

## Two Get Degrees At Mich. Normal

Among the 261 graduates receiving degrees at commencement exercises at Michigan State Normal College on June 11 were two students from the Farmington area. Local graduates were Marilyn M. Nelson and Janet Sue Sowers. Both were awarded B.S. degrees and Elementary Provisional Certificates.

Asparagus from nearby fields has been held back some by recent cool weather. Warm June days will mean better quality asparagus for shoppers.

## Given Promotion At Nash Motors



J. F. BUCK

J. F. Buck of 21350 LaBos Drive, Farmington, was promoted last week by Nash Motors Division of the American Motors Corporation to the position of assistant parts and service manager, in charge of the western section of the United States.

Buck joined Nash in 1947 as a service representative and later worked as a technical instructor, district manager, car distributor and zone parts and service manager with the organization. He entered the auto industry in 1937 with United Motors and then worked as a service instructor with Chevrolet.

During World War II Buck served on special assignment in the European Theatre and later was assigned to testing marine engines for the Navy.

Mr. Buck is married and the father of four children.

## Our Lady Of Sorrows Girls Fly-Up In Scouting, Receive Awards June 3

Fly-ups became Intermediate Girl Scouts and awards were presented at a Brownie Ceremony on Friday evening, June 3, at Our Lady of Sorrows Parish Hall.

Mrs. Louis Leonard, Intermediate Scout Leader, received Fly-ups from Troop 468, led by Mrs. John Petersmark, co-leader. Mrs. Joseph Juzak; Juliette Aho, Janice Bloom; Susan Bobbit, Suzanne Harris, Patricia Hoffman, Julie Ann Jack, Judith Jones, Louise Leonard, Rita Selinsky and Frances Thornton.

Fly-ups from Troop 170, led by Mrs. Fred Bader, co-leader Mrs. James Duffy; Shirley Duffy, Joann Gadshaw, Judy Guilmette, Janis Guilmette, Agatha Koscelemak, Karen Mann, and Mary Trubick. From Troop 228, with Mrs. Guy Dornan as leader and Mrs. Cyril Johnston, co-leader, came Linda Beaudin, Jeanette Dompiere, Diane Lepko, Andrea Miller, Heather Ann McIntosh, Maureen Nolan and Jo Ann Smith.

Fly-ups all received ribbon, pendant and wings.

Other awards were as follows: Troop 228: red, white and blue ribbons and pendants: Darlene Allen, Michelle Allen, Mary Ann Andette, Patricia Ann Bernard, Marcella Girsak, Christine Groff, Margaret Maranuk, Patricia Quinn, Marilyn Ray, Cheryl Rowe. A visitor's award went to Charlotte Myszycki.

Troop 170, ribbons and pendants: Maureen Blouin, Pamela Hoelt, Barbara Janssen, Kacie McAkin, Mary McPhee, ribbon only, Kathleen DeSies, Nora King, Patricia King, Corazon Romero, Kathy Thornton, and Gail Walczak.

Troop 468, ribbons: Karen Anderson, Judith Ann Jusak, Mary Margaret Ling, Sheryl Medford, Karen Petersmark, Margaret Rogers, Margaret Riddell, and Sue Ann Riddell.

The ribbons were awarded for good conduct and the pendant signifies a year in Brownie activities.

Maureen Nolan of 228 gave the introduction and welcome to parents: Karen Mann of 170 presented the color guard; and Julie Jack

## Expression Students To Hold Spring Recital

Students of the younger expression class conducted by Mrs. William Laneaster of Farmington will present their spring recital on Tuesday, June 21, at the First Methodist Church school rooms starting at 8 p.m.

The public is invited to view the program. There will be no admission charge.

Youngsters to appear in the program are David Stidwell, Linda Cowell, Philip Downs, Jeannie Miller, Orene Downs, Kay Lynn Sursaw, Michael Nahan, Cynthia Sonner, Dianne Herron, Rickie Brewer, Sharon Woodard, John Nahan, Louis Parenti, David Kelly, Anna Eickhoff, Diane Gross, Toni Sorton, Peggy Belle Farmer, Brian Ringe, Gale Hargrave, Tommy Grose, and Dickie Grose.

In 1950, nine pounds of ice cream was consumed per person every year. According to U. S. Department of Agriculture figures, now each of us eats 17 pounds every year.

## PROPER DIET OF LESS SWEETS, MORE MEAT CAN AID IN PROLONGING 'MIDDLE AGE'

A good diet might add ten years to your life. What's more, the years can be added at the prime of life — during the middle years, says Robert Hershey, extension specialist in foods and nutrition at Michigan State College.

The first steps in making middle age longer and old age shorter, Miss Hershey says, should be taken in young adulthood. To keep in tip-top vigor, make sure you have well chosen meals throughout adult years as well as childhood.

Miss Hershey suggests that protein, ideally, should be part of every meal. Studies show that protein and the B vitamins delay aging. Meat is a good source of both. Milk, cheese, eggs and fish are other good protein sources.

B vitamins, so important in delaying aging, are found in enriched flour and whole grain cereals. Keeping calorie counts low leaves little room for eating baked products, so all bread and other cereal foods we do eat should be enriched or made with whole grains.

As an adult becomes less active, less energy food is needed. But when less food is eaten, milk, meat, eggs, fruits and vegetables should not be neglected, warns Miss Hershey. A pint or more of milk should be high on the day's diet list, because the calcium it contains helps protect bones against breaking. Calcium also serves as a nerve regulator.

Foods such as sugar, candy, cake, cookies, pastry, gravy and fried foods give energy but no food value. So Miss Hershey advises cutting down on these foods.

In 1954, 7,700 pedestrians were killed in U. S. traffic accidents.

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## Cville Methodist Bible School To Start June 20

The Clarensville Methodist Church, Grand River at Collinsham, announces its Daily Vacation Bible School to be held June 20 - 26. The festivities connected with the school will begin with a giant Pop Rally at the church on Friday, June 17, at 7:30 p.m.

The public is invited to enjoy this time of fun and fellowship. The school will be in session daily from 9 a.m. to 12 noon. The theme is "Sailing With Christ." Those desiring free transportation on the bus may call Farmington 2812-1.

The school will close with a program by the children on Thursday, June 30, at 7:30 p.m. in the Clarensville High School auditorium.

The school is under the direction of Misses Lois Martindale and Donna Williams. The Reverend Elsie A. Johns is the pastor.

John Chappis a Sells Insurance

## Livonia Soldier Enjoys Rest Leave in Japan

Mr. Richard T. Noble, 19, son of Gerard A. Noble, 17251 Purlingbrook, Livonia, recently spent a week's leave in Tokyo from his unit in Korea.

Noble is assigned to the 364th Signal Battalion's Headquarters Company. Overseas since last September, he entered the Army in January, 1954, and completed basic training at Fort Knox, Kentucky.

Noble is a former Bentley High School student.

## SWIMMING PROGRAM, DAY CAMP OFFERED AREA GIRLS BY YWCA

All girls 10 through 19 years of age are invited to join a swimming program sponsored by the Young Women's Christian Association, Northwest Center, 17258 Redford Avenue. Classes will be held at Redford High School on Tuesdays and Thursdays from 5 to 6 p.m. and will begin on June 28. Requirements to join are a Y-W membership and a physical examination by the YWCA doctor, to be held at the Center on Monday, June 29. Enrollment is limited.

A day camp for girls 10 to 14 years old will be held at Stoupe Park No. 1. The program will be supervised and will feature arts and crafts, nature lore, campcraft, sports, folk dancing and other related activities.

Hours will be 9 to 11 a.m. on Mondays and Wednesdays. The dates for the first session are June 27, 29, July 5 and 6. Second session is July 11, 13, 18 and 20. Call now for a reservation, or stop at the Center to register. Phone number is KEwood 3-6910.

## Club To Sponsor Bob-Lo Basket Picnic June 21

Townsend Club 44 will sponsor a Bob-Lo Basket Picnic on Tuesday, June 21. Boats will leave the foot of Woodward at 10 and 11 a.m. At the 2 p.m. sailing all tickets purchased in advance will be honored.

Club 44 meets the second and fourth Tuesdays of each month at 7:30 p.m. at 4732 Grand River. A business meeting is followed by cards and lunch.

Further information about the club may be obtained by calling WEber 4-8983.

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# June is Dairy Month in Michigan

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Scene in the Irish Hills near Clinton

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