Get accustomed to studio with Fishbowl Concept

The Fishbowl Concept was one of the trademarks of the original com-munity television. This is where a camera is pointed into a seene such as a park and left aimed and live. This way, whatever goes on is tele-cast.

cast.
Our new television facility is also wired for this effect.
MeteroVision's Dan Hannigan designed a system so that our public meeting room and my office can see and hear what is being taped in the studio. It is a great way to become accustomed to the T.V. studio without feeling threatened.

accustomed to the T.V. studio with-out feeling threatened. We have added a picnic table out-back so that you have a place outside to relax in between takes. Call us to see what is being video-taped in the studio so you can stop by and view if

and view it.
ACCESS PROGRAM SCHEDULE

Monday, Sept. 9

• 10 a.m. — Novi Talkin' History:
Otto Natzel and Carol Mason

• 11 a.m. — Women on the Move:

aging

Noon — Farmington Hills Po-

Spain I e i pm. — P.S. Let's Talk About It Bables e 130 pm. — Life Matters e 2 p.m. — Listening, learning, loving: parents of tesbians and gays 2.250 pm. — Vandislaw Kovalsky his music and friends: Lowell Bolleau

Bolleau

3 p.m. — Farmington's past people and places: Emily Butterfield

3:30 p.m. — Danee with Virginis; Jazz danes:

4 p.m. — Lansing Connection

4:30 p.m. — As Time Goes By

5:30 p.m. — Groove Session:

Liss Hail/Tim and Arthur Show

6 p.m. — Novi Candidates Former

rum • 7 p.m. — Jr. Japanese: lesson

Do it for someone

you love...

Stop smoking

Lark Samouellan

cable connection

executive director, Southwestern Oakland Cable Commission

Tuesday, Sept. 10

10 a.m. — Senior Adult ex-

11 a.m. — Summit University
 Noon — Drawing men to Christ
 1 p.m. — Women on the Move:

aging

• 2 p.m. — Family Health Series:
family practice
• 2:30 p.m. — Home Computer
Network purchasing
• 3 p.m. — Tri-City Update
• 4 p.m. — Braiding simplified
• 4:30 p.m. — Abundant life arabic molastries • 7:30 p.m. — Chl-aerobics internal power; lesson 10
• 8 p.m. — Prescription for your health: nutritionist
• 8:30 p.m. — Cosmic connection: bypnosis
• 9:30 p.m. — Along the Way: photo essay.

 6 p.m. — Senior Messenger
 7 p.m. — Seniors on the Move:
the great wall
 7:30 p.m. — Trumpet of Praise:
Max Morris
 8:30 — ... • 8:30 p.m. — Jr. lip sync contest.

10 a.m. - Oakland Press Per- Spain I.

spective • 10:30 a.m. — Legislative Fo-

Wednesday, Sept. 11

e 10:30 a.m. — Legislative Form

e 11 a.m. — The Job Show
e 10 a.m. — Senior Adult Execcle
Max Morris
e 1 p.m. — As Time Goes By
e 2 p.m. — Farmington Focus
e 2:30 p.m. — Lives on the Line:
e 1:30 a.m. — Smart Talk
e Noon — Horizons

(p.m. — Cosmic Connection hypocis
 5 p.m. — Shikandaya
 5 30 p.m. — A Forgotten People: Lecy Harrison
 6 p.m. — Tri-City Update
 7 p.m. — Home Computer Network purchasin
 7 30 p.m. — Farmington Hills

Police Journal

8 8 p.m. — My vote counts

8 830 p.m. — P.S. Let's Talk
About it: bables

9 p.m. — Groove Session: Lisa
Hall/Tim and Arthur Show

9:30 p.m. — Travels with Kay:
Snain I.

Thursday, Sept. 12

Civil disobedience in the U.S.

• 3 p.m. — Crisis in the Modern
Family: recovering alcoholics

• 4 p.m. — Cosmic Connection: hypnosis

12:30 p.m. — Prescription for your Health: nutritionist
 1 p.m. — Lunch break
 1:30 p.m. — Viewpoint
 2 p.m. — My Vote Counts
 2:30 p.m. — Chl-serobics internal power: Lesson 10
 3 p.m. — Senior Messenger
 4 p.m. — Reflections on the high holy days
 9 p.m. — Senior Adult Current Events

Events

e 5 p.m. — October of Chamber of Commerce: our fown e 6:30 p.m. — Horizons e 7 p.m. — Jr. Japanese: Lesson

7:30 p.m. — Viewpoint
 8 p.m. — Farmington Focus
 8:30 p.m. — Crisis in the Modern Family: recovering alcoholics
 9:30 p.m. — Lansing Connection

Friday, Sept. 12 Request your favorite community access program to be cablecast 3-9 p.m. Friday, Call MetroVision, 553-7303.

Aug 5

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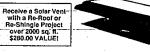
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Registration is Open for Fall Semester For 3, 4 & 5 Year Olds 30450 Farmington Road Farmington Hills

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Obesity can start a chain reaction to poor

health that can be devastating.
To begin with, most physicians and researchers consider obesity to be the major cause of diabetes in adults. Up to 90% of adults diagnosed as having diabetes, in fact, are overweight.

Of course, once you have diabetes your chances of developing heart disease, kidney disease, or going blind increase dra-

As a person with diabetes you'll be twice

as prone to heart disease. 17 times as prone to kidney disease. And 25 times as prone to

blindness, if you are insulin-dependent. Diabetes, in fact, can shorten your life expectancy by one-third.

Fortunately, diabetes in adults, in most cases, can be prevented with careful weight control, healthy eating habits, and regular exercise.

So if you're overweight, doesn't it make sense to take off the extra weight? Instead of years off your life?

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7:00 p.m.
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budget Find out advantages by bullding yourself or hiring a contractor Explore different loan options

Learn secrets of the banking world



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