

NEWS RELEASE

Mother McAuley *Liberal Arts High School*

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION:

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(left to right) Nora Zelek, Tammy Rabadi, Tania Velazquez and Sara Lowczyk received the Youth Medal of Service Award from Cook County Sheriff Thomas J. Dart's office for their outstanding volunteerism.

Mother McAuley Students receive Cook County Sheriff's Youth Service Medal of Honor

Four students from Mother McAuley Liberal Arts High School were awarded the Sheriff's Youth Service Medal of Honor. The recipients were senior Sara Lowczyk of Ashburn, junior Tammy Rabadi of Oak Lawn, junior Tania Velazquez of Ashburn and senior Nora Zelek of Beverly. The students were chosen for their volunteer service work, their commitment to helping others, and their good citizenship.

The Youth Service Medal of Honor is presented by Cook County Sheriff Thomas J. Dart. To qualify students must be residents of Cook County in grades 9-12 and have provided a minimum of 100 hours of unpaid community service.

Sara Lowczyk has volunteered 150 hours of service to the Advocate Center for Breast Care at Christ Medical Center. She has also acted as a volunteer at the Central Stickney Park Fest and the Rush Health Fairs. At Mother McAuley, Sara is a member of the National Honor Society, the Orchestra, Student Ambassadors, Action Reaction Service Club, and is a Lector at school liturgies.

Tammy Rabadi dedicated more than 100 hours of service to the Palos Community Hospital, 30 hours to the Children's Museum, and is a dabkeh (an Arab folk dance) performer at her church. Outside of school she takes Tae-kwan-do at T-USA and in school she is a member of the Spanish Honor Society and the Science Club.

Tania Velazquez volunteers one day a week at Rush Hospital and one day a week at Christ Hospital for a total of more than 200 hours of service. She also served as a coach and mentor for students through the National Hispanic Institute as well as participating in their Young Leaders Conference. At McAuley, Tania is a member of the Spanish Honor Society, the Action Reaction Service Club and Student Ambassadors.

Nora Zelek participated in PeaceBuilders where she created a peace project and volunteered at the Catholic Worker House. Through her parish St. John Fisher, Nora teaches a Catholic Faith Formation class to second graders, helps with the extended day program for students in kindergarten through eighth grade, and volunteers with the Scripture Safari pre-school classes. As a McAuley student, Nora is a member of the National Honor Society, the Junior Classical League (Latin Honor Society), Student Ambassadors, and plays in the Orchestra and String Ensemble. She is on the Equinox Literary Magazine staff, is a Eucharistic Minister and participates in Intramurals.

The Sheriff's office created this award to recognize the efforts of these dedicated youth and show that their volunteer service can provide a meaningful difference in their community. This is the 22nd year the Youth Service Medal of Honor has been awarded.