

Mallon lines up interest in Mercy golf benefit

Homegrown golfing pro Meg Mallon returns to support her alma mater next month for a Mercy High School benefit.

Mallon, winner of the 1993 Ping Tournament, 1993 Sara Lee Tournament, 1991 LPGA Championship and Jim Thorpe award, will be greeted at a golf outing Monday, Aug. 14, at the Edgewood Country Club in Commerce Township.

All proceeds will directly benefit the educational programs at Mercy. Sponsored teas, including a continental breakfast, 18 holes of golf, buffet lunch and a full reception and tribute dinner, are offered.

The \$1,600 price includes four tickets and sponsored tea, \$750 includes two tickets and sponsored tea; \$225 per person for lunch, golf and dinner and \$75 for dinner only.

Mallon attended eighth grade in Bloomfield Hills Public Schools and elected to attend Mercy High School. Basketball was her main sports interest, but Mallon and her mom, along with Mercy faculty member Vicky Kowalski, organized a golf team for the school.

Mallon went on to earn a golf scholarship to Ohio State University. In 1983, at 20, she was the youngest person to win the Michigan Amateur Championship Title.

She won all Big Ten honors in 1984 and 1985, during her junior and senior years, and finished second in the Big Ten in 1986.

Mallon turned professional in 1986 and won her first victory in the 1991 Oldsmobile Classic in Florida. In 1991, Mallon won her LPGA title when she sunk a 10-foot birdie putt on the final hole. Currently, she ranks among the top 10 in money.

At the local golf outing, Mallon will present Kandi Amelon, a 1982 Mercy graduate, and Mary Kennedy, a 1975 Mercy graduate, with Meg Mallon achievement awards.

In 1985, Amelon and her skating partner won the bronze medal in international competition in Yugoslavia. After the skating team from Hungary, who finished third, was injured and had to withdraw from the competition, Amelon and her partner offered them their medals. International skating rules, however, wouldn't allow the acceptance of the medals.

Nevertheless, Amelon and her partner received a sportsmanship award from the Soviet Union and a letter of commendation from President Ronald Reagan.

Amelon, associate producer of the "Oprah" show, has returned to Mercy for career day and helped Mercy in the past several auctions.

Kennedy is the founder and current chairperson of the Paint the Town project in Detroit and surrounding cities, a volunteer effort to paint and repair owner-occupied homes of senior citizens, low-income and disabled residents in the Metro-Detroit area.

Since its beginning in 1988, more than 1,200 homes have been painted by these volunteers. This year's PTT will be Saturday, Aug. 19, after the Meg Mallon Golf Outing.

Kennedy is vice president/commercial leader at NBD, an advisory board member for the Center for Volunteerism of United Community Services and a board member of Common Ground, a substance abuse and crisis intervention center in Birmingham.

For more information call 478-3270, 478-8020, Ext. 253 or 478-8922.

Returning from vacation, make sure extra baggage is the luggage

Chances are good that the end of vacation will find you a few pounds heavier than the beginning.

Here are tips to beat the odds and end up with no weight gain, according to Florine Mark, president and CEO of The WW Group, the largest franchise of Weight Watchers International.

Plan your meals as carefully as

you do your route. Pack a cooler with fresh fruit, seltzer and juice or diet soda. Prepare sandwiches and bring lowfat yogurt.

At dinner, choose plain turkey or roast beef sandwiches, without mayonnaise. For breakfast, select cereals with skim milk, plain bagels with jam or jelly, or poached eggs on plain English muffins.

At fast-food restaurants, stick with plain, grilled chicken sandwiches, baked potatoes or salads with dressing on the side.

Decide each day where to eat. Prepare breakfast and lunch yourself. Then enjoy dinner out, but be sensible about portion sizes and high-fat choices.

Take advantage of local fresh fruits, vegetables and resort speci-

alties like fresh fish and seafood, and use a minimum of added fat.

Limit alcohol, particularly fruity drinks, because they tend to be high in empty calories.

If, despite your best efforts, you return home a few pounds heavier, forgive yourself. Get right back on track with a healthy food and activity program.

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Photo by Rick Smith

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