

Granholm to headline program at Adat Shalom

Michigan Attorney General Jennifer Granholm will headline an array of guest presenters at Connections 2000, set for Saturday, March 4, at Adat Shalom Synagogue.

The program will begin at 7:30 p.m. in the main sanctuary with a Havdalah service led by Cantor Howard Glantz, immediately followed by Granholm's keynote address. She will explore a number of issues which impact the Jewish community, including hate crimes, consumer fraud, building community, crime on the Internet and other current topics.

Array of topics

From 9-10 p.m., an array of speakers will offer workshops and discussions on topics designed to educate participants and engage them in thought-provoking discussion. An afternoon with desserts and specialty coffee...

and featuring the music of Charles Greeno, jazz keyboardist, will follow.

Rabbi Daniel Nevins will present a Jewish take on Star Wars called "May the Force Be With You?" Rabbi Herbert Yoskowitz will explore "The Hysteria and History of Jewish Syrian Relations." Judith Minton, president of Voice Works seminars, will discuss "Parent Talk."

Gallery owner David Klein will talk about "Deal Power: The Rise and Fall of the Art Dealer in the 20th Century." Doron Levin will look at "e-Commerce: Changing the Individual's View of Business in the 21st Century." Mark Myers will tell a story about his journey "To & From Israel With Love." Kosher chef Cyril Victor will offer tips for bringing new, creative ideas to everyday and holiday meal planning in "Kosher Food for Thought." Elliot Wilhelm, director of the

Detroit Film Theatre series, will bring his audience an update on today's movie-going habits and what's in store for local film buffs in "Camera, Action."

Breaking down barriers

Granholm made history when she shattered the glass ceiling and was elected Michigan's first female attorney general in November 1998. She is the state's first new attorney general in 37 years, following the retirement of Frank Kelley. A Phi Beta Kappa graduate of the University of California at Berkeley, and an honors graduate of Harvard Law School, Granholm clerked for Damon Keith and achieved a 99 percent conviction rate while serving as a federal prosecutor in the U.S. Attorney's office.

In 1994, she became the first woman and youngest person to be appointed as the Wayne

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County Corporation Counsel. Three years later, she was recognized for her efforts in Crain's Detroit Business as one of the Top 40 Under 40. Other awards include her selection as one of the 10 "Lawyers of the Year" by Michigan Lawyers Weekly and "Outstanding Michiganers" by the Michigan Jaycees. Granholm

also serves as a Michigan State Bar Commissioner.

Participants will be able to pre-select the discussion group of their choice. Pre-registration for the program is required. The community is welcome to attend. There is a \$15 per person fee.

Chairing the evening are Gail and Steven Fisher and Phyllis and Robert Pilcowitz. Former Connections chairs Barbara and Irvin Kappy are advisers. The evening is co-sponsored by the Adat Shalom Adult Study Commission.

To receive more information or to register, call the Adat Shalom office at 851-5100. The synagogue is located at 29901 Middlebelt Road in Farmington Hills.



Jennifer Granholm

Borders lists March events at Farmington Hills store

Borders Books and Music in Farmington Hills has scheduled several events during March:

7 p.m. Thursday, March 9: Back by popular demand, Lori Lipinski will host an encore book signing and discussion of "Common Sense ... Is It Really That Common?" Get the answers to all the questions you have about nutrition, health, and the quality of foods you eat. Learn about the differences between commercial and organic foods, and what you can do to make healthy decisions about your life. Natural food samples courtesy of Whole Foods Market in West Bloomfield, will be available, as well as a drawing for prizes such as Borders gift certificates. The event is free and open to the public.

7:30 p.m. Thursday, March 23: Creative writing workshop. A favorite of Borders, Iris Underwood returns to conduct one of her patented creative writing workshops. If you've

been feeling the need to write down your thoughts, emotions and ideas and yet have trouble putting pen to paper, bring writing tools and let Iris show you how to begin. Free and open to the public.

7 p.m. Monday, March 27: Gardener's discussion group: companion planting. Master gardener Peggy Malnati presents a discussion on companion planting, the technique of locating complimentary plants next to each other in the garden. For example, plant garlic next to roses to keep away aphids. The event is free and open to the public.

7:30 p.m. Tuesday, March 28: Jewish authors book group. Robert del Valle leads this discussion group revolving around Jewish authors and topics. This month, the group discusses "City of God" by E. L. Doctorow.

Borders Books and Music is located at 30995 Orchard Lake Road. Call 737-0004 for more information.

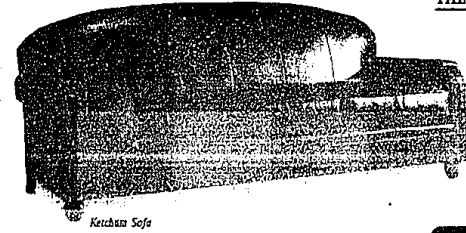
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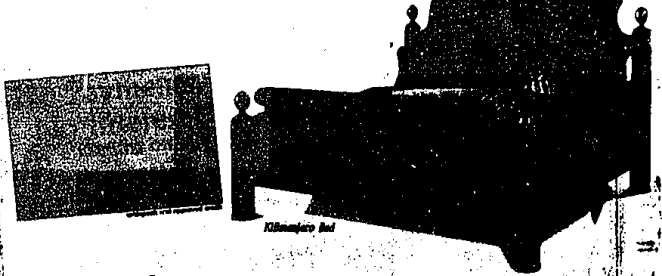


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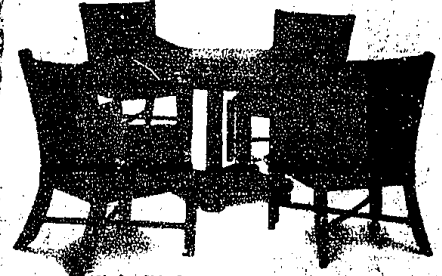


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Fitness from page B1

"A lot of people who go to gyms don't know what they're doing or why," said Sadikot. "A personal trainer lets you exercise correctly and safely. The whole idea is to stay healthy. We can put together a program designed to specific needs. You need to have proper posture when applying force to joints; having the input of a trainer eliminates exercising incorrectly."

Sadikot and Klebba also work at The Water Wheel, a personal training facility in Northville.

"There's a lot of one-on-one that goes on here," Klebba said. "You could be in a health club a

year and not see anything happening. A trainer's expertise and input helps you meet your goals."

Prices for a one hour session for building tenants and WW members are \$45 and can be broken into half hour increments or shared with another person at half the rate. Staff is available seven days a week. Six one-hour sessions cost \$252; and a dozen hour-long sessions is \$480.

For more information about Synergy Fitness Inc., call 349-6010.



Treadmill: Weight Watchers regional manager Robb Bingham uses the treadmill in the new gym.