



Sinnaeve-Varcie

Mr. and Mrs. Gilbert B. Sinnaeve of Farmington Hills announce the engagement of their daughter Carolyn Alicia to Thomas Michael Varcie, son of Mr. and Mrs. Chuck Varcie of Garden City.

The bride-to-be is a student at Oakland Community College and is employed with K mart. Her fiancé is a student at Eastern Michigan University and is employed as a staff writer for Associated Newspapers.

A March 1990 wedding is planned.



Skiba-Sinnaeve

Mr. and Mrs. Gilbert B. Sinnaeve of Farmington Hills announce the engagement of their son Michael Joseph to Sharon Lynn Skiba, daughter of Mr. and Mrs. Ben Skiba of Detroit.

The bride-to-be is a graduate of Providence Hospital School of Radiology and is employed with Arbor Lane Medical Village and Oakwood Canton Hospital. Her fiancé is a graduate of Oakland Community College and is employed with Glidden Paint.

An outdoor wedding is planned in October at St. Paul's of the Cross in Detroit.



Sinnaeve-Kalota

Mr. and Mrs. Gilbert B. Sinnaeve of Farmington Hills announce the engagement of their daughter Eileen to Joseph G. Kalota, son of Mr. and Mrs. Leo Kalota of Wixom.

The bride-to-be and her fiancé are both graduates of Ferris State College. She is employed with the Novi Hilton. He is employed with the Grand Prairie Police Department in Texas.

A January wedding is planned in Shrine of the Little Flower, Royal Oak.



Hairstyles for the '90s

Don Francis with model Staci Right (at left) visited Mario Max Salon this month to give a preview of hairstyles for the '90s. Noel Abel and Right (above) show the avant-garde fashion he created for their lifestyles. Francis stylist for Bananarama, Boy George, Spandau Ballet, Bay City Rollers and Andy Ridelgy of Wham, to name a few.

Grains make comeback

Grains have been used as main dishes since biblical times, but many American cooks are unaccustomed to serving them frequently.

"Words like Kasha, Bulgur, Amaranth, Couscous or Tabbouleh may sound too mysterious for us," says Lois M. Thieleke of Oakland County Cooperative Extension Service.

Kasha is a term for roasted buckwheat kernels that are cooked like rice. Bulgur is pre-cooked whole wheat berries and is handled like rice. Mediterranean and Middle Eastern cuisines feature many famous whole grain dishes. Couscous is a delicious combination of cracked wheat berries or pre-cooked semolina with spicy meat, vegetables or

fruits. Tabbouleh is a cold salad of cracked wheat or bulgur with chopped tomatoes, mint and parsley.

Amaranth is a grain native to South America and is high in protein, iron and calcium. Amaranth is used as a side dish or cereal. The flour is used in bread, tortillas, cookies and cereals.

Many whole grains keep best in the refrigerator. The natural oils in the grain and germ tend to spoil quickly especially in warm areas.

Look on your grocer's shelves for these products and try something new or old. Most are rich in protein, fiber and B vitamins, calcium and iron and fit into the diets of those interested in good health and good tasting foods.

Double bill designed to entertain, intrigue

"5, 6, 7, 8 Dance!" is a double bill that contains two separate and timely presentations.

The first is dedicated to the hardcore percussive, sensual and angular style of the late Bob Fosse. "Five for

Fosse" will feature classic moments from "Pajama Game," "Sweet Charity," "Cabaret," "Pippin" and his semi-autobiographical work, "All That Jazz."

Hans Christian Anderson's classic

fairytale of "The Red Shoes" is the basis of the second presentation. Rather than the usual balletic interpretation, this ambitious retelling uses contemporary choreography that gives added significance to

day's audience. Its characters have been adapted to represent society from the celebrated to the neglected while still adhering to Anderson's fanciful tale.

The evening of dance is designed to entertain and intrigue, even the most elusive theater goer.

Think Trim workshop returns to the center

"Think Trim," the all-day workshop designed for participants to develop a more positive attitude about themselves and their relationship to food, returns to Farmington Community Center.

Lorraine Stefano, creator of the Think Trim principles, will lead the session from 9 a.m. to 3:30 p.m. Saturday, Aug. 13, in the center at 24705 Farmington Road.

"Studies indicate that 80 percent of all people who join health clubs never use their memberships, never

follow through with their weight loss goals," Stefano said.

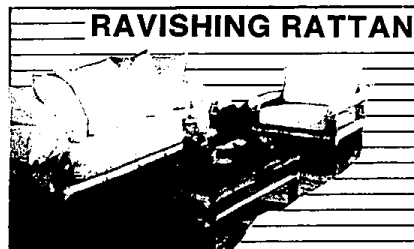
She said the importance of self-image, self-motivation and healthy attitudes are stressed in her seminars, which are given in colleges, hospitals, at corporations and in community centers throughout the metro area.

The fee for the workshop is \$40. Register by calling the center at 477-8404.

new voices

PETER AND MADELEINE KARCZ of Farmington Hills announce the birth of their daughter, Marisa Christine, born July 6 in Providence Hospital. She has one brother and one sister, Eric and Lauren.

The infant's grandparents are Mr. and Mrs. Walter Karcz and Mr. and Mrs. Reginald Cioleklo, all of Detroit. Her great grandparents are Lucille Grabowski of Keego Harbor and Regina Cioleklo of New Port Richey, Fla.



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