

## cable connection

### PROGRAMMING SCHEDULE

#### Monday, Sept. 9

- 12 noon — Duel of Knowledge.
- 12:30 p.m. — Artist in You.
- 1 p.m. — The Choice is Yours. Career choices.
- 1:30 p.m. — Kid Stuff.
- 2 p.m. — Indy 500 1985 Parade.
- 3:40 p.m. — Cablecaster's Choice.
- 6 p.m. — Duel of Knowledge.
- 6:30 p.m. — Artist in You.
- 7 p.m. — The Choice is Yours. Career choices.

#### Tuesday, Sept. 10

- 12 noon — Church of Today.
- 1 p.m. — Novi Library.
- 2 p.m. — Insight.
- 2:30 p.m. — Fitness Fever.
- 3:15 p.m. — Your Health.
- 6 p.m. — Church of Today.

- 7 p.m. — Novi Library.
- 8 p.m. — Insight.
- 8:30 p.m. — Fitness Fever.
- 9:15 p.m. — Your Health.

#### Wednesday, Sept. 11

- 12 noon — Health Talks.
- 12:30 p.m. — Sports in Motion.
- 1 p.m. — Pet Parade.
- 1:15 p.m. — Pony B. South Farmington Baseball All Star Game.
- 6 p.m. — Health Talks.
- 6:30 p.m. — Sports in Motion.
- 7 p.m. — Pet Parade.
- 7:15 p.m. — Pony B. South Farmington Baseball All Star Game.

#### Thursday, Sept. 12

- 12 noon — Community Upeast.
- 12:30 p.m. — Perceptions.
- 1 p.m. — Shores of Your Mind.

#### Friday, Sept. 13

- 1:30 p.m. — Viewpoint. City of Farmington Hills.
- 2 p.m. — Insight.
- 2:30 p.m. — Summer fun for kids.
- 3 p.m. — Lifestyle.
- 3:30 p.m. — Oakland County Parks and Recreation.
- 6 p.m. — Community Upeast.
- 6:30 p.m. — Perceptions.
- 7 p.m. — Shores of Your Mind.
- 7:30 p.m. — Viewpoint. City of Farmington Hills.
- 8 p.m. — Insight.
- 8:30 p.m. — Readysetgo video show.
- 9 p.m. — Lifestyle.
- 9:30 p.m. — Weekend.

## Manager shapes city

Continued from Page 1

Two mentors and some grassroots experience were instrumental in shaping his administrative skills, Costick says. He credits his first boss, Jack Patriarche, former East Lansing city manager. Costick spent four years as Patriarche's administrative assistant.

COSTICK'S NEXT post as city manager of Farmington Hills, a suburb of Flint, lasted seven years. It was the opposite of East Lansing.

"A city manager in a small town has to wear many hats," Costick said. "He really has to learn the nuts and bolts."

Then it was on to Troy, where assisting Frank Gerstenecker, Troy city manager, also contributed to his know-how. "There was tremendous growth back then (1978-79) in Troy." He called the rapid expansion of the 12 Mile Road business corridor, the Farmington Hills "counterpart to Big Beaver Road."

Costick's role as assistant city manager of Troy focused on community development, and public services. He was in charge of the departments of public works, planning, traffic, engineering, parks and recreation, building and inspection and the library and museum.

A brief stint in private

industry made him realize how much he liked government work.

IT APPEARED at the time, that a career change in the private sector might be beneficial, Costick said. Forming his own company with a partner was a possible future goal.

But he missed city

management. And "it was the wrong time to promote this kind of business." The blossoming recession of 1979 was not a growth period for private consultants, he said.

The 1981 offer to become the Hills' assistant city manager was an opportunity to recapture that kind of involvement.

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### REASONS FOR KNEE PAIN

When you knee hurts, you will may assume that the cause is arthritis. However, a number of structures in the knee, separate from the joint, can generate a similar pain.

For instance, there is a special cartilage in the knee known as the meniscus. From injury or unusual hard use, this meniscus may become frayed or cracked. The result is pain, particularly when you make a turning movement.

The knee also contains two ligaments positioned in the middle of the joint called the cruciate ligaments. Their job is to stabilize the knee so it will not shift forward or backward to excess. If these ligaments are torn, then you will feel pain on walking and intense pain when moving up or down stairs.

When there is pain in the knee, but the fault lies in a structure other than the bone, the condition is called: internal derangement of the knee.

My next column will discuss how physicians diagnose and treat this problem.

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## INVITATION

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Collection Sportswear  
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