

Educational TV 10 will have new home at high school

The school year has started and Channel 10 is in full swing. Channel 10 is the educational access channel for Farmington, Novi and Clarenceville schools.

Dean and Sue Cobb, TV-10 administrators for Farmington/Farmington Hills, are excited about having 18 brand new student interns and four returning interns. The TV-10 mobile production van has already been out on 16 sports shoots including football, soccer, girl's basketball and swimming.

Next month, TV-10 students



MARY CALDERONE

will start up their news show "Live at 45" (Fridays at 1:45 p.m.) and plans are in the works to hold a radio telethon for leukemia. That's 24 hours of music, talk and video with all proceeds donated to the Leukemia Foundation.

And, by March 11, 1999, TV-10 will have a new home! The 4,000-plus-square-foot studio, classroom and headend will be adjacent to the North Farmington auditorium. The location will have all the amenities of a state of the art production studio as well as having the look and feel of a classroom. Rumor has it, Dean and Sue Cobb will be having an open house and we're all invited! So keep your calendars open!

What's new in Novi? Novi's Channel 10 administrator, David

Legg, fills us in on that. Legg tells me students are continuing with their newscast, "Wild Cat Wrap Up." "Wild Cat Wrap Up" covers high school news as well as stories around the city.

"It's a great opportunity," Legg said, "for students to learn to produce TV under deadline, write news and interview in addition to exploring all the technical aspects that go into getting a news show done."

And speaking of technical aspects, Novi kids are having lots of fun using their new equipment, Media 100 - that's a computerized editing system. It's a great tool for productivity and a new wave in TV technology that utilizes digital techniques. Just ask Ryan Schram and his father, Steve. They edited a video of the school marching band which

resulted in a high quality half-hour show in just a couple of days!

Novi students have also joined partnership with Oakland County Schools on KidsVid. They're producing educational programs seen countywide and statewide and soon to be distributed nationwide. The kids are working on programs that cover biology and veterinary science, on location at Maybury State Park Petting Farm. Hiking safety is another topic the kids plan to cover.

Clarenceville school Channel 10 administrator, Sharon McDonald said, "Clarenceville students are psyched about the new editing class we're offering this year."

It all started last year when the kids produced a show for

an exotic pet store and the Power House Gym as well as programs on exploring different career opportunities.

It just amazes me at the opportunities our children have via Channel 10! I know I would have been one happy camper if they would have offered TV production classes and we would have had access to a TV channel back in my school days. Tune into TV-10 and see for yourself. Our children aren't just viewing TV - they're doing TV!

Mary Linda Calderone is the media relations specialist for the Southwestern Oakland Cable Commission. The next SWOCC meeting is at 4:30 p.m. Tuesday, Nov. 17, at Farmington City Hall.

STATE CAPITOL CAPSULES

Taxes still capped

Property taxes will generally be capped at 1.6 percent in 1999 because of the voter-approved Proposal A of 1994.

That's the amount of consumer price inflation by which taxable property values will be allowed to rise. Prior to 1994, property values rose with the booming real estate market, and some prime areas saw their state equalized valuations rising by 10-20 percent.

Your Dec. 1 property tax bill will have two numbers: "state equalized value," which is supposed to be half the market

value; and a lower "taxable value," the cap imposed by Proposal A. The taxable value is capped at 6 percent a year or the rate of consumer price inflation, whichever is less.

Your taxes could rise more than 1.6 percent if:

■ You recently bought the property. When property changes hands, it is reassessed on the current market value.

■ You have physically changed the property by an addition. (The value would drop if you have demolished part or all of the structure.)

■ Your area voted new proper-

ty tax rates, such as for school bonds or municipal parks.

"Proposal A really is the tax cut that just keeps on giving," said Gov. John Engler.

Arthritis Today
JOSEPH J. WEISS, M.D. RHEUMATOLOGY
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Phone: (248) 478-7860

WHAT STEROIDS DO IN JOINTS
With good reason, you take the prescription of steroid medication (steroids). The side effects of prednisone and similar drugs include: osteoporosis, thinning of bone, hypertension, possible atherosclerosis, a risk of peptic ulcers, the activation of diabetes, thinning the skin, and the unhealthy deposition of fat in the cheeks, back, and the thighs.

These side effects relate to the amount of steroid used, the time period, and the manner taken.

Steroids taken by mouth have the potential for the side effects noted above. Steroid injected into joints and used intra-articularly avoid the complications just listed.

The reason is that steroids for joints are formulated differently than the tablets for oral use. Steroids for joints have chemical chains added which keep the steroid in the joint long enough so that joint lining cells can absorb the steroid compound. In contrast, the table form goes throughout the body and molecules of corticosteroids enter into a wide variety of cells. The subsequent interaction, if occurring, gives the unwanted effects that limit effective use of the medication.

When you feel good of over after a steroid joint injection, you are gaining from the return of a normal joint or the removal of a chronic one. You are relieved of pain, not feeling a steroid high.

The disadvantage of joint injection is that relief is temporary; your doctor must find other therapy to resolve your arthritis.

ARTHRITIS: HIP and KNEE PROBLEMS

Learn more about treatment options, pain management, current arthritis medications, physical therapy programs and more!

Presented by
David C. Markel, M.D.

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7:00-8:30 p.m.**

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Dentistry in the 90s
by Herbert M. Gardner, D.D.S.

CHALLENGING CONVENTIONAL WISDOM
Conventional wisdom holds that wisdom teeth should be extracted because they are likely to cause trouble as people get older. And, it is true that impacted (stuck beneath the gum) wisdom teeth can develop infections or cause damage to neighboring teeth. A recent review, however, found that no more than 12 percent of impacted wisdom teeth ever cause problems after age 30. In these cases dentists can usually detect a problem early enough to remove the tooth before damage occurs. The wisdom-tooth review also calculated that only one percent of those with impacted wisdom teeth would benefit from a preventive extraction. As for normal wisdom teeth, there is no proof that they tend to push neighboring teeth out of alignment.

Do you have questions about your wisdom teeth? At LIVONIA VILLAGE DENTAL ASSOCIATES, we want to provide you with the best dental care possible. Our goal is to be known as dentists who are gentle, caring and friendly. We're located at 19171 Merriman Road, where we use the most modern techniques and equipment. We want you to look and feel your very best. Call us at 478-2110 today for the professional attention and home care guidance that will make a difference in your oral health care regimen. Smiles are our business.

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P.S. Wisdom teeth is the common name for third molars.

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Julie Kafkas of Westland, MI

I Lost 35 Pounds & 29 1/2 Inches in 22 Weeks!

"It was easier than I expected it to be. It worked so good... following the program was easy. The whole facility is designed to motivate and support you."

Julie Kafkas

For many women, maintaining a healthy weight has always been a struggle. At Inches-A-Weigh in Livonia, Barbara Horowitz is helping women with that problem curb their bad eating habits and lack of exercise. Inches-A-Weigh, the first Detroit area location of this national franchise, provides a safe and effective weight loss program combined with a mandatory exercise and toning regimen provided in the same facility. The unique part of the program is not only that weight loss and exercise are combined in the same place, but that it is available only to women. Here women can feel free to exercise in a comfortable, non-competitive atmosphere.

The Inches-A-Weigh philosophy is based on a distinctive concept that allows women to get their weight loss figure reshaping, and exercise needs all served at one time, in one place, with one program. Each client is allotted personal time and attention from a nutrition consultant weekly and from exercise counselors at every exercise class, assuring individualized, specific needs will be met.

The weight loss program is nutritionally sound and teaches clients to walk into the grocery store and make good choices. In addition, the program incorporates nutritional supplements and vitamins into the diet which increase metabolism, reduce hunger levels and help nourish your body, insuring the most meticulous care to each client.

The hour long exercise classes utilize special tables designed to concentrate on toning and firming problem areas of the female figure. In addition to these, treadmills and bicycles are used to maintain a cardiovascular workout. Exercise counselors help clients start at whatever level is appropriate for them and work up.

At Inches-A-Weigh, "Our focus is on you!" Located at 3095 Five Mile Road in Livonia, Inches-A-Weigh is open for business Monday and Wednesday from 6:30am-8:30pm, Tuesday and Thursday 8:30am-8:30pm, Friday 6:30am-7:00pm and Saturday from 9am-1pm. Stop in and visit their professional and friendly staff or call (774) 421-2929 for more information on this weight loss wonder.

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