

club circuit

WESTSIDE SINGLES meet for a dance party at 8:30 p.m. Friday in Livonia Elks Club, Plymouth east of Merriman Road. Admission is \$4 at the door. The singles hotline is 562-3170.

NEWBURG SINGLES meet at 6 p.m. Sunday in Newburg United Methodist Church, 3650 Ann Arbor Trail, Livonia for a picnic and nature walk through Hines Park. Members will bring their own food and table service. Grills will be available. Inquiries are taken by calling the Singles Connection, 537-5519.

FOCUS ON LIVING, a self-help group for cancer patients and their family members, meets at 7:30 p.m. Tuesday, July 19 in the fireside lounge in First Presbyterian Church of Birmingham, 1660 Maple. Inquiries taken by American Cancer Society, 557-5353.

All club news and announcements for this column are to be addressed to Club Circuit, Farmington Observer, 33203 Grand River, Farmington 48024. The information must arrive before noon on the Monday before Thursday publication.

new voices

DR. AND MRS. ROGER A. SKINDELL of Lapeer announce the birth of their second son, Andrew Mitchell, born April 30.

The infant's grandparents are Edward and Joyce Skindell of Farmington Hills and Esther and Harry Hillier of Lapeer. His great-grandmother is Phyllis Packer of Redford Township.

LIDO AND TERI ALDINI of Canton announce the birth of their son Michael Peter, born June 17 in St. Joseph Mercy Hospital, Ann Arbor.

The infant's grandparents are Tom and Carole Harris of Brighton and Mary Stella Aldini of Grosse Pointe Woods. His great-grandparents are Eugene and Frances Chase of Farmington; Vernon Hill of Boyle, Miss. Marie Farrugia of Warren and Assunta Aldini of East Detroit.

Michael has one sister, 18-month-old Julia Elizabeth.



Creative Camp

Anna Gebler (above) gets her marching hat fitted by Tammy Svalb. Then, with hats in place (at right), youngsters march down the steps and onto Farmington Community Center's amphitheater stage where they will strike up their band. It's all part of the center's Creative Camp, where 4-7-year-olds are introduced to a variety of the arts. Svalb heads up Creative Camp's music periods. Music Camp for youth begins July 18 and July 25. Air and Space Camp begins Aug. 15.



RANDY BORST/staff photographer

• The pulse of your community • The pulse of your community

Some healthy recipes for hot and lazy days

If the warmer weather of summer has you thinking about adding some cool, healthy changes to your diet, then the summer volume of the American Institute for Cancer Research's cookbook series, "An Ounce of Prevention" is a good place to find some tasty ideas.

The institute's summer cookbook features recipes for everything from appetizers to desserts, all created to meet the dietary guidelines to lower cancer risk. That means dishes that are lower in fat, that emphasize more vegetables, fruits and whole grain products, but are still tasty and easy to prepare for lazy days of summer.

The cookbooks are part of the institute's education programs, reaching millions of Americans each year with information on diet and cancer prevention.

Individual copies of the summer cookbook are available for a \$6 donation per volume, which covers postage and handling. Income from the cookbook furthers the institute's work in cancer research and education.

To order a copy, send check, payable to AICR, to: American Institute for Cancer Research, Summer Cookbook, Washington, D.C. 20049.

The recipe printed here from the summer cookbook is an easy to prepare main dish that provides both

good nutrition and a unique flavor.

FRUITED CHICKEN SALAD
4 chicken breast halves, skinned
1 medium apple, chopped
1 cup celery, chopped
2 cups pineapple chunks, fresh or canned
one half cup Dijon mustard
2 tsp. vegetable oil
one half tsp. ground ginger
1 tsp. Oriental sesame oil

Place the skinned chicken in a large saucpan or Dutch oven. Cover with water and bring to a boil. Reduce the heat and simmer for 20 minutes, or until the chicken is cooked. Remove the chicken and cool.

Meanwhile, chop the vegetables. Combine the mustard, vegetable oil, ginger and sesame oil in a small bowl or jar and mix well. When the chicken is cool enough to handle, remove the meat from the bones and cut it up into bite-size pieces. Mix together the chicken, fruit and dressing in a large bowl. Serve chilled.

Add some whole wheat rolls and fresh vegetables for a quick, tasty dinner. This recipe yields four servings of about 275 to 300 calories and 12 grams of fat each. Preparation can be even faster if you have leftover cooked chicken to use in the recipe.

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merle

Meet Chicago designer Robin Andelman of MERLE as she previews the Fall '88 signature collection of unlined, unconstructed coats, jackets & suits.

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