Cable

from page 6C

Prescription for your health: sinuses
— 8:30 p.m.

Cosmic connection: Randolph, James, Tony
— 9:30 p.m.

Groove Session: surrogate earth II.

TUESDAY, JUNE 8

10 a.m. — Senior adult exercise

11 a.m. — Summit Univeralty

Noon — Drawing men to Christ

1 p.m. — Cash talks: fear of flying

2 p.m. — Salon glamour and etiquette with Gloria

3 p.m. — Cosmic connection: Randolph, James, Tony

4 p.m. — School board candidates: Farmington

5 p.m. — School board candidates: Farmington Hills

6 p.m. — Seniors on the Move: comedian

6:30 p.m. — Black tie optional

7 p.m. — Farmington Democratic Club school board candidates

8 p.m. — Salon glamour and etiquette with Gloria

9 p.m. — School board candidates.

WEDNESDAY, JUNE 9

10 a.m. — Capitol Report

10:30 a.m. — Madonna magazine

11 a.m. — Marc Country TV

11:30 a.m. — Amvets

Noon — The way the truth and the life

12:30 — That's Italian

1 p.m. — Senior Messenger

2 p.m. — John Akouri not so live: bridal fashion show

3 p.m. — Crisis in the modern family: racism in America

4 p.m. — Jr. Japanese: lesson 41

4:30 p.m. — Seniors on parade

5 p.m. — Business and residential news

5:30 p.m. — Groove session: Charnissa

6 p.m. — School board candidates advocates

7 p.m. — The word of live

7:30 p.m. — Sports yesterday/today: what's your sport

8 p.m. — My vote counts

8:30 p.m. — Lansing Connection

9 p.m. — Speakers row: Brooks Patterson.

THURSDAY, JUNE 10

10 a.m. — Senior adult exercise

11 a.m. — Seniors on the Move: comedian

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Phone: 478-7860
COMPARTMENT SYNDROMES
The muscles of the legs, from below the knee to the ankle, consist of a long muscles grouped together and bundled by a covering called fascia. The long muscles in the front of the leg are known as the 'anterior' compartment group. The muscles in the back of the leg are divided into two units: the 'superficial-posterior' compartment, and the 'deep-posterior' compartment.
If you undertake vigorous running exercise the muscles in one or more of these compartments will enlarge - hypertrophy is the medical name. If you run marathons and play soccer all year round and/or body build your calves, and/or engage in extremes of leg activity, you run into a wall.
What may happen is that the compartment muscles grow bigger than the fascia over them can expand to keep up with the enlarging muscle mass. The result is pain as you undertake the activity you formally enjoyed. The muscle runs up against fascia that has become a tight band. As long as the leg muscles are active, you will feel ever increasing ache.
No medicine can prevent this pain. Special exercises only increase it. Instead, you must de-condition, that is, pull back from your present vigorous schedule, and accept that you took athletics beyond what your body could accept as a challenge and a joy.

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Advanced Ballet/Toe 6:30-8:00
Intermediate/Advanced Jazz 6:00-8:45
Wed.
Gymnastics ages 4-6 3:30-4:15
Gymnastics ages 7-12 4:15-6:00
Pre-Ballet ages 3½-5 4:00-4:30
Pre-Tap ages 3½-5 4:30-5:00
Beg. Ballet ages 5-6 5:00-5:45
Beg. Tap ages 7-9 5:45-6:15
Beg. Ballet/Teens 6:15-7:15
Beg. Ballet-Adults 7:15-8:15
Beg. Tap Adults 8:15-9:00
Thurs.
Beg. Jazz ages 12-16 4:00-4:45
Beg. Tap ages 12-16 4:45-5:15
Intermediate Ballet/Toe 5:15-6:45
Advanced Ballet/Toe 6:45-8:15
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