

Newscenter 12 team needs community input

You are invited to be part of Newscenter 12. This is the name of our ongoing local news program. This weekly update is for our communities of Farmington, Novi and Farmington Hills.

In the past, so many people have given their time that we keep trying new, and more streamlined ways to bring the news to you. Please offer us your advice and a little time. The newest concept was spearheaded by summer television interns Cindy Liebow, Don Jasinski and David Gardiner and Metrovision staff Joan Lilley and Kathy Friedrichs.

Don Jasinski, Farmington Hills resident, will produce and direct Newscenter 12. Don is looking forward to hearing from you. New ideas and recommendations from veteran participants will be helpful.

Each week Newscenter 12 will have need for: writer/commentators (stories typed for teleprompter use); remote reporter/interview coordinator; studio crew (camera, audio, switcher, editor, floor director, lights).

Therefore, if you want to try to help even just once a month Don will schedule and depend upon your help. Our subscriber count in Farmington, Farmington Hills and Novi is 26,000 households. Therefore, people are watching and listening.

Sched your press release to Newsline 12, c/o Metrovision, 37835 Enterprise Court, Farmington Hills 48018.

To join the news team, call Don

cable connection Lark Samouellan

executive director,
Southwestern Oakland Cable Commission

Monday through Friday, 9 a.m. to 4 p.m. at 553-7383.

**CHANNEL 12
COMMUNITY ACCESS**
Monday, July 10

- 10 a.m. — In Print: Steven Kellogg
- 10:30 a.m. — Smart Talk
- 11 a.m. — Crisis in the Modern Family: recovering alcoholics
- Noon — Novi Talkin' History: Chief Begole
- 12:30 p.m. — Travels with Kay: Israel
- 1 p.m. — Cooking with Class: summer fruit
- 1:30 p.m. — Novi Talkin' History: Chief Begole
- 2:30 p.m. — Farmington Hills dance capades
- 6 p.m. — Michigan Journal: Michigan Republican Party
- 6:30 p.m. — The Job Show: M.E.S.C.
- 7 p.m. — Legislative Forum
- 7:30 p.m. — Sports Yesterday/Today: Pistons championship
- 8 p.m. — Chamber Perspective: St. Vincent and Sarah Fisher Center

- 8:30 p.m. — Detroit Live: Henry Basink, Madame Cleo, Dr. Richard Strath
- 9:30 p.m. — Healthy Living: chiropractic workshop.

Tuesday, July 11

- 10 a.m. — Senior Adult Exercise
- 10:45 a.m. — Community Access 5th anniversary
- 11 a.m. — Women on the Move: Internal medicine
- Noon — Valley of Decision
- 1 p.m. — Seniors on the Move: behind the scenes
- 1:30 p.m. — Today's World: Arthur Brown
- 2 p.m. — Microwave Today: barbecue
- 2:30 p.m. — Healthy Living: chiropractic workshop
- 3 p.m. — News Watch 12
- 3:30 p.m. — Sports File: body building

- 7 p.m. — Senior Messenger
- 7 p.m. — Seniors on the move: behind the scenes
- 7:30 p.m. — Due Process
- 8 p.m. — The Issues of Water Quality to the individual consumer
- 8:30 p.m. — Responsible baby-sitting: first aid
- 9:30 p.m. — Travels with Kay: Israel

Wednesday, July 12

- 10 a.m. — A Celebration: Northville Presbyterian Church
- 11 a.m. — Oakland County Parks & Recreation: senior citizens
- 11:30 a.m. — Microwave Today: tropical island recipes
- Noon — Oakland County Connection
- 12:30 p.m. — Detroit Live: Henry Basink, Madame Cleo, Dr. Richard Strath
- 1:30 p.m. — Sports Yesterday/Today: Pistons championship
- 2 p.m. — Farmington Focus: City of Farmington
- 3 p.m. — Crisis in the Modern Family: recovering alcoholics
- 6 p.m. — Tri-City Update: Chiefs of police hosted by Oakland County John Nichols

- 7 p.m. — Sports File: body building
- 7:30 p.m. — Golfing from bogey to par: clipping and putting
- 8:30 p.m. — Farmington Hills dance capades

Thursday, July 13

- 10 a.m. — Senior adult exercise
- 10:45 a.m. — Community Access 5th anniversary
- 11 a.m. — Seniors on the Move: behind the scenes
- 11:30 a.m. — Your Mental Health: brain imaging
- Noon — Women on the Move: Internal medicine
- 1 p.m. — Arthritis Today: juvenile arthritis

- 1:30 p.m. — Viewpoint: City of Farmington Hills
- 2 p.m. — Chamber Perspective: St. Vincent and Sarah Fisher Center
- 2:30 p.m. — Community Update: an end to silence
- 3 p.m. — Tri-City Update: Chiefs of Police hosted by Oakland County Sheriff John Nichols
- 6 p.m. — Novi Talkin' History: Leo Harwood
- 6:30 p.m. — Novi Talkin' History: Chief Begole
- 7:30 p.m. — Viewpoint: City of Farmington Hills
- 8 p.m. — Farmington Focus: City of Farmington
- 9:30 p.m. — Unleaded Few! Ownley: comedy.

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MEET YOUR FEET
Dr. Daniel Salama, Podiatrist.
Feet Facts: Heel Pain

Heel Spurs: Faulty foot function is a primary cause of heel pain; over a period of time, excessive irritations lead to heel spurs. Heel pain may occur from too much stress on the heel bone from walking, running, jumping or landing on hard surfaces, or when the plantar fascia is inflamed. Even too much stress within a short period of time (as in sports participation) can create heel distress. Unrelieved, excessive tissue stretching causes inflammation that pulls little pieces of bone away from the heel. Podiatric treatment, such as taping, strapping, heel cushions and orthotics, can relieve these symptoms and correct structural deficiencies or muscle imbalances.

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