

# Program broadens understanding of Russia



MARY LINDA CALDERONE

If you talk to Tracy Thompson, she'll tell you, "Russia by any other name is still an exotic, misunderstood, exciting land." Having visited this Slavic country on three occasions, she has noticed the changes as a result of its becoming a part of the world community.

Thompson asked, "Who would ever have thought that the Communist regime would be but a memory or that a U.S. astronaut would be spending time in the Russian Mir space station with cosmonauts? But time marches on and so do people. For the Russian people, it is the start of hopefully a better society."

You may broaden your own knowledge and understanding of the changing Russian society by tuning into INFO TV-12's new show, "My Russian Friend." Produced and hosted by Tracy Thompson, this program centers on the life of Elena Kapina, a young graduate student from Moscow. Elena is currently studying international business relations in the United States. She shares her experiences both at

home and here in America with Tracy.

Through Elena, you will hear the hopes and aspirations of Russia's younger generation. Such topics as interfaith relationships, dating and marriage customs, and sports programs are covered.

So don't miss it on Wednesday at 2 p.m. and every other Wednesday evening at 7:30 p.m.

Tracy hosts SWOCC production specialist and director of "My Russian Friend" Donnell Ziedman as being responsible for the fine technical quality of the program. She is also grateful to her crew members, Joe Capalbo, Vic Smalls, Pat Jahan, Ken Gillette, Harry Robertson, Vita Accioli and Fran Dudas.

Mary Linda Calderone is the community outreach coordinator for the Southwest Oakland Cable Commission.

## CHANNEL 12

Monday, April 10

- 10 a.m. — Novi Talkin' History: Novi's first city council
- 11 a.m. — Coffee and Conversation: The life of Elena Kapina, a young graduate student from Moscow. Elena is currently studying international business relations in the United States. She shares her experiences both at
- 12:30 p.m. — Dollars and Sense with J.R.: building your own home
- 1 p.m. — Seniors on the Move:

- vintage Volkswagens
- 1:30 p.m. — The word of life: questions and answers
- 2 p.m. — Novi/Northville gymnastics
- 4 p.m. — Good health: asthma
- 4:30 p.m. — Farmington Hills dance recital
- 6 p.m. — Compacting with Joe Derek
- 6:30 p.m. — Bagels and talk with Tracy
- 7 p.m. — Multicultural/multiracial: dialogue racism Evelyn Spears
- 8 p.m. — Farmington Hills Fire Department: hot stove
- 8:30 p.m. — Fun and games
- 9 p.m. — Farmington Focus: Farmington Historical Museum
- 9:30 p.m. — Groove Session: E.C. Bradford.

## Tuesday, April 11

- 10 a.m. — Senior Spotlight: hearing impaired services
- 10:30 a.m. — Along the way: photo essay
- 11 a.m. — Summit University Noon — Adventures with Pirate Pete
- 12:30 p.m. — Sampler
- 1:30 p.m. — Praise, praise, praise
- 2 p.m. — Salon glamor and etiquette with Gloria: nail air-brushing
- 3 p.m. — Totally Michigan: sky-diving

- 3:30 p.m. — Town Hall meeting: Joe Knollenberg
- 6:30 p.m. — Living with your addictions
- 8 p.m. — Seniors on the Move: vintage Volkswagens
- 8:30 p.m. — Business and residential news
- 7 p.m. — Cash talks: Jean Lutren
- 7:30 p.m. — Viewpoint
- 8 p.m. — Salon glamor and etiquette with Gloria: nail air-brushing
- 9 p.m. — Let's talk with Ben Marks: Susan Easer.

## Wednesday, April 12

- 10 a.m. — Capitol Report
- 10:20 a.m. — Madonna magazine
- 11 a.m. — Study in scripture
- 11:30 a.m. — Amvets
- Noon — The way the truth and the life
- 12:30 p.m. — That's Italian
- 1 p.m. — Rising tide
- 2 p.m. — My Russian Friend
- 2:30 p.m. — Walled Lake casino
- 3:30 p.m. — Hitting techniques: practice tips
- 4 p.m. — Crisis in the modern family: bed-wetting
- 5 p.m. — Impact video
- 5:30 p.m. — Groove Session: E.C. Bradford
- 6 p.m. — Senior messenger
- 7 p.m. — The word of life: questions and answers
- 7:30 p.m. — My Russian Friend

- 8 p.m. — Driving is a privilege
- 8:30 p.m. — Lansing Connection
- 9 p.m. — Speakers row.

## Thursday, April 13

- 10 a.m. — Know your rights: the lease agreement
- 10:30 a.m. — The great escape: sailing
- 11:30 a.m. — Bagels and talk with Tracy
- Noon — Cash talks: Jean Lutren
- 12:30 p.m. — Life matters
- 1 p.m. — One pizza bagel
- 1:30 p.m. — Michigan music
- 2 p.m. — The road: motorcycling
- 3 p.m. — Business and residential news
- 3:30 p.m. — Viewpoint

## Friday, April 14

Request your favorite community access program to be cablecast on Friday between 3 p.m. and 9 p.m. Call MetroVision at 553-7303.

## CITY OF FARMINGTON HILLS

### ADVERTISEMENT FOR BIDS

Sealed proposals, bearing the title of the work and the name of the bidder, will be received by the clerk at the City of Farmington Hills located at 3155 Eleventh Mile Road, Farmington Hills, Michigan until ten o'clock (10:00 a.m.) local time, on Thursday, April 13, 1995, and will be opened and publicly read aloud immediately thereafter, for furnishing the materials and performing the labor for the execution and construction of:

Founders Park Ice Arena

Bid Package No. 21 — Landscaping & Irrigation

In accordance with the plans and specifications prepared by STEAL/TUOMALA ASSOCIATED, ARCHITECTS AND PLANNERS, INC., 41731 Northwestern Highway, Suite 261, Farmington Hills, Michigan. Copies of the Plans, Specifications, Instructions to Bidders, and Proposal Forms may be secured after 11:00 noon, on Thursday, April 13, 1995 from the office of Hudolph/Libbe Inc., Construction Manager, 7646 Market Street, Canton, Michigan, Attn: Tom Schneider, 313/455-0600 or from the office of the Architect, Contract Documents may obtain one (1) set of Plans, Specifications, and Contract Documents for a refundable fee of \$50.00.

A bid bond, in an acceptable form, equal to ten percent (10%) of the bid must accompany each proposal.

The City of Farmington Hills and Hudolph/Libbe reserves the right to reject any or all bids to waive formalities or irregularities in bids received, and to accept the lowest and/or best bid which is in the project's own best interest.

Public: April 13, 1995

## CITY OF FARMINGTON

### SPECIAL COUNCIL MEETING

(Summary)

A special meeting of the Farmington City Council was held on Monday, April 3, 1995 in Council Chambers, 23400 Liberty Street, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 167-1974.

The meeting was called to order at 7:00 p.m. by Mayor Arnold Campbell. COUNCIL MEMBERS PRESENT: Bush, Campbell, Hartsock, McShane, Topper. COUNCIL MEMBERS ABSENT: None. CITY REPRESENTATIVES PRESENT: Clerk/Treasurer Cantrell, Director Goss, City Manager Lambhoff, Asst. To City Manager Richards. Council met to hear a presentation on the Farmington Hills Community Bike Path System and to discuss a bike path system for the City of Farmington. Meeting adjourned at 8:00 p.m.

ARNOLD T. CAMPBELL, Mayor

PATSY K. CANTRELL, Clerk/Treasurer

Public: April 13, 1995

## CITY OF FARMINGTON HILLS

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### ADVERTISEMENT

The City of Farmington Hills Purchasing Division will solicit sealed bids during the next sixty (60) days for the following products and/or services:

- 1995 Tree Planting Program
- 1995 Weed Mowing Program

Specifications may be obtained by contacting the Purchasing Division. All bids must be submitted in accordance with the bid specifications.

The City of Farmington Hills reserves the right to accept or reject any or all bids, either in part or in whole, to waive any formalities and to accept the bid which it believes to be in the best interest of the City.

KATHRYN A. DORNAN  
City Clerk

Public: April 13, 1995

## FARMINGTON PUBLIC SCHOOLS

### INVITATION TO BID

Farmington Public Schools will accept sealed bids for middle school band uniforms blazers until 1:30 p.m., Tuesday, April 23, 1995 at the Lewis Schmalman Administration Center, 32500 Shawwassee, Farmington, Michigan 48336, addressed to Paul Hain at which time they will be publicly opened and read for bid. The Board will not consider or accept a bid received after the date and time specified.

The Board of Education reserves the right to accept or reject any or all bids or to waive any formalities thereon, or to accept of establishing uniformity, to award the contract to other than the low bidder.

Bid specifications and documents may be obtained from the purchasing department, 32500 Shawwassee, Farmington, Michigan 48336, (810) 469-3346. Please call to verify availability.

SUSAN C. LIGHTNER, Secretary

Board of Education

Public: April 13 and 17, 1995

## CITY OF FARMINGTON

### COUNCIL PROCEEDINGS

(Summary)

A regular meeting of the Farmington City Council was called to order by Mayor Campbell at 8:00 p.m. on Monday, April 3, 1995 in Council Chambers, 23400 Liberty Street, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 167-1974.

PRESIDENT: Bush, Campbell, Hartsock, McShane, Topper.

ABSENT: None.

OTHERS PRESENT: City Clerk Cantrell, City Attorney Donohue, Director Goss, City Manager Lambhoff, Assistant to City Manager Richards, Assistant Director Smith.

Minutes of the previous Special and Regular meetings of March 20, 1995 were approved as submitted.

Public Hearing: Re: Consideration of Confirmation of Special Assessment Roll for the 1995 Sidewalk Repair Program. Council adopted a resolution confirming the Special Assessment Roll for the 1995 Sidewalk Repair Program.

Presentation: Andy Lang and Joe Derek, representatives from Farmington Hills Parks and Recreation Department, reviewed the plans for a Fishing Derby in Shawwassee Park. Council approved the event and authorized the Public Services Department to assist the Parks and Recreation Department of Farmington Hills on the day of the event.

Minutes of other boards were received and/or filed.

Council declined to approve the request for right-of-way parking at 22374 Violet.

Council was advised of cessation of SMART bus services, and of a June 6, 1995 special election to vote on funding SMART operations.

Council approved outside meeting of Code Council, 22319 Farmington Road.

Council accepted the resignation of Eugene Chylis from the Beautification Commission.

Council issued proclamations declaring the month of April, 1995 as Fair Housing Month and May 1, 1995 as Law Day 1995.

Council adopted a resolution to submit an application to the Michigan Department of Transportation under the federal Intermodal Surface Transportation Efficiency Act of 1991 for \$15,000.00 in Transportation Enhancement Activities funds to rehabilitate the Farmington Historical Museum.

Council directed the Planning Commission to develop a plan for a bike path system for the community for possible incorporation into the Master Plan.

Council awarded the 1995 Road Improvement Construction to low bidder, Rix & Inc. in the amount of \$244,980.73.

Council introduced Ordinance No. C-619-95 amending Chapter 21 (OUI) Traffic and Motor Vehicles of the City Code regarding persons under age 21.

There were no public comments.

Council discussed and recommended were heard.

Council reviewed and filed revised City Park rules which included the addition that all dogs be leashed.

Council approved a revised meeting schedule with City boards and commissions.

Council declared the week of April 22-28, 1995 as Farmington Volunteers' Week.

Council received and approved the Monthly Payments Report.

Meeting adjourned at 8:26 p.m.

ARNOLD T. CAMPBELL, Mayor

PATSY K. CANTRELL, City Clerk/Treasurer

Public: April 13, 1995

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**Physical Therapy & Sports Medicine**

by Richard W. Miller, P.T., A.T.C., P.S.

**DOWN AT THE HEELS**

Achilles tendinitis is usually characterized in a dull or sharp pain along the lower tendon that connects the major calf muscles to the heel bone. Before symptoms may include limited ankle flexibility, redness or heat over the painful area, and/or the appearance of a bumpy, bulging of scar tissue (nodules) on the tendon. All this can be brought on by light or fatigued calf muscles which transfer too much of the burden of running to the Achilles. The road to recovery from Achilles tendinitis begins with a cessation of running, taking anti-inflammatory medication, icing the area for 15 minutes at a time several times daily, and massage. Once the nodule disappears, a stretching program should be undertaken to stretch the calf muscles. The return to running should be gradual.

Principles of physical therapy treatment integrate the skeletal system, the soft tissue system, the neuromuscular system, and the cardiopulmonary system. Treatment is designed to meet individual needs, goals, abilities, and lifestyles. At MILLER PHYSICAL THERAPY & SPORTS MEDICINE, P.C. our focus is on improving muscle strength, function, and coordination. To schedule an appointment with one of our therapists, call (810) 478-7310 or see us weekdays at 31560 Fieldville Road, Suite A, Farmington Hills.

P.S. Achilles tendinitis may be prevented with the use of motion-control running shoes or orthotics to correct foot overpronation.

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