

BIRTH ANNOUNCEMENTS

SULLIVAN BABY

Mr. and Mrs. Michael Sullivan announce the birth of their son, Ryan Michael on Oct. 24, 2001. He weighed 7 pounds, 7 ounces and was born on his father's birthday. Ryan is the first grandchild of Mike and Barbara Sullivan of Farmington Hills and the first great-grandchild of Madeline Keegan of Emmett, Mich. He is also the grandson of MaryKay Rieder and Mike Rieder of Neenah, Wis.



KWASNIEWICZ BABY

Chris and Suzanne Kwasniewicz of Novi announce the birth of their daughter Bailey Rose on Jan. 15, 2002 at Providence Hospital in Southfield. She weighed 6 pounds, 7 ounces and was 19 inches long. Bailey's big brother and sister are Cole and Mackenzie. Her grandparents are Tom and Carol Hooks of Farmington Hills and Ronald and Rose Kwasniewicz of Livonia. Her great-grandparents are Irene Hooks of Livonia and Helen Kwasniewicz of Farmington.



ENGAGEMENTS

BERRIGAN-CRESPO

Paul and Nancy Berrigan of Farmington Hills announce the engagement of their daughter Kathleen to Carlos Crespo, son of Jack and Ana Crespo of Braga, Portugal.

The bride-to-be is a graduate of Mercy High School and the University of Michigan. She earned her master's degree from Northwestern University and is currently employed as a speech-language pathologist for the Chicago Public School System.

Her fiancé is a graduate of the University of Massachusetts with a bachelor's degree in business. He is currently employed as a sales representative for Chase Automotive Finance in Chicago.

An August wedding is planned at St. Fabian's Catholic Church in Farmington Hills followed by a reception at Glen Oaks Country Club in Farmington Hills.



BADEN-GOODLESKY

John and Sandy Heenan of Little River, S.C. announce the engagement of their daughter, Tracy Ann Baden to Sean Richard Goodlesky, son of Gloria McCune of Inkster and Ken Goodlesky of Redford.

Tracy is a 1998 graduate of Farmington Harrison High School, Eastern Michigan University where she received a bachelor's degree; and she received her masters at Marygrove College. She is currently employed as a first grade teacher in Farmington.

Sean is a 1999 graduate of Walled Lake Western High School; and attended Michigan State University. He is currently employed as the manager of the Outback Steakhouse in Canton.

An August 2, 2002 wedding is planned at St. Paul's Presbyterian Church in Livonia.



Sun from page C5

to go is to buy two 60 watt blue spectrum light bulbs and sit 18 inches away from them for about 15 minutes each day.

The intensity of light from these devices is calibrated at 10,000 lux (a way of measuring light emission) and is much brighter than normal indoor light (usually 300-500 lux) but not as bright as summer sunlight which can reach 100,000 lux. Length of exposure and frequency of treatment sessions can be individualized depending on the severity of symptoms. Seek treatment from professionals who treat S.A.D. with bright light therapy.

However, S.A.D. is often self-diagnosed. Care needs to be noted since over-exposure to light can induce mania (the opposite of depression) in a small percentage of people.

How it works

In addition to stimulating the hypothalamus of the brain through the retina of the eyes, current hypothesis regarding how the treatment works are similar to those which describe how anti-depressant medication works.

Mainly, modification of neurotransmitters in the brain which are responsible for mood regulation take place. Levels of serotonin and melatonin have been identified as important and necessary for a sense of well-being and regulation of sleep patterns which then result in correction of day-time mood disorders, especially depression.

About three out of four sufferers of S.A.D. are women, but the disorder does affect men and children. The most typical age of onset is in the 20s. Interesting-

ly, after women pass through menopause the numbers in men and women become equal. Some research also suggests that the susceptibility for S.A.D. appears to be inherited. Also, S.A.D. can be experienced as an isolated disorder, or may be experienced in conjunction with other types of medical or psychological disorders. Severity of symptoms can be influenced by many factors such as living in a northern latitude, excessively cloudy weather, family history of S.A.D., working in a windowless office and general life stresses. Note, these are "influences" and the "causes" seem to be biochemical with change in sunlight exposure playing a major role. For a person with an established pattern of S.A.D. it has been found helpful to begin light therapy sessions at the time of the year just before symptoms usually become

obvious and discontinuing the use in the spring when enough natural light can be received through one's environment.

Resources

First, consider consulting your primary care physician who may refer you to a mental health practitioner familiar with S.A.D. and light therapy. Also, consider contacting the National Organization for Seasonal Affective Disorder at www.nasad.org, the American Institute of Stress at www.stress.org, and the Light Web at info@lighttherapyproducts.com.

Len McCulloch is a Diplomate of the American Psychotherapy Association and is Board Certified in Trauma. He is Director of Psychological Services at Broe Rehabilitation Services, Inc. in Farmington Hills, and can be reached at (248) 474-2763.

Chat Room from page C5

grind that signals the onset of some fatal car disease. I know there will be other cars, better-looking cars, but not one will take her place in my heart.

Until then, I will rely on her strength and her amazing endurance, placing my life in The Beast's tender care each and every day, with no regrets.

But perhaps a bit more oil.

Joni Hubred is editor of the Farmington Observer and reluctantly shopping for another car. She welcomes your comments and suggestions at 33411 Grand River, Farmington, MI 48336; by FAX, 248-477-9722; or via e-mail, jhubred@oc.homecomm.net



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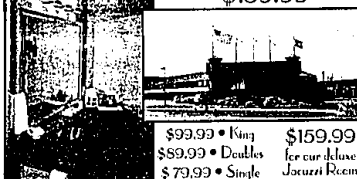
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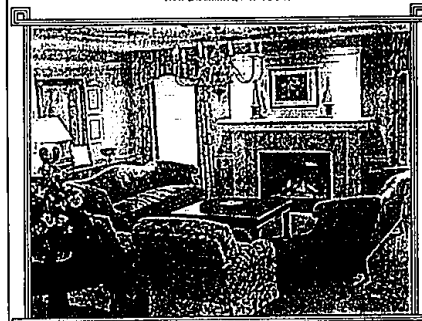
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