

Inventive dad shares tips for coaching



CARYN COLLINS

Hey, Thomas Edison, are you listening? We have our own inventor living right here in Farmington Hills. He has also become an INFO TV-12 producer. Terry Sever is his name and baseball is his game.

It's not only Terry who has a fondness for the game. Here in the U.S., you might even say baseball is our national pastime. According to the American Softball Association, every spring and summer, more than 60 million people play softball and baseball. Furthermore, if you live in our communities and you have children, chances are you've already signed them up on the local baseball and softball leagues.

If that's the case, keep your eyes glued to the TV set and watch two great shows Terry has produced on baseball entitled "Hitting Techniques" and "Practice Techniques."

If you talk to Terry, he'll tell you: "It all started when I was asked to be a coach on my daughter's softball team nine years ago. In order to improve her game and work with her on one, I had to analyze the sport more closely. Yes, folks, 'necessity is the mother of invention.' To accomplish this goal, Terry actually invented a gadget that improves bat speed, hand-eye coordination and overall quickness. He has called it the 'batter's bucket.' You will see it in action on both INFO TV-12 programs.

Attention, parents, these programs are beneficial to you as well as the players. Many of us really want to help our children learn the correct batting fundamentals, but are hesitant as to how to teach these techniques. "Hitting Techniques" features Terry's 18-year-old daughter who played softball for Farmington High School. As you watch the show, you will be taken through a step-by-step process of hitting fundamentals illustrating stance, grip, stride, follow-through, hands and head positions through the swing. The second show, "Practice Techniques," emphasizes the need to develop a proper swing that feels very natural to the batter.

Terry's fame has spread quick-

ly even over international boundaries. He has been asked to share his knowledge and demonstrate the "batter's bucket" at baseball and softball clinics in Canada and in Illinois. Our very own Farmington Hills city councilman, and INFO TV-12 producer, Terry Sever may be to baseball what Thomas Edison was to electricity.

Be sure to watch "Hitting Techniques" and "Practice Techniques" on INFO TV-12. Tune into "Hitting Techniques" at 8 p.m. Wednesday, April 26. "Practice Techniques" will be shown at 8 p.m. Thursday, April 27. Should you miss a program at a scheduled time, remember Friday is Viewer's Choice Day. You may request the show by calling MetroVision at 553-7303, ext. 251.

Mary Linda Calderone is the Community Outreach Coordinator for the Southwestern Oakland Cable Commission.

CHANNEL 12
Monday, April 17

10 a.m. — Travel the movie trail
11 a.m. — Coffee and conversation: make over
Noon — Farmington Hills Police Journal
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. — Good health: exercise
2:30 p.m. — Senior spotlight: gun disease
3 p.m. — Farmington Hills mayors 1974-1988
3:30 p.m. — Novi Talkin' History: Fraser Stamen
4:30 p.m. — Home for life: windows and a scene
5 p.m. — Volunteers in action
6 p.m. — Farmington Hills Fire Department: hot stove
6:30 p.m. — Bagels and talk with Tracy
7 p.m. — Farmington Hills Police Journal: domestic violence
7:30 p.m. — Adventures with Pirate Pete
8 p.m. — See it on two wheels
8:30 p.m. — Fun and games
9 p.m. — Good health: special delivery
9:30 p.m. — Groove Season.

Tuesday, April 18
10 a.m. — Persistent vegetative coma

11 a.m. — Drawing men to Christ
Noon — Adventures with Pirate Pete
12:30 p.m. — Senior messenger
1:30 p.m. — Happiest people alive
2 p.m. — Salon glamour and etiquette with Gloria: tattooing
3 p.m. — Future of the family: bicycle, beach and boat safety
4 p.m. — Fees with a cause
4:30 p.m. — Your library and its volunteers
5 p.m. — Lansing Connection
5:30 p.m. — Living with your addictions
6 p.m. — Neighborhood watch
6:30 p.m. — business and residential news
7 p.m. — Cash talks: Mark Andrews psychic
7:30 p.m. — Farmington Hills Police Journal
8 p.m. — Salon glamour and etiquette with Gloria: tattooing
9 p.m. — Let's talk with Ben Marks.

Wednesday, April 19

10 a.m. — Legislative forum
10:30 a.m. — The job show
11 a.m. — Study in scripture
11:30 a.m. — Oakland Press perspective
Noon — The way the truth and the life
12:30 p.m. — Abundant life: Arabic ministries
1 p.m. — Rising tide
2 p.m. — My Russian Friend
2:30 p.m. — Cash talks: Novi Fire Station
3:30 p.m. — A moving experience
4 p.m. — Crisis in the modern family: racism in America
5 p.m. — A culinary adventure: Novi Hilton
5:30 p.m. — Groove season
6 p.m. — Persistent vegetative coma
7 p.m. — North Farmington percussion ensemble
8 p.m. — Coffee and conversation: make over
9 p.m. — Law talk: starting a business.

Thursday, April 20

10 a.m. — I remember when I was hobo
10:30 a.m. — Citizens against government waste
11 a.m. — "Travelin'" on: Northern California
11:30 a.m. — Bagels and talk with Tracy
Noon — Cash talks: Mark Andrews psychic

12:30 p.m. — Restoration now
1 p.m. — Farmington's past people and places: Ruth Moehlman/Wobel's
1:30 p.m. — Dickerman Showcase: Lorados
2 p.m. — Exotic evening: Middle Eastern Dance
3 p.m. — Business and residential news
3:30 p.m. — Viewpoint
4 p.m. — Law talk: starting a business
5 p.m. — Night life
6 p.m. — Marvo the Magician: fire safety
6:30 p.m. — Novi News week
7 p.m. — Basic internet resources
7:30 p.m. — Dollars and sense with J.R.: building your own home
8 p.m. — Farmington Hills dance recital
9:30 p.m. — Home for life: patio and repaving concrete.

Friday, April 21

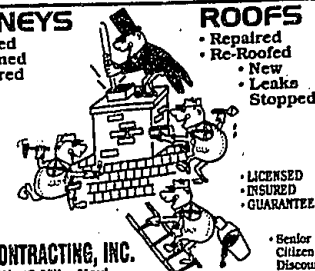
Request your — favorite community access program to be cablecast on Friday between 3 p.m. and 9 p.m. Call MetroVision at 553-7303.

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SALE

Marian Women's Center
St. Mary Hospital

presents

Women's Health Day

"Keeping Women Healthy"



Saturday, April 29

8:30 a.m. to 4 p.m.

Holiday Inn - Livonia West

Six Mile and I-75

Keynote Speaker Denise Dador Health Reporter
WXYZ-TV Channel 7

The first annual Women's Health Day, sponsored by St. Mary Hospital's Marian Women's Center, features WXYZ-TV Channel 7 Health Reporter Denise Dador, and a host of other health experts from St. Mary Hospital and the community.

Denise will discuss how to "Be at the Helm of Your Health." When it comes to health care, women no longer need to be victims of circumstance. Learn how to take charge of the factors that determine your health.

Women's Health Care Advocate and co-host of Channel 7's "Company," Marilyn Turner, will serve as Honorary Hostess.

Women's Health Day will include:

- Workshops on PMS/menopause, stress/anger, women and heart disease, co-dependency, grieving and loss, self-esteem, depression, advanced directives, eating disorders, breast cancer (panel discussion), mother/daughter relationships, life after 50, nutrition, and caring for the caregiver.
- Exhibits by area businesses, including make-overs and massages.
- Blood pressure screening.
- Continental breakfast and a "healthy" lunch.
- Fashion Show by Jacobson's, and
- Special gifts.

The \$20 fee includes continental breakfast and lunch. Mark your calendar and plan to bring a friend, mother, sister or daughter. Men are welcome. Pre-registration is required by calling the Marian Women's Center, (313) 971-2552.



Marian Women's Center
St. Mary Hospital

Marian Professional Building
14885 Leven Road, Suite 212
Livonia, MI 48154

Women's Health Day was planned by the hospital's
Women's Community Health Care Advisory Council
and St. Mary Hospital staff.
The program is supported by Project SMILE
(St. Mary Mother and Infant Living Care Initiative).