

Start New Year with cable workshop

1987 is your year to make television and radio work for you, your family or your organization.

How?

Workshops are offered (free of charge) in monthly sessions, once a week for four evenings 7-10 p.m.

- Studio — Jan. 7, 14, 21, 28; March 5, 10, 17, 24; May 6, 13, 20, 27
- Remote — Feb. 3, 10, 17, 24; April 2, 9, 16, 23

Radio workshops begin Jan. 27 and will be scheduled accordingly; each class may consist of only six students.

Video workshops are scheduled several times a year. This will enable you to cover special events. (Metro-Visi-View staff will always accompany

field production teams.)

Editing classes are individually taught; you schedule after videotaping your first show and have footage to work with.

Pre-production sessions may be scheduled with the production staff at Metro-Visi-View.

Should you question the need to become involved, schedule a personal meeting with myself and I will be happy to come speak with your group.

The entire purpose of these offerings throughout the year is to provide you the opportunity to enrich your messages meant for our community. They also are designed to provide educational opportunities



cable connection
Lark Samouellan
 executive director,
 Southwestern Oakland Cable Commission

that will enrich your understanding of the technology of the '80s and '90s.

Happy New Year! We hope to hear from you: 478-7265.

COMMUNITY ACCESS PROGRAMMING SCHEDULE
 Channel 12
 Monday, Jan. 5

Skits-O-Frantic Part II

- 4 p.m. — Producer of the Month: Ellen Doman and Billie Thompson.
- 5 p.m. — Oakland County Connection: Rottweiler Dogs.
- 6:30 p.m. — Germs of Endearment: Sex Education.
- 7 p.m. — Serendipity: Winter.
- 7:30 p.m. — Sports Scene: South Farmington Baseball, Bronco League All-Star.
- 8:30 p.m. — Sports Scene: 1986 Novi Hotshot Basketball Competition.
- 9 p.m. — Sports Scene: All About Aviation.

- 2 p.m. — Around The World Finland.
- 2:30 p.m. — Farmington Area Jaycees Focus on the Farmington Area.
- 3 p.m. — Artist In Residence: Walter Reddig, Architect.
- 4 p.m. — Producer of the Month: Ellen Doman and Billie Thompson.
- 5 p.m. — Michigan Journal: Michigan Republican Party.
- 6:30 p.m. — A House For All Seasons: Great Openings.
- 7 p.m. — Serendipity: Winter.
- 7:30 p.m. — Artist: Ernie Winstanley.
- 8 p.m. — Cartoon Alley: Koko the Clown.
- 8:30 p.m. — Farmington Area Jaycees Focus on the Farmington Area.
- 9 p.m. — Germs of Endearment: Sex Education.
- 9:30 p.m. — One Blue Sky: Peace Issues.

Tuesday, Jan. 6

- 12 noon — Summit University: The Coming Revolution.
- 1 p.m. — Cooking With Class: Vegetables Verite.
- 1:30 p.m. — Tri-Outlet: Local News.
- 2 p.m. — AIM: Ernie Winstanley.
- 2:30 p.m. — Community Update: The Peace Makers.
- 3 p.m. — Cross-Country Ski Seminar From Farmington Hills.
- 4 p.m. — Ask Donnell: Sports Information.
- 6 p.m. — Short Subjects: 1) DFW Summer Programs, 2) Physical Assistants.
- 6:30 p.m. — Senior Messenger: Farmington Hills Senior Adult News.
- 7 p.m. — Sports Yesterday: 64.
- 7:30 p.m. — Tri-Outlet: Local News.
- 8 p.m. — Insight: Interview with Fred Lichtman.
- 8:30 p.m. — Community Update: The Peace Makers.
- 9 p.m. — John Akouri Christmas Special.
- 9:30 p.m. — Viewpoint: City of Farmington Hills.

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Thursday, Jan. 8

- 12 noon — Clitics Corner: Farmington Hills Student Government Day.
- 1 p.m. — Tri-Outlet: Local News.
- 1:30 p.m. — Viewpoint: City of Farmington Hills.
- 2 p.m. — Farmington Library: Dyslexia Institute.
- 2:30 p.m. — Community Update: The Peace Makers.
- 3 p.m. — Due Process: Interviews with the Law Profession.
- 3:30 p.m. — Oakland County Parks and Recreation: Holiday Traditions.
- 4 p.m. — Ask Donnell: Sports Information.
- 6 p.m. — Awana Invites You: Christmas Youth.
- 7 p.m. — Tri-Outlet: Local News.
- 7:30 p.m. — Viewpoint: City of Farmington Hills.
- 8 p.m. — Insight: Interviews with Fred Lichtman.
- 8:30 p.m. — Community Update: The Peace Makers.
- 9 p.m. — Around the World: "Filand".
- 9:30 p.m. — Sports 30 Minutes: Interviews & Features.

Tuesday, Jan. 7

- 12 noon — Awana Invites You: Christian Youth.
- 10 p.m. — Serendipity: Winter.
- 1:30 p.m. — The Job Show: Interviews and Job Information from MESC.

YMCA highlights

These YMCA highlights appear courtesy of the Farmington YMCA, 28100 Farmington Road, Farmington Hills. For information, call 553-6220.

FIT AND TRIM
 All new and just in time for your New Year's resolution. "Fit and Trim" and trying to exercise by yourself? Embarrassed because you feel you look funny in exercise attire; then this class is for you.

Fit and Trim has been designed for the full-figured person who is committed to changing their lifestyle. The instructors will lead you through a complete workout, which

will be followed by group discussions and sharing.

Join us now. Registration begins Monday, Jan. 5, for Y members and Tuesday, Jan. 6, for program members. Call now for full details and our complimentary brochure.

AEROFLEX
 It won't take you very long to discover how good Aeroflex is for you. So good, in fact, that two or three workouts a week condition your entire cardiovascular system and all your muscle groups, especially your legs, back and abdominal muscles.

Aeroflex also burns calories and helps waistlines stay put, helps increase oxygen consumption, builds

endurance and reduces stress.

But perhaps the thing you get most from Aeroflex is the thing you expect least: from an exercise — a good time!

WINTER CLASSES
 Registration will be the week of Monday, Jan. 5. Come and see our new program Fit and Firm for the obese person. Aeroflex and other new programs will be available.

Another new class is Calisthenics. Do you want to look 10 years younger? If so, this new class is just for you. This unique fitness class will help take years off your appearance by tightening all those special places. This class format will help strengthen, tighten and tone large and small muscle groups through isometric contractions. Class is co-ed and will prove to be a challenge to all. Why not give it a try — all you have to lose is inches.

bership includes the Indoor jogging track, olympic-size swimming pool, championship racquetball courts, progressive resistance weightlifting machines, two basketball courts and spacious clean lockerrooms. For more information, call the YMCA at 553-4020.

PRENATAL FITNESS
 Prenatal Fitness includes a cardiovascular workout especially designed for the changes that occur during pregnancy. This course will help increase flexibility and body awareness as well as dispel fatigue. A medical release is required at the first class to participate. Class duration is on a monthly schedule to fit the need of the pregnant mother. For more information, call 553-4020.

City to install drain

To aid in a major road repair program planned for the 1987-88 fiscal year, the city of Farmington is taking interim steps to aid in the project's engineering.

A total of 1,088 linear feet of road edge drain will be installed as provided by city council Dec. 15, in front of Farmington High School on Shilawassee, and on Shilawassee east of Warner in an area on Farmington.

Expected to cost \$14,550, the edge drain is expected to dry out the affected areas of roadway, allowing less costly measures to be used next spring when road work is planned, officials said.

The wettest area is in front of the high school, where the edge drain will be installed behind the curb to stop the water flow.

HOLIDAY MEMBERSHIP
 Are you a college student and have nothing to do over the holidays? Come be a member at the Farmington Area YMCA for as little as \$25. This membership is good from Dec. 1, 1986 to Jan. 16, 1987. This mem-

bership includes the Indoor jogging track, olympic-size swimming pool, championship racquetball courts, progressive resistance weightlifting machines, two basketball courts and spacious clean lockerrooms. For more information, call the YMCA at 553-4020.

BABY-SITTING
 Do you want to come to the Farmington Area YMCA to work out, but cannot because you have no place for your children? The YMCA now offers baby-sitting for your convenience. The time for baby-sitting is 8:45 a.m. to 12:15 p.m., Monday through Friday. The rates are reasonable. For further information, call the YMCA at 553-4020.

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8 1/2 oz. \$1.99 + Dep.	2 Ltr. \$1.19 + Dep.	8 1/2 oz. \$1.99 + Dep.

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