ENGAGEMENTS



DAVIS-TAM

and Paul Davis of engagement of their daughter Deborah Lynn to Aaron Matthew Tam, son of Dr. Robert and Elizaboth Tam of Farmington Hills.

The bride-to-be graduated magna cum laude, Phi Beta Kappa, from Brandeis University with a bachelor's degree in American studies. She received her master's degree in media communications from Northwestern University and is the public relations manager for the national headquarters of the American Library Association based in Chicago.

The groom, a graduate of Hillel

The groom, a graduate of Hillel Day School and Harrison High School, received his bachelor's degree with honors in economic from the University of Michigan. He carned both his master's degree and his PhD from Northwestern University. Auron is employed as a senior strategy consultant with PriceWaterhouseCoopers.

A September wedding is planned.



CUNNINGHAM-KAISER
Gloria and Jim Cunningman of Farmington Hills
announce the engagement
of their daughter Laura to
Eric Kaiser, son of Richard
and Sharon Kaiser of

Brighton.
The bride-to-be is a graduate of Michigan State University with a B.S. in mechanical engineering. She is currently working on an M.S. in engineering management and is employed as a manufacturing project engineer at I.B.M. in North Carolina. The groom is also a graduate of Michigan State University with a B.S. and M.S. in mechanical engineering.

M.S. in mechanical engineering.

He is a polymer and mechanical parts engineer at I.B.M. in North Carolina.

A November wedding is planned.

Judge 'unplugged' at Jan. 19 breakfast

"Uncensored and Unplugged with Judge Steven W. Rhodes' is the theme of the next breakfast event of the Jewish Federation Cardaco Society 7:30-9 a.m. Tuesday, Jan. 19 at the Max M. Fisher Federation building, 6735 Telegraph, one block south of Maple in Bloomfield Hills.

The Cardozo Society corducts programs of interest to members of the legal profession.

Rhodes is the chief bankruptcy judge for the Eastern District of Michigan and sits on the Bankruptcy Appellate Panel for the 6th Circuit Court. Prior to his appointment, he was a law clerk for district Judge John Feikens, an assistant U.S. autorney and a U.S. magistrate.

He is a fellow of the American College of Bankruptcy and a for-

M CARDOZO SOCIETY

mer associate editor of the American Bankruptcy Law Journal and the Michigan Law Review. Rhodes is vice president of the Detroit chapter of the International Association of Jewish Lawyers and Jurists.

Event chairs are Lisa K. Pernick and Nathan Upfal. Sponsoring the breakfast with the Cardozo Society are Tau Epsilon Rho Law Society, Detroit graduate chapter, and the International Association of Jowish Lawyers and Jurists, American section, Detroit chapter.

Admission is free and Juriats, American section, Detroit chapter.

Admission is free and breakfast will be served. Reservations are due by Tuesday, Jan. 12.

Fer reservations and information, call Jodi Berger at 203-1486.

The theme is fun

Walking in a Winter Wonderland: Young enjoy the cre-ative theme week at Farmington Gym-nastics Center while tum-bling, bouncing and per-fecting their gymnastics skills. FGC has provided the area with quality gym-nastics for over 18 years.

Jewish ed program will begin

Seminars for Adult Jewish Enrichment (SAJE) is the first program of its kind in metrophitan Detroit. Beginning in January, SAJE will offer the largest and most diverse selection of adult Jewish educational courses ever held in the area.

There are 67 courses being taught by metro Detroit rabbis, cantors, educators, scholars and community leaders in the pluralistic and welcoming environment of the Jewish Community Center in West Bloomfield and Oak Park. Conservative, Humanistic, Orthodox, Reform, Secular and unaffiliated will all come together for a dynamic learning experience.

The Jewish Community Center of Metro Detroit and the Agency for Jewish Education are presenting SAJE, with co-sponsoring from the Jewish Federation of Metropolitan Detroit and the Detroit Agency for Jewish Education are Irwin Alterman, chair of Judaic enrichment at the JCC,

Totally

Free s

Sharon Hart, chair of the pro-

gram steering committee at the JCC, and Lynda Giles, president of the Agency for Jewish Educa-

of the Agency for Jewish Education.

Courses will be held Tuendays
and Thursdays at the D. Dan
and Betty Kahin JCC in West
Bloomfield, and Wednesdays at
the Jimmy Prentis Morris JCC
in Oak Park for two three-week
terms beginning dan. 26, 1999.
Both 7:30 p.m. and 8:30 p.m.
classes will be offered with children's programming availablefor the 7:30 class period.
Advance registration is required
and there is a nominal class fee.
Jewish educators and professional staff of Jewish agencies
and congregations may repister

sinnal staff of Jewish agencies and congregations may register free of charge. For more infor-mation, or to receive a SAJE brochure, call the Jewish Life and Learning Department at the Jewish Community Center, 1248) 661-7649.

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No Bones

About It.

Diet resolutions: Set realistic goals

Each January, millions of overweight Americans resolve to lose weight.

Two things are necessary to reach a weight loss goal, says Florine Mark of Weight Watchers. "A realistic goal and the readiness to achieve it."

Is your goal realistic? Start by committing to lose a modest amount of weight. Research has shown that even losing 10 percent of your body weight can reap positive health benefits.

After setting a realistic goal, make sure you are ready to lose the weight and maintain the weight loss for continued health benefits. To find out if you are ready to make a lifelong commitment to yourself, ask these questions:

Da you realize that you must

Do you realize that you must make long-term, not temporary changes in the way you eat and how active you are? To learn how to lose weight and maintain the weight loss, you must choose food and activity patterns that are healthful and that you enjoy. Nothing extreme or short-term will result in long-term goal achievement.

Are you ready to look at your present habits and pinpoint problems? You can't change what you don't know. Take time to notice your current patterns and think about what you can ons; Do you realize that you mus



change.

Are you choosing to lose weight for yourself? You must be self-motivated to reach and accomplish your goal.

Are you willing to lose weight slowly? A slow, stoady weight loss of 1-2 pounds each week is the healthiest way to go.

Are you ready to be more active? Studies have shown that people who maintain a weight loss are more likely to be active. You don't have to exercise strenuously – just move more!

Are you ready to be organized? Like an enterprise, planning is crucial to achieving your goals.

Are you ready to redefine the word success? Weight loss is a process, with many challenges and successes. Allow yourself to feel successful each time you make a healthier choice.

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MILITARY NEWS

Jared Roth, son of Susan and Steven Roth of Farmington Hills, enlisted in the Air Force. Upon completing six weeks of basic military training at Lack-land Air Force Base in San Anto-ino, Texas, he will receive tech-nical training as a bomber avion-

ics systems apprentice. Roth, a 1997 graduate of Harrison High School, will earn credits toward an associate degree in applied science through the Community College of the Air Force while attending basic and technical training schools.



January! KAPLAN

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