

Show can positively help change your attitude

Thinking ahead into the new year is a positive sign. Joan Little, executive producer of the television series, "Positively," is just that.

Mark your calendars for Jan. 24. Clear your evening to come on down to the MetroVision Studio and be part of the audience.

Meanwhile, watch for the show "Positively" on Cable Channel 12.

"The intent of the programs is to help you obtain and maintain a more positive mental attitude," Little says. Enthusiasm bursts out of her as she talks of her shows. You may recognize her as she is production specialist for MetroVision and teaches workshops for interested residents.

Topics to be seen within the series are: maintaining your self image, stress management, accepting change, building confidence, time management and goal setting.

Little's personal philosophy is that you hold the key to your own happiness. Guests on the show express this in their own way.

The Jan. 24 taping will host Miss Michigan and Miss Huron Valley. They will emphasize the stress of competition and share tips on how to

stay positive and grow from the experience.

Call the MetroVision Production Department, 553-7303, to reserve your seat.

PROGRAM SCHEDULE
Monday, Dec. 3

- 10 a.m. — Novl Talkin' History: Vic Muscat
- 11 a.m. — Women on the Move: Barbara Levin
- Noon — Legislative Forum by author William T. Anderson
- 12:30 p.m. — Travels with Kay — Sri Lanka Bhuban
- 1 p.m. — Suddenly Single and Over 50: Aging
- 1:30 p.m. — Laura Ingalls Wilder: by author William T. Anderson
- 2 p.m. — Sampler Pioneer Women: Their Lives Through Song
- 3 p.m. — Children's Christmas Celebration
- 6 p.m. — Life Matters
- 8:30 p.m. — Home Video Enhancement
- 7 p.m. — Jr. Japanese Lesson II
- 7:30 p.m. — Chi-Aerobics Internal Power: Lesson 1
- 8 p.m. — Prescription for Your Health: Menopause

cable connection

Lark Samouelian
executive director,
Southwestern Oakland Cable Commission

- 8:30 p.m. — Novl Family Health Series: Birthing Options
- 9 p.m. — Positively: The Winning Family.
- 3 p.m. — Tri-City Update
- 6 p.m. — Senior Messenger
- 7 p.m. — Seniors on the Move: Nuri Geffen-Artist
- 7:30 p.m. — Trumpet of Praise: Giving Thanks Unto God I
- 8 p.m. — My Vote Counts
- 8:30 p.m. — Meet the Rabbi
- 9 p.m. — Groove Session: Linda Lee
- 9:30 p.m. — Travels With Kay: Sri Lanka Bhuban

- PROGRAM SCHEDULE**
Tuesday, Dec. 4
- 6 p.m. — Senior Adult Exercise
 - 10:45 a.m. — Seniors on the Move Montage
 - 11 a.m. — Valley of Decision
 - Noon — Novl Pioneer Festival
 - 12:30 p.m. — Healthy Living: Stress
 - 1 p.m. — Women on the Move: Barbara Levin
 - 2 p.m. — Novl Family Health Series: Birthing Options
 - 2:30 p.m. — Home Computer Network: Data Erase

- PROGRAM SCHEDULE**
Wednesday, Dec. 5
- 10 a.m. — Drawing Men to Christ
 - 11 a.m. — The Job Show
 - 11:30 a.m. — Study in Scripture
 - Noon — Table Topics: Arthritis
 - 1 p.m. — Consumer Access
 - 1:30 p.m. — Aim: Christmas Decorations

- 2 p.m. — Farmington Focus
- 2:30 p.m. — Community Upeat: Homeless
- 3 p.m. — Crisis in the Modern Family: Only Child
- 6 p.m. — Tri-City Update
- 7 p.m. — Home Computer Network: Data Erase I
- 7:30 p.m. — Horizons
- 8 p.m. — Dickerman Showcase
- 8:30 p.m. — Serendipity: Christmas
- 9 p.m. — Sampler Pioneer Women: Their Lives Through Song
- Noon — Horizons
- 12:30 p.m. — Prescription For Your Health: Menopause
- 1 p.m. — Meet the Rabbi
- 1:30 p.m. — Viewpoint
- 2 p.m. — My Vote Counts
- 2:30 p.m. — Chi Aerobics Internal Power: Lesson I
- 3 p.m. — Senior Messenger
- 6 p.m. — Senior Adult Current Events
- 7 p.m. — Jr. Japanese Lesson II
- 7:30 p.m. — Viewpoint
- 8 p.m. — Farmington Focus
- 8:30 p.m. — Crisis in the Modern Family: Only Child
- 9:30 p.m. — Lansing Connection

- PROGRAM SCHEDULE**
Thursday, Dec. 6
- 10 a.m. — Senior Adult Exercise
 - 10:45 a.m. — M.P.R.O. Medicare and You
 - 11 a.m. — Seniors on the Move: Nuri Geffen Artist
 - 11:30 a.m. — Smart Talk: Transportation

Friday Pick of the Week

Request your favorite community access program to be cablecast between 3 p.m. and 9 p.m. Friday. Call MetroVision at 553-7303.

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