

Holy Cross selects Youth of the Year

Barbara Fitzpatrick, daughter of Mr. and Mrs. George Demopoulos of West Bloomfield and Lou Manolias, son of Mr. and Mrs. Antonios Manolias, were presented with the Holy Cross Greek Orthodox Church "Youth of the Year" Award for 1991 by parish priest the Rev. S.J. Anthony. He was assisted by Mary Peterson, president of the Holy Cross Ladies Auxiliary, and Gregory Demopoulos, vice president of the Parish Council.

This award was established by the Ladies Auxiliary of Holy Cross in Farmington Hills 17 years ago and is awarded annually to the young persons who have made the most outstanding growth and development in Christian character.

Both of these young people are of-

ficers of the Junior Greek Orthodox Youth of America Chapter of Holy Cross. Fitzpatrick is president and Manolias, vice president. Fitzpatrick has also served her church as a Sunday School teacher the past three years while Manolias has served as head Altar Boy.

Fitzpatrick is a member of the graduating class of 1991 of Mercy High School. In the fall she will attend Michigan State University where she will be majoring in communications.

Manolias is a member of the graduating class of 1991 of Plymouth Salem High School. He, too, will attend Michigan State University in the fall where he will be pursuing a career in international business.



Barbara Fitzpatrick



Lou Manolias

Moderator elected

Presbyterian Women of the Presbytery of Detroit have elected Ruth McKinnon of Farmington Hills as their moderator to serve through May 1993.

She is an elder at the First Presbyterian Church of Farmington. She is a former resident of the Women's organization (Presbyterian Women) and has held many positions of leadership in the church.

She has been co-chairperson of the SERV Boutique (Churchworld Service self-help project for third world countries) for many years. She has been elected a commissioner to the Presbytery of Detroit and will also serve on its governing body, where she will represent the nearly 6,000 members of Presbyterian Women in the Detroit area.

She has also been elected a delegate to the Presbyterian Women Churchwide Gathering to be held in Ames, Iowa, this month.

She was a Girl Scout leader for 12 years and worked with various charitable organizations in the community.



Ruth McKinnon

She teaches herbal wreath making and Christmas evergreens workshops in her church and for various organizations in the community.

She is married to Daniel McKinnon, an executive of Kmart Corp. They have two daughters, Laurie, now living in Atlanta, Ga., and Heather, a junior at Michigan State University.

Farmington Jaycees named best chapter

Farmington Jaycees not only received awards in each of the Jaycee programming areas, but were also named Best Chapter Overall at the Michigan Jaycee Year End Convention.

All of the awards were won under the leadership of the outgoing president, Matthew Ratliff.

The local chapter won Community

Development Chapter of the Year and the Individual Development Chapter of the Year award.

It won first place in Community Improvement, in Human Services and in Government Involvement. It won first place in Leadership Development and in Family Life and Spiritual Development.

It won second place in Membership Development and Management Development.

It won for Individual Development Project of the Year, which was the Leadership Prayer Breakfast the group sponsors every year.

Kirk Bagg has been installed president of the Farmington Area Jay-

cees for the 1991-92 term. His vice presidents are Susan DeWitt, Vince Mastrovito and Kathy Ratliff. Treasurer is Mark Wagner.

The Jaycees are a leadership training organization. Membership is open to all persons between the ages of 21-40. For membership information, call 477-JCCS.

Dieters can have ice cream — sensibly

As the weather turns warm and balmy, many a thought turns to ice cream. But for people trying to lose weight, ice cream is usually considered a definite no-no if they want to achieve that slender shape they long for.

"Ice cream is often thought of as the ultimate indulgence when on a weight loss program," says Florine Mark, area director of Weight Watchers. "But if it is a food you enjoy, treating it as a 'forbidden' food

will only make it more desirable. The key to eating foods such as ice cream is to eat them sensibly and in a way that doesn't make you feel out of control."

Mark offers these suggestions:

- Plan ahead to fit ice cream into your weight loss program. By planning ahead, you'll avoid feeling guilty and enjoy the ice cream even more.

- Instead of super-premium ice creams that are high in fat content

try low fat frozen desserts. The key is portion control — limit your serving to a single scoop.

- Select flavors that don't contain a lot of nuts, candy or syrup. These are simply added calories. By eating plain strawberry or vanilla you'll still enjoy the sweet, creamy flavor of the ice cream with fewer calories.

- If you love ice cream, but find having it in the house tempta you too much, eat ice cream out where you

can order a single scoop.

- Make your ice cream eating experience special. Instead of grabbing a spoon and a container, use a nice bowl and a low calorie topping, such as sliced strawberries. Sit at a table instead of in front of the TV. If you savor each spoonful it will make it seem more satisfying.

- Buy single serve products. Many novelties, such as pops and ice cream sandwiches, have set portions and calories.

New officers elected at vets' convention

Jack Schwartz of Farmington Hills has been elected Commander of the Department of Michigan Jewish War Veterans. He was also elected Representative to the National Shrine in Washington, D.C.

A past commander of the organization, Schwartz is also active in the Allied Veterans Council. In 1990, he was chosen "Veteran of the Year."

Elections took place at the JWV's 50th annual state convention in Southfield.

Other new officers who were elected and installed are: Bernard

Feldman of Southfield, Senior Vice Commander; Sanford Pliskow of Oak Park, Junior Vice Commander; Jack Kraizman of West Bloomfield, Judge Advocate; Julius Schlusser of Oak Park, Quartermaster; and Milton Klein of Oak Park, National Executive Committee and Policy Committee.

Past Commander Ely J. Katz of Southfield and Klein were appointed Chiefs of Staff.

The Jewish War Veterans Memorial Home can be reached by calling 559-5689.

Scholarship awarded for work on doctorate

Douglas C. Rapp, the son of Myrna and Francis Rapp of Farmington Hills, has been awarded a doctoral residence program scholarship by Sverdrup Technology, Inc.

Rapp was a 1981 honors graduate from North Farmington High School and received his bachelor of science degree in aerospace engineering from University of Michigan-Ann Arbor. He began employment as a space propulsion technology engineer with Sverdrup, NASA Lewis Research Center Group, in Cleveland, O.

During his five-year career, he published five technical papers detailing his analytical and experimental evaluations of advanced propel-

lants for space propulsion. He has a master of science degree in mechanical and aerospace engineering from Case Western Reserve University and achieved Professional Engineer Licensure in Ohio.

During the last two years Rapp has served as section supervisor of Sverdrup's High Thrust Technology Section.

He will begin his doctoral residence program studies in August at Case Western Reserve as a full-time student on a one-year sabbatical.

His doctoral research will be on risk assessment modeling of liquid chemical propulsion rocket engines.

Rapp is married and lives in North Ridgeville, Ohio.

Sarah Fisher Center gains accreditation

St. Vincent and Sarah Fisher Center has received a Certificate of Accreditation from the Council on Accreditation of Services for Families and Children, a national standard-setting and accrediting body for social service agencies.

The council, sponsored by the Association of Jewish Family and Children's Agencies, Catholic Charities USA, the Child Welfare League, Family Service America, the Lutheran Social Ministry System, the National Association for Adoption, and the National Association of Homes and Services for Children, accredits 575 agencies in the United States and Canada.

The procedure involves a detailed examination of the agency's operation which includes a self-study by the agency and a visit by a council

team of reviewers.

"Accreditation, which is for a 4-year period, attests that an agency has met a set of nationally established requirements which help ensure quality service," said Jean Vickers, director of professional services at the center. "In this age of tighter and tighter dollars for social services, it is very important that we show our ability to provide quality services to our clients. The stamp of approval from COA will help us do just that."

St. Vincent and Sarah Fisher Center is a non-profit organization operated by the Daughters of Charity of St. Vincent de Paul. The center serves 200 children and their families on a daily basis through its programs for abused and neglected children and also to young, single parents and their infants.



Sylvia Sterling

Musician to tour Europe

Sylvia Sterling has been notified that she has been selected for membership in the American Musical Ambassadors Band. This highly select concert band, composed of outstanding high school students from all over the U.S., will tour several European countries for three weeks in July.

Sylvia, daughter of Ronald and Joyce Sterling of Farmington Hills, graduated this spring from Southfield Christian High School.

Highlights of the tour will include concerts in the concert halls and major parks of Europe and a two-day visit in the homes of Dutch families. Students will visit many sites of musical and historical importance as well as the popular tourist attractions.

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