

Capturing the worlds of joy, sorrow

I am writing this week's column from the sideline of our local roller-skating arena. My sons fly by each time demonstrating a most creative form of skating techniques.


I have been overwhelmed this week by the sense of how quickly time is flying by and how fortunate I am to share in my son's lives. "Around the World" with Helga Miller is also capturing the richness of our neighbor's lives. Each show captures the multiple worlds of joy and sorrow, turmoil, and then, most importantly, the exhibition of survival.

Helga's most recent guest is a nationally renowned woman, Betty Mahmoody. She has survived a tremendous life struggle as she innocently entered into the sanctity of marriage only to find that her spouse had misrepresented himself. Betty personally has experienced

relocation, imprisonment, emotional tempest and life in flight. She shares with us her plight. Barbara Walters and Hollywood have also picked up on the spectacular strength of our woman. Betty has written a book "Not Without My Daughter." May we all stand up and go to share in life with our children. Remember that Channel 12 is your family's personalized programming opportunity. Tune in and watch and also stop on down to see what your television and radio studio has for your family - all as at 473 7265

COMMUNITY ACCESS PROGRAMMING SCHEDULE
Monday, May 4

- noon - Perceptions, Funerals
- 12:30 p.m. - Cartoon Alley, Bob Clumppett.
- 1 p.m. - Serendipity I Can Do It Myself.



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Do It Myself!

- 1:30 p.m. - We Can Make It Special, community access today.
- 2:30 p.m. - In Concert: Designs on Spring
- 1 p.m. - Producer of the Month: Fiona Hamer.
- 6 p.m. - Art in Review Theater and movie reviews.
- 6:30 p.m. - Duel of Knowledge: Clarenceville vs Harrison
- 7 p.m. - Serendipity I Can Do It Myself.
- 7:30 p.m. - Sports Scene: Livonia Hockey playoffs.
- 8:30 p.m. - Farmington Library: camping.
- 8:30 p.m. - Sports in Motion: tennis.

Tuesday, May 5

- noon - Michigan Journal: Michigan Republican Party.
- 12:30 p.m. - Women in Politics with Jean Fox: Interview with Judy Soronen.
- 1 p.m. - Focus: The small business environment: Viewer's forum.
- 1:30 p.m. - Tri-Outlet: local news.
- 2 p.m. - To Your Good Health: fitness with Ina Stevens.
- 2:30 p.m. - Community Update: SWOCC Awards.
- 3 p.m. - In One Ear: motorhead/Rory Gallagher.
- 3:30 p.m. - Sports Yesterday/Today: sports commentary.
- 4 p.m. - Ask Donnell: sports information.
- 6 p.m. - Short Subjects: Send International, Breath of Live and AAUW, Invest in Yourself.
- 6:30 p.m. - Senior Messenger: Senior citizens from Farmington Hills.
- 7 p.m. - Sports Yesterday/Today: sports commentary.

Houge, a river in need of rescue.

- 12:15 p.m. - Think Tornado Safety.
- 1 p.m. - Tri-Outlet: local news.
- 1:30 p.m. - Viewpoint: City of Farmington Hills.
- 2 p.m. - Farmington Library: Tally Hall Storytelling.
- 2:30 p.m. - Community Update: SWOCC Awards.
- 3 p.m. - Farmington Annual State of the Cities Address.
- 4 p.m. - Ask Donnell: sports information.
- 6 p.m. - Awana Invites You:

quiz and talent show: Clubber interview.

- 6:30 p.m. - The Job Show: Job information from MESC.
- 7 p.m. - Tri-Outlet: local news.
- 7:30 p.m. - Viewpoint: City of Farmington Hills.
- 8 p.m. - Women in Politics with Jean Fox: Interview with Judy Soronen.
- 8:30 p.m. - Community Update: SWOCC Awards.
- 9 p.m. - Around the World: Iran.

YMCA highlights

These YMCA highlights appear courtesy of the Farmington YMCA, 28100 Farmington Road, Farmington Hills. For information call 553-4020

FITNESS VACATION
Women's fitness vacation sponsored by Detroit Metropolitan YMCA on June 14 to 19 at Camp Ohio (near Milford). Activities include exercise programs, swimming, tennis, nutritious meal fun and fellowship. Cost is \$199 for members and \$225 for program members. Call Shirley Eyles (director), 642-8031 or YMCA Camping Services, 962-1590. Enrollment is limited so call now.

YOUTH RUN
Invest in Farmington's youth by running in the YMCA's annual Invest In Youth Run. This one- and five-mile personal record course is hosted by the Farmington Area YMCA and sponsored by D. Donnison's Seafood Restaurant. The run takes place on Saturday, May 2. Your participation will help provide memberships, recreational activities, youth sports and camping for Farmington Area youth. Register at the YMCA. For more information call 553-4020.

STOP SMOKING
The YMCA is offering two clinics to improve your health style. Let Advanced Achievement Centers re-educate your thinking through hypnosis. Stop smoking and create new eating habits with the help of this clinic on May 7. The Stop Smoking/Start Living Clinic is from 7 to 8:30 p.m. The Weight Loss and Control is from 8:30 to 10 p.m. For more information, call the Y at 553-4020.

WEIGHT LOSS
Have you noticed your clothes getting smaller, fitting snug? Are you spending money on larger sizes? You have nothing to lose but excess weight. Let Advanced Achievement Centers re-educate your thinking through hypnosis. You develop confidence to accomplish your goals and desires. This clinic will be 8:30-10 p.m. Thursday, May 7. Register now at the Y to start a new slim and trim life.

WALKING CLINIC
Learn the art of race walking as well as general fitness walking at the YMCA Frank Soby, editor of the Michigan Walker and one of the best walkers in Michigan. It is the best of this clinic. The clinic is 12:30-4 p.m. Saturday, May 8. Bring or wear walking attire.



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