

Coffee talk renews search for everlasting youth



MARY LINDA CALDERONE

CABLE CONNECTION
It's been more than 400 years since Ponce de Leon went searching for the fountain of youth. Sorry, Ponce, that your efforts were in vain on this fountain of youth thing. But we do have some good news for you. Tune into

INFO TV-12's program "Coffee & Conversation."
This is a city of Novi production hosted by Denise Jenkins. Guest, Dr. Morris Lipnik, American Board Certified Dermatologist is here to talk about how all of us can look our best at any age. This hour-long program is extremely comprehensive. Host Denise Jenkins discusses with Dr. Lipnik the benefits of using Retin-A and substances like alpha-hydroxy acids to help aging skin, fine lines and sun-damaged

skin. Retin-A previously was used for acne but now the FDA has approved its use in rejuvenation of the skin as well. Acid and fruit peels are mentioned. Viewers actually see video footage of a patient receiving such treatment. Peels rid the skin of fine lines, acne scars and pigmentation. And you'll hear about collagen treatments and see them too. Highly purified bovine collagen is injected into the skin. It inter-

links with the body's collagen, raising depressed areas of the skin such as scars from acne and deep furrows and lines, notably frown lines on the forehead and laugh lines on the sides of the mouth. Did you know movie stars even have collagen treatments to puff up their lips to look more appealing? Have you ever wondered about getting spider veins on the legs removed? You'll see how injecting a concentrated saline solution works to close down the vein itself, so that the blood will return to its normal channel. Legs don't

look like road maps anymore. Ah, and then there's talk about sun damage. With summer right around the corner, you'll want to tune in to get all the latest on SPF's, sunblocks, and summer sun. Well, Ponce de Leon we've come a long way in those 400 years, don't you think? All of you Ponce de Leon wannabes out there, don't miss this special episode of "Coffee & Conversation" appropriately named "The Eternal Fountain of Youth" on INFO TV-12 on Wednesday, April 17 at 4 p.m.; April 24 at 9

p.m. and Tuesday, April 30, at 10 a.m. If these times don't work for you, remember, we do have viewers' choice slots available on INFO TV-12. Just call 653-7303, Ext. 251 and request the program. The next SWOCC meeting will be held Tuesday, May 14, at 4:30 p.m. at Farmington City Hall. The next CAC meeting will be held Tuesday, May 14, at 7 p.m. at Novi Tech Link. Mary Linda Calderone is the Community Outreach Coordinator for the Southwestern Oakland Cable Commission.

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Botsford Hospital tees off spring with tips to prevent golf injuries

Spring is here. Golfers will soon be reserving the first tee-off times of the season. To help novices and veterans alike to avoid golf-related injuries and improve their games, Botsford Hospital's Total Rehabilitation & Athletic Conditioning Center (TRACC) and ElderMed at Botsford are joining with the city of Farmington Hills' Special Services Department to present a golfers' clinic on Thursday, April 18.

The clinic, which will be held at the Costick Activities Center, will feature TRACC exercise physiologist Shel Levine demonstrating muscle and back conditioning exercises geared specifically to golfers. In addition, Botsford physicians Joseph Williams, and Stephen Goldman, will describe the role of osteopathic manipulation and physical therapy in relieving muscle strains, back injuries and other problems that can plague golfers. A local golf pro will also illustrate ways to modify swings

and stances to avoid strain and injury. The clinic will be offered at two sessions, 10 a.m. to noon, or 7-9 p.m., at the Center, 28600 11 Mile Road between Middlebelt and Inkster roads. The cost is \$5, prepaid, which includes refreshments. Due to limited capacity, advanced reservations must be made. For more information, or to register, call 473-5500.

Yard waste guidelines set by cities

Yard waste, (grass clippings, weeds, twigs, leaves shrubs and plant clippings) is collected each year from April through November, say officials of Farmington and Farmington Hills. Yard waste that is not correctly prepared cannot be collected, officials said. Residents are asked to follow these guidelines to ensure collection.

- Yard waste must be placed in a rubbish container identified with a yard waste label or a 30 gallon paper yard waste bag available at local stores. In Farmington Hills only yard waste can also be placed in a clear plastic bag.
- Branches, heavy brush, and large pieces of wood (not to exceed six inches in diameter or exceed four feet in length) must be bundled and not weigh more than 60 pounds.

Following these procedures will allow the waste hauler to identify the yard waste so it can be collected in a separate truck and taken to a compost facility, in compliance with state law. Many homeowners mulch to avoid raking and bagging grass clippings and leaves. Grass clippings can be left on the lawn. They are 80 percent water and will break down in a few days. Leaves can be mulched by mowing over them several times and leaving them to break down on the lawn. Questions about the yard waste program can be addressed to the city of Farmington Hills (653-8680) or the city of Farmington (473-7250).

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