

Residents bring diversity to community TV

This summer, we applaud residents reaching out to community television to add diversity to our Channel 12 lineup.

Mary DiPaolo is producer and host of "Chamber Perspectives." John and Joan Pompei will enlighten us with "Home Improvements." Bob Litchman explores "Families in Crisis." Steve Young and Mary Hoberman present "Sportstyle." Joy DeFrance, Ellen Doman and Jane Haberman develop a resident-business relationship in a series, "Coping with Your Disability."

All these programs require that you watch Channel 12 with pen and paper in hand. Our producers and crew are reaching out to offer help to those who turn on the channel.

We encourage all of you to watch our community channels and thank you for all the time you are giving even as you receive in return.

ACCESS PROGRAMMING SCHEDULE

Channel 12
Monday, June 20

• 10 a.m. — Ice Stravaganza



cable connection

Lark Reid

executive director,
Southwestern Oakland Cable Commission

• Noon — Perceptions: Jim Dunn

• 12:30 p.m. — Travels with Kait

• 1 p.m. — Serendipity: Community helpers.

• 1:30 p.m. — Fall Festival of Magic

• 3 p.m. — Golfing from bogey to par

• 4 p.m. — Tri-Outlet News: local community news.

• 5:55 p.m. — Tri-Outlet News: local community news.

• 6 p.m. — "Back in Time" Farmington Community Center Musical

• 7 p.m. — Farmington Library: camping

• 8 p.m. — "Ready for Take Off" Farmington Community Chorus

• 9:30 p.m. — Farmington Artists: Al Weber

Tuesday, June 21

• 10 a.m. — Senior Adult Exercises: F.H. Senior Adult Center

• 11 a.m. — A Celebration: Northville Presbyterian

• Noon — Summit University: Elizabeth Clare Prophet.

• 1 p.m. — Artist in Residence: John Glick

• 1:30 p.m. — Oakland County Connection: features from Oakland County.

• 2 p.m. — Oakland County Parks & Rec: Red Oaks Water Park

• 2:30 p.m. — Community

Upbeat: project nature

• 3 p.m. — Farmington Library: barnyard fun

• 3:30 p.m. — Cooking with Class: summer salads part I

• 4 p.m. — Tri-Outlet News: local community news

• 5:55 p.m. — Tri-Outlet News: local community news

• 6 p.m. — Senior Messenger: Farmington Hills Senior Citizens.

• 7 p.m. — Sports Yesterday/Today: Sports interviews and trivia

• 7:30 p.m. — Chamber Perspectives: All about your Chamber of Commerce

• 8 p.m. — Women in Politics: Dottie McIntosh

• 8:30 p.m. — Community

Upbeat: project nature

• 5 p.m. — Farmington Focus: City of Farmington

• 9:30 p.m. — Viewpoint: City of Farmington Hills.

Wednesday, June 22

• 10 a.m. — Library Storytime: mice stories

• 10:30 a.m. — Fire Safe: consumer power

• 11 a.m. — Library Storytime: travel stories

• 11:30 a.m. — Artist of the Month: Michael Curtis

• Noon — "Back in Time" Farmington Community Center musical

• 1 p.m. — Art in Review: movie and theater reviews

• 1:30 p.m. — Sports Yesterday/Today: sports interviews and trivia

• 2 p.m. — Let's Talk Money: health care costs

• 2:30 p.m. — Farmington Jaycees: Focus on the Farmington area

• 3 p.m. — Transitions: issues for women: teen years part I

• 4 p.m. — Tri-Outlet News: local community news

• 5:55 p.m. — Tri-Outlet News: local community news

• 6 p.m. — Cooking with Class: summer salads part I

• 6:30 p.m. — Farmington Focus: City of Farmington

• 7 p.m. — Serendipity: community helpers

• 7:30 p.m. — Golfing from bogey to par

• 8:30 p.m. — "Back in Time" Farmington Community Center musical

• 9:30 p.m. — Today's World:

Alan Wyatt

Thursday, June 23

• 10 a.m. — Senior Adult Exercises: F.H. Senior Adult Center

• 11 a.m. — Dr. Bob's Funhouse: Library

• Noon — Farmington Library: camping

• 1 p.m. — Farmington Artists: Al Weber

• 1:30 p.m. — Viewpoint: City of Farmington Hills

• 2 p.m. — Chamber Perspectives: All about your Chamber of Commerce

• 2:30 p.m. — Today's World: Alan Wyatt

• 3 p.m. — Farmington Focus: City of Farmington

• 3:30 p.m. — Women in Politics: Dottie McIntosh

• 4 p.m. — Tri-Outlet News: local community news

• 5:55 p.m. — Tri-Outlet News: local community news

• 6 p.m. — Let's Talk Money: health care costs

• 6:30 p.m. — The Job Show: job

news, M.E.S.C.

• 7 p.m. — Oakland County Parks & Rec: Red Oaks Water Park

• 7:30 p.m. — Viewpoint: City of Farmington Hills

• 8 p.m. — Farmington Jaycees: focus on the Farmington area

• 8:30 p.m. — Transitions: issues for women: teen years part I

• 9:30 p.m. — Travels with Kay: Tibet

RADIO PROGRAMMING SCHEDULE

Monday, June 20

• 3-5 p.m. — TV tunes.

• 7-9 p.m. — Irish Music with Mickey McCanham.

Wednesday, June 22

• 11 a.m. to noon — At Random.

• Noon to 12:30 p.m. — Come on in.

• 7:30-9 p.m. — Inner Sanctum.

Thursday, June 23

• 7-9 p.m. — Dennis P. Moylan, live.

Finding time to eat right

Susan Ryskamp, an instructor at Wayne State University's Department of Nutrition and Food Science, demonstrates quick, nutritious meals for active people on the weekly cable television program, "The Job Show," which airs at 6:30 p.m. today on Metrovision Cable Channel 12.

"You can get convenience right at home," says Ryskamp.

She notes that many people often opt for fast food after work, then try to compensate for it by taking vitamin or protein supplements.

Her alternatives are easy-to-prepare, popular meals that substitute healthier ingredients for high fat and high cholesterol items. On "The Job Show" she will demonstrate a vegetarian lasagna, with tofu, spinach

and other vegetables taking the place of ground beef.

Cost-conscious working people will appreciate the price of such meals, too. The lasagna dish, which easily feeds six people, would only cost \$8.45, Ryskamp said.

The second feature on this edition of "The Job Show" will focus on a telephone hotline, which aids laid-off auto workers and other unemployed people. Community Assistance for the Loss of Livelihood provides information and referrals on coping with financial, legal, medical and emotional problems during periods of unemployment.

"The Job Show" is provided as a public service by the Michigan Employment Security Commission.

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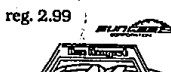
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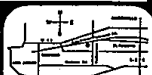


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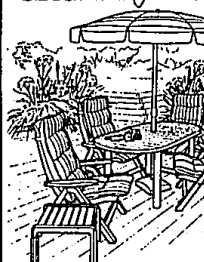
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