

Speaker shares keys to overcoming depression

Bob Edwards from Stratford, Ontario in Canada will be sharing his life story and, as he puts it, "crucial keys" that have helped him overcome



schizophrenia and manic depression at 7:30 p.m. on Saturday, April 12 at the William M. Costick Activities Center, 28600 Eleven Mile Road, Farmington Hills. The conference, entitled "Depression - Stress - Burnout," will bring encouragement and hope to those suffering with symptoms of anxiety and burnout. Edwards will share his life story and, as he puts it, "crucial keys that have helped me overcome schizophrenia and main-

tain a sound mind." He believes computer technology and increased demands on the left brain have caused society to lose the ability to use intuition.

Why is that important? "Intuition is seated in the right brain and can resolve questions and fears that the analytical mind cannot cope with," Edwards says. "The person who is depressed suffers from cycle reasoning, which occurs in the left brain. Intuition or faith can break that cycle."

During his lecture, he also gives practical tips such as how to get to sleep at night, how to practice and develop peace of mind and the importance of nutrition, exercise, and rest.

At the age of 17, Edwards was sent to a psychiatric hospital while suffering from a severe case of chronic schizo-

phrenia, manic depression and multiple personalities. He had symptoms that were similar to those portrayed in the book and film, "A Beautiful Mind."

Five years later, he was permitted to stop taking his medication, originally prescribed at 200 mg of Largaectil per day. Today, at 44, he has not had a relapse and lectures on how to maintain a sound mind in times of social unrest.

Last year, he traveled to nine countries with his message of hope, often going to regions greatly effected by depression.

Edwards was the founding director of a Teen Challenge center in Quebec, a program developed to help troubled youth struggling with drug addiction and other emotional problems. It was during the 10 years at Teen Challenge that he

developed his sound mind teaching series, to help crack and cocaine addicts overcome withdrawal-related depression.

His lecture deals mainly on how to overcome depression and gives tools on how to maintain mental stability during stressful times.

His first-hand experience of battling schizophrenia and manic depression brings a new perspective and fresh insight in the area of emotional healing.

The conference will be of special interest to doctors, nurses, teachers, social workers, parents and anyone occupying a counseling position. Admission is free and everyone is welcome.

Bob Edwards represents International Outreach, which is a Canadian registered non-profit organization.

SINGLES CALENDAR

METROPOLITAN SINGLE PROFESSIONALS

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

Golf/Softball Leagues
Co-ed golf and softball leagues are now forming. Call (248) 651-9909 for sign-up information.

Book Discussion Group
MSPs' book discussion group meets on the second Wednesday of each month at 7:30 p.m. at Borders Books in Farmington Hills.

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.

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

Social and Travel Club

For people 35 years old and up. Activities include dinners, dances, cards, camping, theater, sports, travel. To learn more about the club call (248) 435-5320 or go to www.sstc.org.

Fun & Fine Dining Parties
Join MSPs every Thursday between 6-7:30 p.m. for socializing with dinner afterwards.

Enjoy sampling some of the best and most interesting dining places in the metro Detroit area.

West Side Singles
Friday dances to be held every Friday night at Burton Manor, located on Schoolcraft Service Drive, just west of Inkster in Livonia.

The dances are open to the public. Doors open from 8 p.m.-1 a.m. 25 years of age and older. Dressy attire required, held in non-smoking ballrooms with a B.J. and outdoor bar. Admission price is \$4 before 8:30 p.m. and \$6 after 8:30 p.m. For information, call Anita at (734) 981-0909.

ANNOUNCEMENTS



Lilley-Manhire
Michelle Marie Lilley and Jeffrey Bruce Manhire will exchange vows in a May wedding at Marygrove College Chapel in Detroit.

The bride-to-be is the daughter of Milton and Marie Lilley of Farmington. She earned a bachelor of science degree in interior design from Eastern Michigan University and is currently employed as senior interior designer at Trinity Design in Farmington Hills.

Her fiancé is the son of Bruce and Mary Manhire of Metamora. He earned a bachelor of science degree in mechanical engineering and a bachelor of arts in English from Oakland University. He is a senior engineer with Collins & Aikman in Troy.

The couple will make their home in Rochester Hills.



Ault-Dean
William and Susan Ault of Farmington Hills announces the engagement of their daughter, Abigail Maree, to Nathaniel F. Dean, son of Joseph and Kathleen Dean of Mason, Mich.

The bride-to-be is a graduate of Central Michigan University with a B.A. in public relations and Spanish. She is an event planner for Northern Illinois University in DeKalb, Ill.

Her fiancé is also a graduate of Central Michigan University with a B.S. degree in earth science/GIS remote sensing cartography. He is employed as a GIS drafter for Sidwell Company in St. Charles, Ill.

An October wedding is planned at Our Lady of Sorrows Catholic Church in Farmington.

The couple will make their home in Sycamore, Ill.



Wollen-Otwell
John Otwell and Staci Wollen are engaged and planning a wedding for May 24, 2003, in Port Huron.

The bride-to-be is the daughter of Donna Wollen of Macomb and H. Ronald and Cindy Wollen of Port Huron.

Her fiancé is the son of William (Skip) and Colette Otwell, longtime residents of Farmington Hills.

The couple met in an art class at Western Michigan University. They plan to honeymoon throughout Italy, as both enjoy history, art and architecture. They will be living in Berkeley.

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Observer & Eccentric
NEWSPAPERS

TWO LOCATIONS!

> 11am @ Hines Park in Westland
> 9am @ Elizabeth Park in Trenton

FRIDAY, APRIL 18TH

Wayne County Parks are proud to present the 2003 Marshmallow Drop! The Marshmallow Drop is an annual event for families in around Wayne County. A helicopter flies over an open field and drops 10,000 marshmallows on to the field. The children pick up a marshmallow and turn it in for a prize. This event is a fun and safe Easter event for children of all ages!

**OLD CARS, FAMILY FUN
EXCITEMENT FOR ALL!**

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**GREAT RACE 2003
Starts in LIVONIA**

The 21st run of this national Vintage Car Rally starts in Livonia, at the New Community Recreation Center, Five Mile Rd. & Hubbard. Over 100 Vintage cars, worth over 4M dollars, will visit our City the week of June 18, 2003. Great Race pre-race activities include; a Classic Car show, Tech Inspections, a Trophy Run to MIS, a visit to the Roush Race Car Collection, along with Bands, Parades and Great Fun for all. For more info contact the City of Livonia @ 734-466-2100 or visit the City website: www.ci.livonia.mi.us