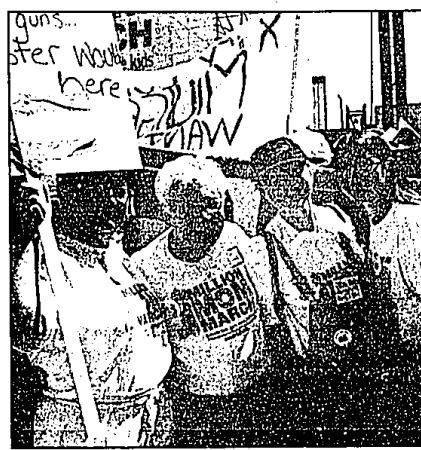


Local moms on the march



Banners: A marcher raises his arm to support the banner of Detroit area marchers. Top, the sign.



PHOTOS BY JONATHAN KAMBOURIS

On the march: Farmington residents Maureen Prest, Aldo Vagnozzi, Julie Devine and Heather Friedli, a junior at Farmington High, at the Million Mom March in Washington, D.C., on May 14.

What they endorse...

The Million Mom March movement endorses:

- sensible cooling off periods and background checks.
- license handgun owners and register all handguns.
- safety locks for all handguns.
- limit purchases to one handgun per month.
- no-nonsense enforcement of gun laws.
- enlistment of help from corporate America.
- recruitment from all walks of life in this crusade.

According to Million Mom March literature, "the proliferation of firearms for one purpose only – killing another human being – has become untenable."



Sad tribute: These signs identify some of the Michigan children killed by gun violence. Some moms wore T-shirts bearing photos of slain children.



Sylvia Kambouris

There is Ryan, a Yale medical student, shot in the back at age 12 by his nanny's boyfriend. Thirteen years later, he still suffers from post traumatic stress syndrome. There are the mothers of Natasha and Nadine, gunned down last February. Instead of planning graduation, they had to plan funerals. There is Dawn from Littleton, the mother of Laurie, who was killed by gunners obtained by under-age gunmen.

I was one of the lucky ones because I was able to experience the Million Mom March with my family intact. My husband and two children came to support me and to be counted. I felt that going to Washington was the least I could do.

People who have suffered because of gun violence should not have to carry the burden alone. Through the Million Mom March, I saw the power of individuals coming together. Donna Dee Thomas, the founder of the Million Mom March, was just one person with a vision when she started this last summer. This vision turned into the largest Washington rally in history. As individuals working together, we can achieve miracles. If you would like to become involved in the Million Mom Movement, please contact mimomomarch@yahoo.com or (248) 851-5389.

Sylvia Kambouris is a resident of Farmington Hills.

MILLION MOM MARCH

Depression often goes untreated

For sufferers of clinical depression, springtime doesn't have much meaning.

Now, Mental Health Month, is a time for increased awareness about mental illnesses like clinical depression. Every year 17 million Americans suffer from clinical depression – one of seven people. Women are twice as likely to experience depression as men. While depression is serious, it is not hopeless. Depression is a very treatable medical condition.

Clinical depression often goes untreated because people don't recognize the symptoms. Not everyone experiences depression in the same way, but the following are common signs: persistent sadness, withdrawal, reduced appetite and weight loss or increased appetite and weight gain, changes in sleep habits, anxiety, restlessness and irritability, difficulty concentrating, fatigue, and feeling hopeless.

Usually a depressed person shows several of these symptoms. If these behaviors persist for more than two weeks, an assessment by a medical professional may be necessary.

Even when symptoms are recognized, many people think that depression is a normal part of life. Severe depression is not. It is important to seek treatment for depression for several reasons.

Treatments for clinical depression work. Depression can last a lifetime, and treatment can prevent recurrences. In the workplace, untreated depression accounts for high absenteeism and productivity losses. Most important, according to the American Psychiatric Association, when depression is left untreated, suicide can occur in 15 percent of sufferers.

If a friend, family member, or co-worker has become sad, distant or irritable; doesn't want to participate in normal activities, cries often or isn't eating or sleeping well, he may be suffering from clinical depression. Adults who exhibit symptoms of clinical depression should be referred to, and evaluated by, a mental health professional who specializes in treating depression.

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