

# This Week on Arlington Community Access TV

Thursday September 2<sup>nd</sup> 2010 - Wednesday September 8<sup>th</sup> 2010

**Public Access Channel** (Comcast 8, RCN 3, and Verizon 31, and **LIVE streaming** at [www.acmi.tv](http://www.acmi.tv))

**The Steve Katsos Show** - **NEW every Sunday** at 7:30 p.m. Former Arlington cable TV talk show host,

Steve Katsos, is back with new and interesting guests and way cool musicians. New show every Sunday.

(Daily, except Sun. & Weds., 1 a.m.; Weeknights at 8 p.m.; Sunday, 7:30 and 11:30 p.m.)

**Democracy Now** - **Always New** Daily news analysis program, with Amy Goodman

(Weekdays, 8 a.m., Noon, and 7 p.m.)

**Jo Jo's Dream Cart** - Children's programming

(Daily, except Sunday and Wednesday, 9 a.m.)

**Stress Less** - **NEW episode** - *Stress Less* focuses on coping with stress in times of change (like global economic crises, job changes/layoffs, or life transitions). Each episode of *Stress Less* is half an hour. The host, Mark Censky, interviews a guest with a different approach or story on reducing stress. **Now showing:** Episode 5 - If Your Home is Your Castle

Why Does Your Office Feel Like a Dungeon? Linda Varone, author of *The Smarter Home Office*, and consultant on Feng Shui and architectural psychology talks to Mark about making spaces more livable and thereby reducing stress.

(Daily, except Sunday and Wednesday, 9:30 a.m.; Thursday at 6:30 p.m.; Monday at 10:30 p.m.; Tuesday at 6:30 p.m.)

**Just Cook It!** - Another classic reality-TV-cooking show from Arlington's own chef extraordinaire, Dave Sammarco.

(Daily, except Sun & Weds, 10:30 a.m.; Weeknights at 8:30 p.m.)

**Community Bulletin Board (CBB)** - ACMI's televised slide show of public announcements

(Daily, except Sunday and Wednesday, 11 a.m.; also Saturday at 10:30 p.m.)

**Explore** - The Explore team's latest episode.

(Daily, except Sunday and Wednesday, 1 p.m.)

**Employment for All** - The continuing series about employment opportunities in Massachusetts

(Daily, except Sunday and Wednesday, at 1:30 p.m.)

**ACMI Awards 2010** - See ACMI's most extravagant gala event to date—it's first ever awards dinner and ceremony to

celebrate the remarkable achievements of its member producers. Don't miss the presentation of this year's award nominees and the climactic revelations following the words ". . . and the winner is. . .". This is community-produced television at its best!

(Daily, except Sunday and Wednesday at 2 p.m.)

**Veterans History Project** - Jack Cooney interviews U.S. veterans about their service to our country.

(Daily, except Sunday and Wednesday, at 4 p.m.; Sunday, 8 p.m.)

**A Healer in Every Home** - Produced and hosted by Begabati Burke Lennihan, RN, CCH, Harvard '74,

from The Lydian Center for Innovative Medicine, this program aims to empower viewers to understand and guide their own personal health by exploring natural options and resources. Current episode: Adopted children - and others separated from their mothers at birth - may act withdrawn and unable to receive love, no matter how much love the adoptive parents offer. The neurology expert from the Lydian Center for Innovative Medicine explains why - and what you can do about it.

These techniques can help all children be more open to receiving love: using natural remedies and infant massage to promote bonding between parents and children..

(Thursday, 6 p.m.; Sunday, 10 p.m.; Monday, 10 p.m.; Tuesday, 6 p.m.)

**Arlington Garden Club** - Edible Gardens (reprise)

(Thursday, 9 p.m.)

**Right Turn Live** - "3<sup>rd</sup> Annual Super Group" - This year's event will be hosted by **Lynn Hoffman** of A & E. Private Sessions

and feature the talents of *The SuperGroup 2010* members, including; **Leslie West** of Mountain on guitar and vocals, **Rick Derringer** on guitar and vocals, **Elliot Easton** of The Cars on guitar, **Ricky Byrd** musical director, formerly of Joan Jett and the Blackhearts and Roger Daltrey, along with **Barry Goudreau** currently with Ernie and the Automatics and formerly original member of the band Boston on guitar, **Chad Smith** of The Red Hot Chili Peppers on Drums, **Jeff Kazee** of Southside Johnny & Bon Jovi on Keyboard, **James Montgomery** on vocals and harp, **Kasim Sulton** of Meat Loaf & Todd Rundgren and Utopia on bass, **Tim Pike** of The Soul Band, **Richie Supa** songwriter, **Woody Giessmann** of The Del Fuegos on drums.

**Rosemary St. George, Hayley Jane** and **Erin Martin** return as *The SuperGroup* backup singers. Special opening guests; the talent of **Ernie and The Automatics**

(Thursday, 10 p.m.)

**Natural Living** - a **NEW** cable access television program, hosted by Renee Miller, that opens a door into the world of professions that encourage balance and well-being.

(Thursday, 11 p.m.; Sunday, 7 p.m.; Tuesday, 10:30 p.m.)

**Goober's Jamboree** - Bluegrass music jam program

(Thursday, 11:30 p.m.; Tuesday, 9 p.m.; Wednesday, 6 p.m.)

**Wayne Schwamb Remembers the Old Schwamb Mill** - A walk down memory lane with the great, great grandson of the original owner and operator of the venerated mill in Arlington, famous for its oval and round picture and mirror frames.

(Friday, 6 p.m.; Sunday, 7:30 p.m.)

**The Expert Series** - **NEW** - "Nature Senses" are short nature videos, mostly featured on YouTube.com, that bring pleasure to the senses and at times promote upcoming full length nature shows on "The Expert Series".

(Friday and Wednesday, 9 p.m.; Sunday, 10:30 p.m.)

**Multicultural Music Magazine** (*Triple M*) – International music right here in ACMI's TV studio, featuring acclaimed composer, group leader, and tabla artist of the *Sonwalkar Sangeet*, Dr. Nishikant Sonwalkar. **Episode 3** features songs of devotion: the spiritual poetry of India. KumKum Dilwali is the featured artist-singer. Accompanying her are Nish Sonwalkar on the Tabla and Priti Chakarvarti on the Harmonium.

(Friday at 11 p.m.)

**Physician Focus TV** - The continuing series on health and medical issues from the Massachusetts Medical Society.

September's episode: Food borne illness is caused by consuming contaminated food or beverages and is becoming more and more of a problem in the United States today. According to the Centers for Disease Control, an estimated 76 million cases of food borne illnesses occur every year, resulting in 325,000 hospitalizations and 5,000 deaths. The Massachusetts Department of Public Health estimates that 1.5 million cases occur annually in the Commonwealth. Recent contaminations have included lettuce, peanut butter, beef, nuts, cereal, cookie dough, and eggs – the last being the latest in a growing list. This edition of Physician Focus looks at how food can become tainted, the kinds of diseases they can cause, who is most at risk, the role of public health officials in preventing and tracking these outbreaks, and what consumers can do to protect themselves. Guest: Alfred DeMaria Jr., M.D., Medical Director of the Bureau of Infectious Disease, Commonwealth of Massachusetts. Host: Bruce Karlin, M.D., Primary Care Physician, Worcester, Mass.; Vice Chair, Mass. Medical Society Committee on Communications

(Saturday, 6 p.m.)

**How to Stop Smoking** – A public health program offering useful information on this topic.

(Saturday, 7 p.m.)

**The Seymour Ziskend Show** – **New** – Brookline businessman, Seymour Alan Ziskend interviews foreign consuls, dignitaries, and other international figures and entertainers for this informative series.

(Saturday, 6:30 p.m.)

**New England Journal** - Produced by ACMi member, Adam Dusenberry, this **New** show features Arlington's *Soapbox Derby*, the *Lowell Folk Festival*, *Stride for Health*, and the *WSSC* 4th of July events.

(Saturday, 7:30 p.m.)

**The Family Food Show** – See revolving episodes in which family members demonstrate their special recipes such as *Red Snapper with Wine*, *Cajun Shrimp Fettucini*, and *Turkey Burgers with Adobo Sauce*..

(Saturday, 8:30 p.m.)

**Alan Hovhannes Memorial and Concert**

(Saturday, 9 p.m.)

**Saturday Fright Special** – **Always "NEW"** – *Saturday Fright Special* is New Hampshire's first horror-host television show. Join host Scarewolf (a well-dressed werewolf with a good sense of rhythm), and the rest of the SFS gang each week for a trip back in time with public domain monster movies, intermission reels, commercials and all kinds of other nostalgia from bygone days.

(Saturday, 11:00 p.m.)

**Life Matters** - a weekly, educational right-to-life public access television program aired since 2003. The purpose of *Life Matters* is to show the broad mosaic of the right-to-life movement and to inform the general public about current day controversial and contentious issues such as abortion, the abortion-breast cancer link, adoption, cloning, contraception, eugenics, euthanasia, fertility, embryonic stem cell research and sexually transmitted diseases.

(Sunday 11:30 a.m.; Wednesday, 11:30 a.m. and 11:30 p.m.)

**Retired Men's Club of Arlington** – A **New** guest lecture presentation before this 300-member Arlington-based club.

(Sunday, at 6:30 p.m.)

**Face the Book** – **NEW** – A program about independent publishing.

(Sunday, 9 p.m.)

**The Joan Quinn Profiles** – **New** – Joan interviews people in the arts and entertainment fields. Joan also writes a column in *Art Talk* and *Art Revue* magazines, and freelances for several local and national Armenian papers.

(Monday, 6 p.m.; Tuesday, 10 p.m.)

**The Arabic Hour** - **Always New** - *The Arabic Hour* is a production of the American Arab Media Foundation, a nonprofit organization registered in Massachusetts. It discusses issues of culture and politics in the Arab world.

(Monday, 9 p.m.)

**Golden Opportunities** - Host Bea Barber interviews new guests with important information to share with Arlington's seasoned citizens.

(Friday at 10 p.m.; Tuesday, 9:30 p.m.)

**Arlington Historical Society Presents** – **NEW episode** - "*Pairing Past and Present Images of Arlington*".

May 25th, 2010 lecture by Richard A. Duffy - Author of *Then And Now: Arlington* - previously unpublished image pairs of Arlington's history. Comparisons of present day with several earlier eras.

(Monday and Wednesday at 11 p.m.)

**The Film Connection** – **New** –

(Tuesday at 8 p.m.; Wednesday at 6:30 p.m.)

**Spring Pops Concert** – **New** – Featuring the Wakefield Choral Society and the Middlesex Concert Band.. Don't miss it!

(Tuesday at 11 p.m.)

**Flipside** – Jay Ricci hosts this program about "the truth of the Bible"

(Wednesday, 10:30 p.m.)

**Educational Access Channel** (Comcast 9, RCN 13, Verizon 24 and *LIVE streaming* at [www.acmi.tv](http://www.acmi.tv))

**Arlington High School Spring Pops Concert – *NEW*** – Another Bill Hamilton special program featuring the annual concert held each May at the Robbins Memorial Auditorium at Arlington’s historic Town Hall. Not to be missed!

(Daily at 10 a.m.; Friday, Sunday, Monday at 7 p.m.)

**Future Talk – *NEW*** – *Future Talk* examines the global impact of technology, both the promises and the perils, and features expert guests and insightful videos to determine where the new technology is leading us. Areas covered include energy, medical, and I. T.

(Daily at Noon and 6:30 p.m.)

**The Making of *Grease* – *NEW*** – Billings, Kearnan & Co. of the Arlington Catholic Drama Club (ACDC) have done it again.

Another fabulous behind-the-scenes look at one of their school musical productions. Don’t miss it!

(Thursday, Saturday, and Tuesday at 7 p.m.)

**NASA TV** - Real-time programs of Agency activities and missions

(Daily, 4 p.m.)

**Community Bulletin Board (CBB)** – ACMI’s televised slide show of public announcements

(Daily at 6 p.m.)

**Homegrown History** – A new regular 2-hour programming slot to feature historical programs about our town.

This week, on alternating days, episodes from the Arlington Historical Society series and the Dallin Museum series..

(Daily, except Sunday, at 8:30 p.m.)

**Classic Arts Showcase - *Always NEW***; always changing; always enchanting

(Daily, 10 p.m. - 3 a.m.)

**Community Bulletin Board (CBB)** – A televised slideshow of public service and information notices

(Daily from 6:30 – 7 p.m.)

**Government Access Channel** (Comcast 10, RCN 15, and 26, and *LIVE streaming* at [www.acmi.tv](http://www.acmi.tv))

**Pentagon TV**

(Daily from 5 - 8 a.m.)

**Arlington Redevelopment Board meeting ([replay](#))**

(Daily at 9 a.m.; Friday and Sunday, 7:30 p.m.)

**Arlington Board of Selectmen Meeting ([replay](#))**

(Th., Sat., Tu. at 3:00 & 11:30 p.m.; Sat., Sun., Tue. at 6 p.m.)

**LIVE** at 7:15 p.m.- or previous meeting replay - on Mon. at 7:15 p.m.)

**Arlington School Committee Meeting ([replay](#))**

(Fri., Mon., Wed, at 3 p.m., 6 p.m., & 11:30 p.m.;

**LIVE** - or previous meeting replay – Tuesday at 7:30 p.m.;.)