Here's how to make positive use of TV



CABLE
CONNECTION

All toe often, we hear about the negative effects TV has on our children, the violence, the sex, etc., etc.

Here's some positive advice on how to use TV actively with your children (from the ages of middle school to high school). These tips are brought to you by Cable in the Classroom, ap ublic service and commercial-free educational programming. ional programming.

Use TV to capture your chil-

An assortment of recreation equipment is available for pic-nics, birthday parties or special events. Reservations must be made at least three working days in advance by calling the Recreation office at 473-8570, Deposit fee is required on the

dren's curiosity. Encourage them to go to the library to learn more about issues or ideas raised by programs they like. When sensitive topics are raised on TV, seize the opportunity to open the discussion. Ask how your kids feel about it; explain how you feel.

feel about it; explain how you feel.

E Look for connections to books. A movie may be based on a book; a plot line in a sitcom or cartoon may have come from a story; or your kids may become interested in a subject that's covered in a book. Either way, encourage them to read more about it, and then compare what they read to what they've seen. Were characters or acenes from the book left out? Why?

E Learn geography from TV. Weather reports, news reports,

day you pick up the equipment. Equipment sets include Picnic packs, volleyball softball bases, croquet, badminton, parachute

FRIDAY MIGHT MADKESS Children ages 6-12 can enjoy a night of swimming, movies,

documentaries, even sports oil take place somowhere. Keep an atlas or globe near the TV set, and see where those places really are. Make a game of it by putting plus in every location you've seen on TV.

B Discusse point of view. Who's telling this story, whether it's a news report, a documentary or a movifo! How would it have been different theracter or the subject of the news atory instead of the reporter. Ind told it?

B Turn the sound off and add your own warrattion or sound effects. What kind of music do you think is being played to go with the pictures? What kind of music wood off the music wood off the process of the proc

snack and organized games in an air conditioned building. The program is held on Aug. 16 at the Activities Center. Fee is \$10 per child, per night, and you must pre-register. Bring a

must pre-register. Bring a bathing suit, towel and gym

STARS IN THE PARK

low these tips to harness the power of TV in a positive manner.

P.S. Last week's article covered tips for younger children (from pre-school to elementary). If you didn't eatch it, call me at 473-7286 and I'll mail you a copy.

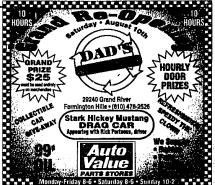
473-7266 and I'll mail you a copy.
The next SWOCC meeting is Tuesday, Sept. 3, at 4:30 p.m. at Farmington City Hall, Liberty and Gránd River.
The next CAC meeting is Tuesday, Sept. 17, at 7 p.m. at SWOCC on Research Drive in Farmington Hills.
Mary Linda Calderone is the Community Outreach Coordinator for the Southwestern Oakland Cable Commission.

Bring your lawn chair or blan-

kets and listen to the sounds of the Banjoes of Michigan on Thursday, Aug. 8, at Heritage

Park. Concerts begin at 8 p.m.

and there is no fee for the con-



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RECREATION NEWS

If you're like most women, you're so busy taking care of your family — your children, husband, parents or other loved ones - it's hard to find time for yourself. But finding time for annual check ups is the best defense against breast and ovarian cancer, osteoporosis, diabetes and cardiac disease. Botsford General Hospital offers a continuum of services to assist you in maximizing your health. If you would like a physician referral, call HealthMatch at (810)442-7900. Lf you're in the prime of your life - 40 and up, take time out for PrimeTime for Women, Saturday, September 28 from 9:00 am - 3:30 pm at Botsford General Hospital in the Zieger Center. The day will include sessions on menopause, osteoporosis, cardiac health, imagery for health and healing, stress management, yoga; meditation, demonstrations on healthy cooking, color and makeup. _____continental breakfast and lunch will be served. There is a minimal fee per person, with discounts for signing up with a friend. To register call Community Relations at (810) 442-7986. Due to popularity, there may be a waiting list. So call today and maximize your health.



Reaching Out To The People Of Our Community 50 Grand River Avenue Farmington Hills, Mt 48336-5933



