TV GUIDE FOR CHANNEL 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from Oct. 12 through Oct. 18

The following programs are all scheduled to be broadcast this week. Check the grid below for days and times of programs. For information about programs on Channel 28, please call 988-7820.

■ **POST IT!** is a community bulletin board that allows residents to view activities within Rossmoor, including trips, movies and club events. This program runs between other programs when possible.

■ **CLASSIC Arts Showcase** includes video samplings of animation, architectural art, ballet, chamber and choral music, dance, folk art, museum art, musical theater, opera and orchestral performances, as well as classic film and archival documentaries.

■ **FITNESS Fun. Exercise. 30 minutes.**
This program is scheduled every day at 9 a.m. The program changes daily to vary the exercises.

■ **GRF BOARD mid-month meeting, Oct. 10**. The Board considers a policy on membership guidelines and considers approving a contract for Dollar Clubhouse bathroom repair. If the meeting runs longer than the time slot allows, all programs following will be adjusted.
Note: Past copies of GRF Board meetings are available in the Rossmoor Library.

■ **"TURANDOT" Talk on opera. One hour, five minutes.** **Diane Farrell Mauch** presents a lecture on the beloved opera "Turandot" (meaning daughter of Persia) by Giacomo Puccini. Mauch has been involved with music all her life, and her credentials include a varied performance career in opera, concert and musical theater. She taught voice and opera theater for many years, most recently at the University of Miami in Coral Gables, and has written extensively on vocal technique and literature. "Turandot" is playing at the San Francisco Opera House through December.

■ **"Remembering RADIO." Documentary film. One hour.** **David Parker** is the producer of this video and one of the few legitimate Old Time Radio actors still living. He was a regular on "The Lone Ranger," "Sgt. Preston" and the "Yukon King," a staple in the '40s and '50s. He taught broadcasting arts at San Francisco State University. This program was submitted by the **Broadcast Legends Old Time Radio Players** in the Bay Area. Discover the varied performers behind the radio voices, revealing stories from behind the scenes, including the secrets of the mysterious world of sound effects. Great footage and sound bites lead viewers to ask, "Who was that masked man?"

■ **ELDERLY Substance Abuse. Talk on health. One hour, 10 minutes.** Elderly substance abuse is the subject of a lecture given by **Dr. Fred Von Stieff** who is the medical director for the Center for Recovery at John Muir Health Center and author of a book titled "Brain in Balance: Understanding the Genetics and Neurochemistry behind Addiction and Sobriety." Von Stieff discusses the benefits of the most cutting-edge and effective treatments and advanced techniques, along with the importance of educating and empowering patients to take control of their own recovery.

■ **DANCES of the Pacific. Island music. 45 minutes.** Dances of the Pacific Group, under the leadership of **Mary Eschavez**, features traditional dances of Hawaiian, Polynesian and Maori peoples. Each group presents a short history of the customs of their country.

■ **"SAILING a Dream." Book discussion. 40 minutes.** **Karl Livengood** is interviewed by **Tracy Downing McDermott** about his book "Sailing a Dream." Livengood chronicles his lifetime desire to cruise the world on his sailboat, Aurora, with his wife, Joanna. Traveling the world they explored exotic ports, met new friends and experienced new cultures. The couple are Rossmoor residents.

■ **WIGGINS and Dee Together. Jazz and blues music. 50 minutes.** Pianist **Linda Wiggins** and vocalist **Mz. Dee** perform an eclectic show. Both stars invoke early elements of the New Orleans masters along with the likeable standards of Gershwin and Rodgers.

■ **"RAISING the Roof" Documentary film. 30 minutes.** This program celebrates a group of pioneering women who traded their graduation caps and gowns for hard hats and overalls in the mid-1970s and set out to be carpenters in the Bay Area. **Jean O'Malley, Caroline Clare, Priscilla Danzig, Ruth Ann Crawford, Chivvis Moore, Tirza Latimer, Diana Wiedemann** and **Roseanne Carroll** build their dreams of blended sisterhood to form the building company known as The Seven Sisters.

= Screened boxes indicate that programming continues into next half-hour time slot.
When program ends, Post-It is broadcast. Reference programs below by titles in capital letters above.

	Thu 10-12	Fri 10-13	Sat 10-14	Sun 10-15	Mon 10-16	Tues 10-17	Wed 10-18
6 a.m.	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!
6:30 a.m.							
7 a.m.	SAILING	TURANDOT	DANCES	ELDERLY	RADIO	RAISING	WIGGINS
7:30 a.m.							
8 a.m.	RAISING		RADIO		WIGGINS	SAILING	DANCES
8:30 a.m.							
9 a.m.	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
9:30 a.m.	POST IT!	GRF BOARD	GRF BOARD	POST IT!	POST IT!	GRF BOARD	POST IT!
10 a.m.	RADIO			TURANDOT	DANCES		WIGGINS
10:30 a.m.							
11 a.m.	TURANDOT				RADIO		ELDERLY
11:30 a.m.							
Noon		POST IT!	POST IT!	ELDERLY	SAILING	POST IT!	
12:30 p.m.							
1 p.m.	WIGGINS	CLASSIC	CLASSIC		TURANDOT	CLASSIC	RAISING
1:30 p.m.							
2 p.m.	ELDERLY	DANCES	WIGGINS	RADIO		SAILING	TURANDOT
2:30 p.m.							
3 p.m.		RAISING	SAILING	DANCES	WIGGINS	RADIO	
3:30 p.m.							
4 p.m.	SAILING	WIGGINS	RADIO	RAISING	ELDERLY	TURANDOT	DANCES
4:30 p.m.							
5 p.m.	RAISING	SAILING	ELDERLY	TURANDOT			RADIO
5:30 p.m.							
6 p.m.	DANCES	RADIO			RAISING	WIGGINS	SAILING
6:30 p.m.							
7 p.m.	GRF BOARD	GRF BOARD	TURANDOT	SAILING	GRF BOARD	ELDERLY	GRF BOARD
7:30 p.m.							
8 p.m.				WIGGINS			
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC