

Vice presidents appointed at Madonna

Two members of the Madonna University staff have recently been appointed to vice president positions.

Frank Hribar, who has served as director for enrollment management at Madonna since 1997, is now the vice president for planning and enrollment management. Andrea Nodge, a full-time member of the Madonna University advancement staff since 1985, is the vice president for university advancement.

Hribar is a graduate both on the bachelor and master's level of Siena Heights University and served there as an interim dean before arriving at Madonna University. He currently is pursuing a doctorate from Benedictine University in Illinois.

For the past five years, Hribar has had a leadership role in planning and implementing a competitive recruitment program.

The Madonna University family shares a deep tradition. It

is known to the new student who walks into his or her first class, to the student athlete who takes the field, and to our dedicated alumni around the world," said Hribar. "We are called upon to be leaders, and to serve. I look forward to working in my new role even more closely with the thousands of people who are a part of this tradition and welcome those who want to learn more about it."

He was the recipient of the Livonia Chamber of Commerce Leadership Award in 2000.

Residing in Adrian, Hribar and his wife, Tracy, are the parents of a daughter, Emily, and son, Andrew.

A 1984 graduate of Madonna University, Andrea Nodge has overseen the University's marketing and communications initiatives for the past 17 years. As a member of the University's management team, she has been involved in strategic planning, development, alumni relations

and special events. She was honored as Madonna University's Employee of the Year in 1996 and earned the college's Distinguished Alumna Award in 2000. Nodge is immediate past chair of the Livonia Chamber of Commerce board and is on the Livonia Prayer Breakfast board.

"It is an honor and a privilege to be a part of the 'Madonna Experience,'" said Nodge.

"All those who comprise and support Madonna University are a caring and inspired group of persons which is a testament to the leadership of the institution and the quality of the faculty, staff and students. As the vice president for university advancement, I am excited to be a part of the dynamic vitality exhibited on all levels of the University's educational, social, spiritual and fiscal development."

The parents of a son, Jason, and daughter, Joell, Andrea Nodge and her husband, Joseph, live in Livonia.

CAMPUS PIPELINE

Walsh Grads

The following Farmington Hills residents earned degrees in Walsh College's 79th Commencement Ceremony:

Ronny D. Azizan, Mark David Cichosz, Michael A. Khana, Cheryl Lynn Appel, Lisa M. Blair, Paula J. Dillon, Amy L. Earl, Karan Gannapureddy, Dhya Prithvi Kumar, Shaanna Lynn Phaneuf and Marek Sowal.

Michigan Tech Grads

David J. Girard of

Farmington earned a bachelor of science degree in engineering and Brian Miles Hall of Farmington Hills earned a bachelor of science degree in biological sciences, both from Michigan Technological University in May.

MIT Grad

Seth Kessler of Farmington Hills graduated from the Massachusetts Institute of Technology on June 7 with a doctoral degree in aeronautics and astronautics. He is the son

of Dr. Alan and Judy Kessler.

Albion Scholars

The following Farmington/Farmington Hills residents, who will enter Albion College this fall, have been recognized for superior academic achievement with Albion College merit scholarships:

Rebecca E. Ambrose, David C. Arnesen, Noah B. Bander, Randin L. Brown, Erika R. Henriksen, Jacy N. McKinney, Elizabeth A. Murrens and Melissa M. Traczky.

ANXIETY

FROM PAGE C4

ries that they left the door unlocked may feel driven to check and lock the door every few minutes, just to make sure.

Many sufferers of obsessive compulsive disorder doubt their own decision-making abilities and often request reassurance from others which is excessive and strange in even the best of relationships. A college student with the disorder, for example, may get an assignment to write a term paper on the subject of his or her choice. Deciding on what to write about becomes

undone and seeking advice from another on the decision to choose one subject versus another becomes excessive and takes up so much time that no decision gets made and the paper is left undone.

To a lesser degree, some of the characteristics of obsessive compulsive disorder can be seen in individuals who are orderly, precise, timely, and who can be counted on to perform tasks correctly. These "traits" do not reach excessive proportions, do not interfere with an individual's functioning, and do not cause distress. It is when these "characteristics" become predominant in one's personality and day-to-day lifestyle that the obsessive compulsive disorder is diagnosed.

Although obsessive compulsive disorder usually begins in adolescence or early adulthood, it may begin in childhood. Onset of the disorder is usually gradual. In children, the disorder does not usually cause personal distress and is

usually noted as a problem by parents and teachers of the child.

TREATMENT

Treatment is available. The suffering of individuals with obsessive compulsive disorder is great. Routines decisions are unworkable, general thought processes are disrupted and day-to-day behavior becomes all too consumed by the carrying out of rituals in an attempt to reduce anxiety. There are different theories about the cause and different approaches to the treatment of obsessive compulsive disorder.

Drug treatment has, more recently, been found to be particularly helpful in relieving symptoms of obsessions and compulsions. In particular, the medication Anafranil has been subjected to much research and has been shown to be an effective anti-obsessive, anti-compulsive agent. Some say its effectiveness can be seen in about two-thirds of people who have tried it.

Psychological treatments can include behavioral/cognitive approaches and psychodynamic approaches. Behavioral/cognitive treatment is geared at symptom reduction by gradually exposing the suffering individual to their troublesome thoughts and preventing them from engaging in compulsive behavior to reduce anxiety.

Instead, the individual is taught relaxation techniques and corrective thinking. He/She learns how to better control their autonomic nervous system, reduce their anxiety response and gradually tolerate more of the thoughts they try to flee from.

In psychodynamic therapy, the underlying meaning of obsessions and compulsions are gradually discovered and understood. Often, the purpose of the presence of the symptom is disguised by the unconscious processes of how the mind works.

Helping a sufferer gain insight into the make-up of their mind can result in resolution of more deeply seated conflicts. Better solutions than maintenance of symptoms can then be found.

Oftentimes, a combined approach may produce very good results. Unbearable symptoms can be reduced by medications and behavioral techniques while underlying exposure of the cause of symptoms can be understood - understood to the point that the sufferer can give up obsessive compulsive symptoms and find more permanent, adaptive solutions to personal problems.

RESOURCES

■ The Association for Advancement of Behavior Therapy, e-mail: publication@aad.org.

■ The Michigan Psychoanalytic Institute of Farmington Hills at (248) 651-2380.

■ Anxiety Disorders Association of America at www.adaa.org.

Leonard J. McCulloch is a Diplomat of the American Psychotherapy Association and is Board Certified in Trauma. He is a member of the Anxiety Disorders Association of America and Director of Psychological Services at Broe Rehabilitation Services, Inc. in Farmington Hills. He can be reached at (248) 474-2763.

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ASSOCIATIONS

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Great Lakes Components — www.greatlakescomponents.com

John Rogin Buick-Isuzu-Suzuki — www.johnrogin.com

AUTO RACING

Milan Dragway — www.milandrway.com

BAKING/COOKING

"Jilly" Mac — Chelsea Milling Company — www.jillymac.com

BOOKS

Apostolate Communications — www.apostolate.com

CANCER INFORMATION AND SUPPORT

Cutaneous T-Cell Lymphoma — www.ctcl-mt.org

CHAMBERS OF COMMERCE

Ann Arbor Chamber of Commerce — www.aacbor.org

Birmingham Bloomfield Chamber of Commerce — www.bblcc.com

Howell Chamber of Commerce — www.howell.org

Livonia Chamber of Commerce — www.livonia.org

Northville Chamber of Commerce — www.northville.org

Novi Chamber of Commerce — www.novi.org

Redford Chamber of Commerce — www.redfordchamber.org

CHAPELS

Historic Village Chapel — www.historicvillagechapel.com

CHILDREN'S SERVICES

St. Vincent & Sarah Fisher Center — www.home.sweet.home.org

CHILD SAFETY ITEMS

Knifesafe — www.knifesafe.com

CLASSIFIED ADS

HomeTown Newspaper — http://hometownlife.com

Observer & Eccentric Newspapers — http://observerandeccentric.com

COMMUNITY SERVICES

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City of Huntington Woods — www.ci.huntington-woods.mi.us

Common Ground Sanctuary — www.commongroundsanctuary.org

Detroit Regional Chamber — www.detroitchamber.com

Leadership Oakland — www.leadershipoakland.com

CREDIT BUREAUS

Ann Arbor Credit Bureau — www.a2cb.com

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Livington Educational Service Agency — www.livingson.org

Oakland Schools — http://oakland.k12.mi.us

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EYE CARE/LASER SURGERY

Greenberg Laser Eye Center — www.greenbergeye.com

Michigan Eyecare Institute — www.michieyecare.com

FESTIVALS

Music and Motorfest — www.musicandmotorfest.com

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FLOORING

Dan's Hardwood Flooring Company — www.dansfloor.com

GALLERIES

Cowboy Trader Gallery — www.cowboytradergallery.com

HOLISTIC WELLNESS

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HOME IMPROVEMENTS

Accent Remodeling 1 Inc. — www.accentremodeling.com

IDENTIFICATION & LAMINATION

Identification Lamination Products — www.identlam.com

INSURANCE

J.L.O. Correll & Assoc., Inc. — www.jloinsurance.com

The Insurance House — www.insurancehouse.com

Arch Associates, LLC — www.archassociates.com

LABOR SERVICES

Law Offices of Judith Blumgren — www.lawyers.com/blumgren

MANUFACTURER/WELDING WIRE

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MANUFACTURERS REPRESENTATIVES

Electronic Sources — www.esrep.com

Hamlet Environmental Technologies — www.hamletenvironmental.com

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PARKS

Hamlet-Clinton Metropark Authority — www.metroparks.com

PUBLICATIONS

Camden Publications — www.club50news.com

Equine Times — www.equinetimes.com

QUALITY SYSTEMS & PRODUCTIVITY

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REAL ESTATE

Birmingham Bloomfield Rochester South Oakland Association of Realtors — www.justlisted.com

Detroit Association of Realtors — www.detroitassnreal.com

Langard Realtors — www.langard.com

Max Brook, Inc. — www.maxbrook.com

Quality Real Estate — www.qualityrealestate.com

Real Estate One — www.realestateone.com

Sellers First Choice — www.sellersfirst.com

Weik/Manuel, Snyder & Ranko — www.weikmanuel.com

RECYCLING SERVICES

Resource Recovery and Recycling Authority of Southwest Oakland County — www.rmasoc.org

REMODELING

Accent Remodeling — www.accentremodeling.com

REPRODUCTIVE HEALTH

Agghar, Alfar, M.D. — www.gynodoc.com

Midwest Fertility and Sex Selection Center — www.selectgender.com

Center for Reproductive Medicine & Fertility — www.reproductive-medicine.com

RESTAURANTS

Albans Restaurant — www.albans.com

Bistro 127 — www.bistro127.com

Italian Epicure — www.italian-epicure.com

RETIREMENT COMMUNITIES

Wooden Retirement Community — www.wooden-retirement.com

SHOPPING

Birmingham Principal Shopping District — http://poonline.com/birmingham

Ramon-Greenson Properties Trust — www.ramongreenson.com

SPORTS GEAR

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McCulloch Corporation — www.mcculloch.com

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TRAVEL AGENCIES

Cruise Selections, Inc. — www.cruiseselections.com

WEB SITE DEVELOPMENT

HomeTown Digital — www.hdtodirect.com

YOUTH ATHLETICS

Westland Youth Athletic Association — www.wyaa.org

WHAT'S HAPPENING

CLUBS

Farmington Garden Club

The Farmington Garden Club will meet at noon Monday, Sept. 9 at the Longacre House. Kay Blakeney will give a slide presentation of her trips to Afghanistan, Pakistan, Iran and India.

North Farm Garden Club

North Farmington Garden Club will meet at noon Tuesday, Sept. 10 at the Aldo Vignozzi Visitor's Center in Heritage Park. After a short meeting the club will travel to Plum Tree.

Pottery for a Hour. Call (248) 553-2368.

Hill and Dale

Hill and Dale Garden Club will meet at 7:30 p.m. Thursday, Sept. 12 at the Aldo Vignozzi Visitor's Center in Heritage Park. The topic will be An Introduction to Water Gardening.

Northville Genealogical

The Northville Genealogical Society will meet at 2:30 p.m. Sunday, Sept. 8 at the Northville District Library. The topic will be Learning how to read a legal land description and locate sites on maps.

KID STUFF

Youth Sports

The Farmington YMCA offers a variety of sports activities such as soccer, I-hall, roller hockey and basketball for kids ages 3-12. Classes begin Sept. 9. Call (248) 553-4020 for registration information.

Bookmaking

Kids ages 5-11 can learn about bookmaking 12:30-2:30 p.m. Saturday, Sept. 21 at the Studio at Heritage Park. Call (248) 473-1857 for more information.

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