

# Working mothers

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helpful to make a list of things that need doing. Then I decide which are the most important and then tackle the list, marking off the things as I accomplish them," she said. "For major projects, Bruce and I have found that the same method works. It also helps to keep in mind that nobody ever said the floors had to be clean enough to eat on."

Other working mothers add that a woman can help herself by figuring out what is the most stressful time of the day. Determine whether it is bedtime, early morning when everyone is rushing somewhere or the afternoon when everyone arrives home tired from the day.

While deciding what she can do to change the situation, she will learn, for example, that by deciding to get up earlier or by doing some of the morning jobs, like packing lunches, the night before a working mother won't have to rush.

Each woman should learn to recognize when she is stressed and over-worked. She may find relief by slowing down for a few days until she feels better. She may also learn what tension relievers work best for her and begin to use them. A long, warm bath, mild exercise or stretching out in a well-ventilated, dark room are all proven remedies for stretched, taut nerves and tired bodies.

# Demopoulos takes award

Gregory Demopoulos was given the Holy Cross Greek Orthodox Church Youth Award at the conclusion of the Divine Liturgy Sunday.

The award was presented to the son of George Demopoulos and the late Tasia Demopoulos by Tenna Hiotaky, president of Holy Cross Ladies Auxiliary and Fr. S. J. Anthony, parish priest.

The Youth Award is given once a

year to the young person of Holy Cross who has shown the most growth and development in Christian character.

The award winner is president of Jr. Greek Orthodox Youth of America, Chapter of Holy Cross in Farmington Hills. He graduated from West Bloomfield High School this spring and will enter Wayne State University in the fall as a pre-med student.



## Ouellette-McPhee

Mr. and Mrs. Henri A. Ouellette of Farmington Hills announce the engagement of their daughter Carole Anne to Allan R. McPhee, son of Mr. and Mrs. Raymond McPhee of Dearborn.

The bride-to-be is a graduate of Mercy High School and obtained a computer science degree from University of Michigan. She is employed as a programmer-analyst with Bendis Corp.

Her fiancé is a graduate of University of Michigan employed as a senior analyst with Automobile Association of America.

A September wedding is planned in St. Fabian Catholic Church.



## Millington-Moss

Mr. and Mrs. Donald Millington of Farmington Hills announce the engagement of their daughter Lisa Lynn to Jeffrey Craig Moss, son of Mr. and Mrs. David Moss of Southfield.

An August wedding is planned.

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