

ENGAGEMENT

Brabene-Etue
Frank and Kathy Brabene of Clinton Township announce the engagement of their daughter, Stacey Marie, to Kevin Richard Etue, son of Rosemary Etue of Troy and the late Robert Etue.

The bride-to-be is a graduate of Centerline High School and Western Michigan University. She is a buyer at Ford Motor Co.
Her fiancé is a graduate of Brother Rice High School, Western Michigan University and Winthrop University.
An August wedding is planned at St. Thomas More Catholic Church in Troy.



Holocaust Memorial Center offers docent training

The Holocaust Memorial Center will begin its annual training session for individuals wishing to serve as docents.

Their new facility is expected to open on Orchard Lake in Farmington Hills this fall. The orientation session for interested adults with daytime hours to spare will be held at 10 a.m. Wednesday, June 25 in the HMC's present location, 6602 West Maple Road in West Bloomfield.

Master docents as well as new candidates are invited to attend the meeting. Docents will learn to guide groups on walking tours of the HMC, explaining the exhibits and interpreting the history and lessons of the Holocaust.

Because of the addition of two new entities, namely the

International Institute of the Righteous and the Museum of European Jewish History, this year's training session will include two survey courses on Jewish History. Pre-registration is necessary for those new to the HMC docent program. Call Selma Silverman at the HMC, (248) 651-0840.

Get professional help for blues after birth

Lisa: I am depressed and feeling anxious since I had my baby two weeks ago. I have heard a lot about post-partum blues. How serious is this and what should I do? **June Q., Livonia**
Dear June: Post-partum blues occur frequently as a result of normal hormonal changes that occur shortly after delivery. The symptoms range from mild to moderate and usually do not last for an extensive period of time. For some women the effect of the hormonal changes is more severe. If your symptoms continue after several weeks post delivery, and are interfering with your daily overall functioning, you may be experiencing a more severe form - called post-



Lisa Kruman

partum depression. The symptoms may include but are not limited to: anxiety, depression, obsessive thinking, agitation, irritability, insomnia, hyper-insomnia, lack of motivation, frequent crying, fear of caring for the baby as well as thoughts of harming yourself or your baby. Mental health treatment, sometimes combined with medication, is very successful in treating post-partum depression.

Lisa: When I had my first baby three months ago I imagined that everything would be "wonderful." Since she was born, my life has changed so much and I'm feeling resentful. Is this normal and how can I feel more positive? **Mary S., Farmington**
Dear Mary: Our fantasy of life with a new baby is often different from the reality. Your identity has changed in numerous ways, as have your responsibilities in

your life. Many women go through a grieving process over these losses and experience some feelings of resentment. While you need to acknowledge the losses and changes in your life you need to make a conscious effort to also acknowledge the gains and the new experiences you will have along this new journey of motherhood. Remember that at this early stage you are sleep deprived and constantly giving to your baby without much feedback. As your baby grows and begins to respond to you, you will likely begin to enjoy motherhood more.

Lisa: Since our baby was born eight months ago, we have become so focused on him that we have lost our connection with each other. How can we keep our marriage strong with the busy daily routine and needs of our baby? **John M., Farmington Hills**
Dear John: While a child

certainly requires significant time and attention, it is very important to remember that your marriage does too. You will probably need to create this time, as it will not necessarily naturally occur. Although it may seem impossible, make every effort to find 30 minutes/day that you and your wife can spend together with no disruptions i.e. telephone, T.V. etc. Also, during that time do not discuss your child. If you are fortunate enough to have a babysitter, or family member, that can stay a week for a few hours, take advantage of it. The baby will not suffer from being left with another safe caregiver for a short time, but he will react if his parents are disconnected from one another and your relationship is strained.

Lisa Kruman, MSW, ACSW is a clinical social worker. Contact her at newparents@daviscounseling.com

Apply June 26 for the OCC chef's program

Screening of applicants who wish to enroll in the award-winning chef apprenticeship program at Oakland Community College's Culinary Studies Institute will be held at 9 a.m. Thursday, June 26 at the Orchard Ridge Campus in Farmington Hills.

In order to be admitted to the screening, applicants must bring a certified check for \$110 made out to Michigan Chefs de Cuisine Association; a handwritten essay of 150 words on "Why I Desire a Career in Culinary Arts"; a high school

diploma; a resume; a record of documented work experience and references; and post-high school transcripts, if applicable. Successful applicants must also complete the college's ASSET testing procedure before being accepted into the pro-

gram. The \$110 is fully refundable if the applicant is not accepted. For more information about the OCC chef apprenticeship program and screening, call chef Kevin Enright at (248) 522-3710 or (248) 522-3700.

The City of Farmington and the Downtown Development Authority present their annual Friday Evening Concert Series 7:30-9 p.m. at the Pergola Gazebo, on Grand River, three blocks east of Farmington Road:

- June 20 - Voyage, featuring Top 40 music.
- June 27 - Red Garter Band, featuring Dixieland music.
- July 4 - Detroit Brass Society, featuring Americana music.
- July 11 - Chateau, featuring 50s and 60s music.
- July 25 - Brazil and Beyond, featuring Beatles classics with a Brazilian beat.
- Aug. 1 - Motor City Brass Bands, featuring patriotic music. Call (248) 473-7276.

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