Police journal slick tv

CABLE CONNECTION

MARY LINDA CALDERONE

Police Chief William Dwyer is a man who really cares how members of the community he serves see his department. That's one reason why it was his own idea to executive produce "Farmington Hills Police Journal." It runs on Channel 8 every Wednesday at 7:30 p.m. and Friday at 8:30 p.m.

In fact, "Police Journal," in its sixth season, was the first of its kind in the entire State of Michigan. If you're interested in keeping current with police policies, practices and issues look no farther. However, if you're expecting a boring talk show - then *stop reading my column now.* Because "Police Journal" is slick all the way from the special effects used to shoot the program to the host of the show, who happens to be Vince Wade, owner of Vince Wade Communications and long-time Farmington Hills resident.

Part of the program is done in studio and some of it is shot on-location. When you tune in, you may very well see Vince Wade chatting with the Chief about overall crime stats (which are down by the way) to community policing and the new officers on the street which were hired by the passage of the millage.

Or you'll hear about the latest technological advances like the new photo imaging system at the Police Station that takes a digital image of a suspect unlike a traditional camera. This high quality picture goes into a countrywide data base where police departments in Oakland County can pull up each others mug shots via computer. Be prepared to be whisked away to the booking room at the station where Sergeant Tim Connor actually demonstrates the new photo-imaging system.

Crime prevention is also covered on "Police Journal." Crime Prevention Officer Bonnie Unruh and Crime Technician Evelyn Malloy inform residents on how to go about setting up a "neighborhood watch" and what's being done to keep multi-housing crime-free. Walk with Crime Prevention Technician Mary Kay Miles as she performs a house security survey on site.

Now if you're really looking for Hollywood, "Police Journal" has got it. Premiering just this season, reporter Kim McNamara highlights unsolved mysteries in our area asking for citizens help.

Tune in and watch. This is a national award winning program due to the efforts of people like Producer Sergeant Tim Connor, Assistant Producer Officer John Regorrah, Farmington Hills Video Production Supervisor David Teitmeyer and his assistant Jacob Nothstine.

And I'm sure you'll agree with the Chief when he says, "Police Journal" gives viewers a better understanding of the inside workings of the Police Department. Citizens are even able to acquaint themselves through the program with many of the police officers that serve them."

The next SWOCC meeting is 4:30 p.m. Tuesday, Feb. 11, at Farmington City Hall.

The next CAC meeting is 7 p.m. Tuesday, Jan. 14, at SWOCC.

Mary Linda Calderone is the Community Outreach Coordinator for SWOCC.

Hillside students pitch in

Hillside Elementary School Students kicked off the holiday season with a charity drive to benefit the Farmington/Farmington Hills Neighborhood House. The newly elected student council and PTA collaborated on the project which brought six van loads of household products that can be used to help needy families throughout the year. At left, Molly Cotter and Mike Bedell carry a box. Below, Ann Marie Brouillette and Brittany Haberstroh prepare to put a box in a waiting van. This has become an annual event at Hillside.

Parent partners needed for teen mom program

Catholic Social Services of Oakland County needs "parent partners" to provide companionship to teen parents in their teen parent program.

These partners act as a mentor and support person for the teen through pregnancy and following birth. Volunteers would visit or call their teen once a week. For more information or to volunteer, please call Sharon Longbucco at 333-3700, ext. 114.

CSSOC is a non profit organization that provides programs designed to strengthen families and individuals regardless of race, religion or economic background.

To place a classified ad, call 313-591-0900.

Some tips for keeping off the weight during the holidays

Between the Thanksgiving turkey and New Year's Day feasting, the average American puts on 7 pounds.

With that in mind, the Wayne State University department of Nutrition and Food Science has some tips for tipping the scales less.

Alcohol has almost as many calories as fat and one and a half times the calories that sugar contains. A couple of average drinks give 250 to 400 calories. An hour of intense exercise is needed to work off those calories.

There are no good foods or bad foods, only good or bad diets. Treats are ok on special occasions but if they are high calorie, you need to make up for the over indulgence later by eating less or exercising more.

The average person needs about 2,000 calories for an entire day. A typical holiday meal easily provides more than that, so save some for leftovers.

Food safety is a great concern during the holiday season because large servings take longer to heat or cool properly. Plan extra time for cooking large batches of food. Bacterial infections, like E coli, result not only from contaminated meat but have been traced to a number of fruits and vegetables.

Wash everything well prior to cooking or eating. Wash hands and utensils thoroughly after handling uncooked meats. Don't use the same plate for raw meat and something else later. It isn't worth the small risk of picking up a serious intestinal infection.

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