

ANNIVERSARIES

Pamukov

The Rev. Panayot Pamukov, parish priest of St. Clement Ohridski Orthodox Church in Dearborn, will celebrate his 50th wedding anniversary later this month with his wife, Sylvia. Pamukov is also celebrating 50 years since his ordination. The couple live in Farmington Hills.

Panayot Pamukov was born in Bulgaria in August 1925. In 1944 he graduated from the Theological Seminary in the city of Plovdiv, after studying there for six years.

According to the rules of the Orthodox Christian Church, the candidate for parish priest has to be married before the ordination. So the young seminarian and his fiancée, Sylvia Hristova, were married on May 28, 1944. On July 12, 1944, he was ordained to the clergy and assigned to St. Nicholas Cathedral in the city of Yambol.

The Rev. Pamukov decided to further his education by enrolling in the Theological School at the University of Sofia.

He graduated in 1951 and was accepted as a graduate student at the department of practical theology of the Theological Academy of St. Clement Ohridski in Sofia, where he studied for more than four years.

Since September 1968 the Rev. Pamukov has been pastor of St. Clement Ohridski Church in Dearborn. He and his wife have two children, Nikolai and Hristina, and three granddaughters, Nicole, Emily and Veronica.



Nikolai is director of the respiratory therapy department of Henry Ford Hospital in Detroit and Kristina is a family practice physician in Marysville. Their son-in-law, Rajko Takov, is a veterinary physician.

The Rev. Pamukov is fluent in Bulgarian, Macedonian, Russian, English and French. He is also familiar with classical Greek and Latin. He has also published more than 200 articles in different church newspapers and magazines.

His wife, Sylvia, has served as cantor at the church. During his 50 years of priesthood, the Rev. Pamukov has performed about 550 weddings, 1,300 baptisms and 900 funerals.

They prayed for, blessed, counseled, comforted and spiritually touched the lives of many people. The couple will be honored by the ladies of St. Clemens Orthodox Church at an anniversary celebration of their wedding and the Rev. Pamukov's ordination.

Shelton

Jack and Mary Alice Shelton, of Farmington, will be celebrating their 50th wedding anniversary later this month.

They are the parents of six children, John, Gary, Phillip, Lisa, Crystal, David and James and 10 grandchildren, Jill, Jared, Cindy, Erin, Keith, Angela, Robert, Sarah, Amanda and Allison.

Fifty years ago, Jack and Mary Alice eloped. This year, they will be renewing their vows and celebrating their 50th anniversary with family and friends.



Heart cookbook available

For three years, more than 50,000 people in Michigan have improved their health by preparing recipes from "The Heart Smart Cookbook," published by Henry Ford Heart and Vascular Institute and the Detroit Free Press.

Now people across the United States can gain the same benefits. "The Heart Smart Cookbook," published by Andrews and McMeel, is now available nationwide at Walden Books and Barnes & Noble. It sells for \$14.95.

"We're very pleased that our cookbook will reach millions of Americans who are concerned about their health," said Fay Fitzgerald, Heart Smart program coordinator.

"It's important that people begin to lower their fat, cholesterol and sodium intake to lead healthier lives," she added.

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