Take a look at cable competition in other communities



levels of service. Here in Farmington, Farmington Hills and Novi, Time Warner has been providing cable over fiber optics since 1996. This allows for better picture quality and more channels. There are some other companies, such a TCI, which still transmit over conxial cable (a less reliable and lower quality option). On the other hand, Ameritech and other companies have offered the Disney Channel free. Here, we still have to pay 39.25 a month for that premium channel.

the Federal Communications
Commission in 1990 to provide
consumer relief from rising cable
rates by introducing competition,
rates continue to soar beyond the
rate of inflation.
Caren Collina is the executive
director of the Southwestern
Oakland Cable Commission. The

CASIS Competition for cable? You think competition will solve that problem? Not so administration. The survey shows that two companies operating in the same communities. The Michigan Chapter of the Mational Association of Telecommunications Officers recently completed a survey of cable television rates in 51 communities. Carrent of the country and their interest in Theore's a whole bunch of terrific' medical sites on Internet. Casis for a n c h i s community charge administration. The survey shows that two companies operating in that two companies operating in the same community charge comparable value of provider some cannot cable suscentiance, the entry of the secondary of t

I spent much of last week in St. Petersburg, Fla, at a place called the Poynter Institute for Journalism Studies. It's a sort of journalism Studies. It's a sort of journalism Studies. It's a sort of journalism think tank, if you will, a place where reporters and editors come for intense training on how to do their jobs better.

I'm lucky to go down there several times a year as one of the Institute's visiting faculty members, specializing in new media. And last week I was helping teach a group of health and medical reporters how to use the Internet.

As I went through my presen-

Internet.

As I went through my presentations, a key point I kept making was that the Internet has made reporters more accountable to their readers because the information journalists used to have first and best access to, is now widely available on the Internet.

Indeed, thanks to the Internet, many consumers have become experts at what I call "do-it-your-self medicine," using the Inter-net to research health, fitness and disease information.

net to research health, fitness and disease information.

At the end of my teaching session, one of the participants, a journalist who works in Washington, D.C., came up to share with me his own story. Last year, he said, he was suddenly called home to the Midwest to be with his elderly mother, who was scheduled for emergency surgery.

As he sat in his mother's hospital room, he surfed the Internet, laptop computer attached to her tolephone, desperately seeking information about the medical condition that had put her in the hospital. What he cound greatly

What he found greatly alarmed him. "The type of

surgery she was going to have had a great risk, he told me last week. "It required vory delicate work around her facial nerves. One slip and her appearance would forever be affected."

The doctor

affected."

The doctor planned to get a tissue sample from his mother, freeze it and send it in for analysis. What the journalist found was that such a test in his mother's case was far from reliable.

The medical Web site I visited said, in fact, that freezing that particular type of tissue brought dubious results. So I printed the Web page out and faxed it to her

doctor and, in fact, the surgery was canceled."

The journalist's story illustrated my teaching point perfectly. For what he experienced has been shared by millions and is one of the Internet's most amazing success stories. Indeed, just last week, a new Harris poll reported that 60 million people searched the World Wide Web for health care information in the last Iz months.

That works out to 68 percent of the estimated 88 million people now online, making health and medical news the Internet's most eagerly sought information. And here's the most amazing part: Nine out of 10 people surveyed said they found the health information they were looking for on the Internet.

To be sure, there is a lot of quackery on the Internet. People

pushing dubious cures, alternative "medicine" that sometimes does more harm than help, dangerous drugs and dietary supplements. In fact, one place everyone should bookmark and use to check out online health and medical information is a place called "Quackwatch" (www.quackwatch.com), run by a real doctor and devoted to exposing the dumb and dangerous.

But there are also a whole bunch of terrific medical sites. Here are four favorites we shared at Poynter last week:

Medical Medical Strength of the discount of the discoun

Healthweb (http://health-web.org) - My favorite. Easy to navigate, created by librarians at university medical centeris, to offers current and reliable infor-

at university medical centeri, in offers current and reliable information.

Find a doctor (www.aminssn.org) - This is the American Medical Association's searchidble data base that lets you five very licensed doctor in the U.S. by name, specialty or location.

Mike Wendland covers in the Internet for NBC-TV Newschuncel stations across the country and can be seen locally on WDT radio show airs Saturday and Sunday afternoons on WXTP. Radio AM1270. His latest book "The Complete No Geek Spicak Guide to the Internet" is available in bookstores or through his Web site http://www.pemike.com

CAMPUS PIPELINE

U OF M GRADS
The following Farmington/
Farmington Hills residents graduated from the University of
Michigan in December:
Jennifor Buckley, Jean
Chong, Linda Everett, Avery
Johnson, Ganapath Lakshminarayan, Michelle Louesia,
Laura McWilliam, Elizabeth
Momblanco, Elizabeth Quenneville, Kodarnath Sathe and
Wendy Westover.
1004L POET

for the fall 1998 edition of the college's "Opus" literary maga-zine. She is the daughter of Linda deAvila of Farmington Hills.

MADONNA GRADS

MADONNA GRADS
The following Farmington/
Farmington Hills residents gradusted from Madonna University
in December:
Pamala Brown, Cindy
Diskin, Natalle Huntington,
Shanker Pathak, Lisa Anastasio, Charles Araketian, Gali
Birraschbach, Rebecca Gul. LOCAL POET

Shana deAvila, a Hope College senior from Farmington
Hills, had three poems chosen

Moraskey, Lars Richters,

Marlena Stankiewicz, Nancy Resnick and Melissa Francis. DETROIT DEAN'S

DETROIT DEAN'S

The following Farmington/
Farmington Hills residents were
named to the Dean's list after
the fall semester at Detroit College of Business:
Justin Lawlor, Dolores
Kosh, Mark Lehrke, Troy
Strong and Sharon Richardson.

FOREIGN STUDIES
Amishi Doshi of Farmington
Hills is spending the spring
semoster studying in Seville,

Spain, and Lara Lenzotti of Farmington Hills is studying in Venice, Italy. Both students are part of a program at Albion Col-lege that allows students to study in different cultures.

MADONNA DEAN'S

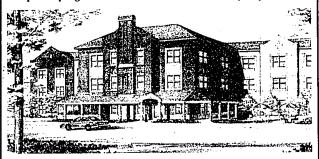
The following Farmington/
Farmington Hills residents were
named to the Dean's list following the fall term at Madonna

ing the fall term at Manuschau University:
Julia Altschuul, Courtney Cerano, Molissa Francis, Denise, Kimball, Kelly Ottewell, Janice Pardy, Laura Prete, Renee Rosch,

Monica Stevens, Deborah Thams, Pedma-Tar Wright, Cynthia Richards, Peter Acho, Eleanor Adams, Lisa Anastasio, Chris Bouschet, Kristina Camul, Nicole Clark, Valerie Congdon, Kelly Cornwell, Shelley Friedman, Maurcen Fritsch, Dominique Gambino-Gorsiln, Janet Halfmann, Susan Hall, Robert Hamp, Debra Harrison, Donna Hebel, Lisa Herrmann, Lynn Hoeg, Geoffrey Kenny, Michelle Kolliker, Bridget Kozlowski, Douglas Landefeld, Barbara Leslie,

Maureen Line, Tracey Lochmayer, Jodi McCartx, Kriston McClellan, Todd Millor, Heather, Mornaskey, Derek Nelson, Tiffany Nefson, Rebecca Pesci, Kelli Picket, Cheryl Pozniali, Tanya Proctor, Jennifer Radeliffe, Ayesha Razwi, Michelle Regian, Carric Rjö, Larz Richters, Jason Roteriheber, Debra Schneider, Mathens Eskheiwez, Samantha Tunstall, Joie Walsh-Blasziak, Glynette Wolk and Anni Wolska.

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olympic weight rooms with all
new state-of-the-art exercise
equipment, including:
NordicTrack

Spinning Recumbent bikes

whirlpoots, steam and saura rooms
- Mhirlpoots, steam and saura rooms
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- Personal training available
- Permanent individualized lockers
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massage services are available for a fee

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 Softball field, gymnasiums and tracks
 And tracks
 And tracks
 And tracks
 And tracks Babysitting for a fee Get Healthy In The Heart Of The Neighborhood With A JCC Health Club or

• Racquetball, tennis

General Membership.

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