

# Here's how to make positive use of TV



**CABLE CONNECTION**  
**MARY LINDA CALDERONE**  
 These tips are brought to you by Cable in the Classroom, a public service initiative of the cable television industry that provides schools with free basic cable service and commercial-free educational programming.  
 ■ Use TV to capture your chil-

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.  
 ■ 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 scenes from the book left out? Why?  
 ■ Learn geography from TV. Weather reports, news reports,

documentaries, even sports all take place somewhere. Keep an atlas or globe near the TV set, and see where those places really are. Make a game of it by putting pins in every location you've seen on TV.  
 ■ Discuss point of view. Who's telling this story, whether it's a news report, a documentary or a movie? How would it have been different if someone else, a different character or the subject of the news story instead of the reporter, had told it?  
 ■ Turn the sound off and add your own narration or sound effects. What kind of music do you think is being played to go with the pictures? What kind of music would be totally wrong?  
 Remember there's a silver lining to every cloud. Parents, fol-

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 catch it, call me at 473-7286 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 Grand 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.

## RECREATION NEWS

**EQUIPMENT RENTALS**  
 An assortment of recreation equipment is available for picnics, 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

day you pick up the equipment. Equipment sets include Picnic packs, volleyball softball bases, croquet, badminton, parachute and tug-of-war rope.  
**FRIDAY NIGHT MADNESS**  
 Children ages 6-12 can enjoy a night of swimming, movies,

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 bathing suit, towel and gym shoes.  
**STARS IN THE PARK**

Bring your lawn chair or blankets 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 concert.

# Are you managing everything except your own health?



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. **B**otsford 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. **I**f 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. **A** 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  
 28050 Grand River Avenue Farmington Hills, MI 48336-5933

**10 HOURS** **10 HOURS**  
**Grand Re-Opening**  
 Saturday • August 10th  
**DAD'S**  
**GRAND PRIZE \$25**  
 (Must be used within 30 days on merchandise)  
**COLLECTIBLE CAR OFFERAWAY**  
**HOURLY DOOR PRIZES**  
 Refreshments & Specials  
 29240 Grand River Farmington Hills • (810) 478-2526  
**Stark Hickey Mustang DRAG CAR**  
 Appearing with Rick Porteous, driver  
**Auto Value**  
**PARTS STORES**  
 Monday-Friday 8-6 • Saturday 8-6 • Sunday 10-2

• "I'm too busy right now."  
 • "I have to start getting this weight off - tomorrow."  
 • "Diets just don't work for me."  
 • "I'm just naturally a big person."  
**EXCUSES**  
 The only thing they accomplish is...  
**NOTHING**  
 Call Form-You-3 **TODAY!**  
**START LOSING 15-25-50-100 POUNDS OR MORE!**  
 For about \$1.00 a day based upon a full year's worth of results. (WE GUARANTEE IT!)  
**OUR GUARANTEE:**  
 You must reach your goal or we will continue your program at no charge. Other programs do not have this guarantee.  
**DON'T MAKE AN EXCUSE MAKE A CALL: 810 / 426-8700**  
 The Affordable Way To Lose Weight!  
**Form-You-3**  
 WEIGHT LOSS CENTERS

**Pepper's BAR & GRILL**  
 In the Halsted Village Plaza  
 37610 W. 12 Mile Rd. at Halsted • (810) 848-9009  
**MONDAY NIGHT** **TUESDAY**  
**FREE!** AFTER 5 P.M. **Kickin' Chicken Quesadillas \$6.99**  
**THE BIG CHEESE** Cheesecake or any Dessert of your choice with the purchase of a Sandwich or Entree not valid with any other promotions  
**FREE!** With the Purchase of Two Sandwiches or Entree Combinations - An Order of Our **NEW PARKER PEPPERS**  
 Not valid with any other promotions Expires 8-15-96  
**MUST PRESENT AD**  
**FREE-OPEN POOL FROM 1-4 PM DAILY**

Offering You Personal Attention!  
 Rebin Benoit  
  
**REBA**  
 Oriental Rugs & Antiques  
**theboardwalk**  
 Orchard Lake Road • West Branch, MI  
 Photo: Len Korman