristin enjoys her friendly customers, who always take the time to say "hi."

A paper route, she says, "teaches you responsibility and is like a beginning job."

**WHAT'S HAPPENING**

**POTPOURRI**

**Shakespeare**

The Farmington Players will perform *The Complete Works of William Shakespeare* starting March 22-29 at the Players Barn in Farmington Hills. Call (248) 279-0800 for ticket information.

**"Name"**

Mercy High School presents "Name" 8 p.m. Friday and Saturday, March 21-22, and 2 p.m. Sunday, March 23, in the school auditorium. Call (248) 476-8020.

**Once Upon a Mattress**

North Farmington High School presents *Once Upon a Mattress* at 7:30 p.m. Thursday-Saturday, March 27-29, and 2 p.m. Sunday and Sunday, March 29-30. Call (248) 489-3422.

**Spring March**

The Farmington Community Band will perform *Marching Into Spring* at 3 p.m. Sunday, March 23, at Harrison High School. Call (248) 489-3422.

**Egg Hunt**

The Farmington Area Jaycees will host the 48th annual Spring Egg Hunt, 10-11:30 a.m. Saturday, April 12, at Heritage Park in Farmington Hills. Rain date is April 19. Egg Hunt begins promptly at 10 a.m.

**Moms Sale**

Our Lady of Sorrows MOMS Group will hold their semiannual sale 9 a.m.-noon Saturday, April 5, in the school cafeteria. Admission is \$1. Clothing, toys, baby equipment and maternity items will be available.

**Parent Meeting**

The Family in Action sector of the Call to Action Coalition invite parents to meet and discuss children's issues 7-8:30 p.m. Wednesday, April 9, at the Grand Cafe in downtown Farmington. Questions can be directed to Cindy Heisek at (248) 471-4475.

**Pompon Clinic**

Mid American Pompon and Studio in Farmington Hills will hold a half-day Pom & Hip Hop Clinic 1-4 p.m. Friday, March 28, for students in grade 15. No experience necessary. To register call (248) 471-5248.

**Sunday Brunch**

Enjoy Sunday Brunch at the Finnish Center in Farmington Hills April 13 and May 11 (Mother's Day). Call (248) 478-6939.

**Finnweaver Crafts**

Join the Finnish Center Finnweavers for crafts and activities 9 a.m. to 2 p.m. the first and third Tuesday of the month. No money needed. Call (248) 478-6939.

**STUDENTS**

FROM PAGE C5

Mexico, Fowlerville Club; Carlos Avila Estrada from Mexico, Auburn Hills Club; and Marianne Berg from Norway, Sterling Heights Club.

Geography Day began with an assembly which featured an accordion player, Polish, Irish, Mexican and Middle Eastern dancers and a martial arts demonstration.

Carmen Husaynu Maffezzoli emceed a group of Chaldean mothers who wore ethnic clothes and performed traditional dances. All the women have children at OLS.

Maffezzoli invited the children and teachers to join in the dances, which were organized by Sandra Jolagi.

Students stomped their feet with laughter and excitement as they watched the group. Some also participated in a belly dance.

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**SINGLES EVENTS**

**Single Mingle Dances**

MSPs hold Single Mingle dances on Friday nights throughout the month. Call (248) 851-9909 for times and locations.

**Darts/Bowling Subs**

Subs are needed for MSP dart and bowling leagues. For more information call (248) 851-9909.

**Book Discussion Group**

MSP's book discussion group meets on the second Wednesday of each month at 7:30 p.m. at Borders Books in Farmington Hills. Borders will offer a 20-percent discount on all titles chosen for discussion.

**Volleyball**

Drop in and play volleyball 6:45-9:45 p.m. every Tuesday at the gym and fieldhouse at Bloomfield Hills Middle School, 4200 Quanton Road.

**Euchre**

MSPs play euchre 6:30-9:30 p.m. every Monday at the Brass Point Inn in Farmington Hills.

**OCC concert covers wide range of tastes**

Whether your favorite music is from Motown or Broadway, an upcoming concert at Oakland Community College will have it covered.

As part of the "Just for You" Entertainment series, a twin billing will take the stage 7:30 p.m. Friday, March 28, featuring The Optimistics and The Fabulous Motown Entertainers.

The Optimistics perform a wide range of popular music, from Broadway classics to

rhythm and blues. The Fabulous Motown Entertainers, a quartet, perform a variety of standards from the Motown era, including Smokey Robinson, Marvin Gaye, the Temptations and Stevie Wonder.

Tickets are \$15. For more information, call (248) 522-3692. OCC's Orchard Ridge campus is located at 27035 Orchard Lake, just south of I-696.

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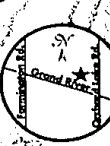
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