

**Belmont Media Center**  
*Public Access Program Schedule*

**July 2 – 8, 2009**

All programs air on **Channels: Comcast 9 & Verizon FiOS 29**

**\*Watch for overnight repeats of selected shows**

**\*All-day Community Bulletin Boards on Channels: Comcast 96 & Verizon FiOS 30**

**Thursday, July 2**

11:00am Alive! Body, Mind & Spirit  
12:00pm Physician Focus  
12:30pm Healthy Hypnosis  
1:00pm Daring to Dream  
1:30pm Life Matters  
2:00pm The Pat Lawrence Show  
2:30pm Next Stop: England  
4:00pm The Joan Quinn Profiles  
5:00pm Gospel Showcase  
5:30pm On-Air Belmont  
6:00pm The New England Job Show  
6:30pm Sound Advice  
7:30pm Belmont Business Report: Champion Sporting Goods  
8:00pm Belmont Farmers' Market  
8:30pm Wally's View  
9:00pm Reeling...the movie show  
9:30pm Through the Lens  
10:00pm Music Mill Source  
11:00pm African Heritage Magazine  
11:15pm Musicarb  
11:30pm Video Sahara

**Friday, July 3**

12:00pm Sea Inside: Pacific Northwest  
12:30pm Jazz'in It Up  
1:00pm All Fired Up  
1:30pm Cooking Adventures with Mary  
2:30pm Gardening at Pauplis Farm  
3:00pm Gospel Showcase  
4:30pm Ablevision  
5:00pm Through the Lens  
5:30pm A View of Taiwan: Museums  
6:00pm Perils for Pedestrians  
6:30pm Surviving Everyday  
7:00pm Straight Talk  
7:30pm Belmont Veterans  
8:00pm Daring to Dream  
8:30pm Climate Action Plan

The content of the programming on BMC Channels 8, 9, 28 & 29, and the views and opinions expressed are the sole responsibility of the producer and do not reflect those of BMC, the Town of Belmont, Comcast or Verizon.

Programming is subject to change. Consult bulletin boards on channels Comcast 8, 9 & 96, and Verizon FiOS 28, 29 & 30 for current schedule.

To contact BMC ☎ 617.484.2443 ✉ [access@belmontmedia.org](mailto:access@belmontmedia.org)

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9:00pm The Paratore Brothers

**Saturday, July 4**

12:00pm The Paratore Brothers  
2:00pm Flu: What You Can Do  
3:00pm Sea-Inside: Pacific Northwest  
3:30pm Ablevision  
4:00pm Sights and Sounds: Inauguration 2009  
4:15pm Belmont Farmers' Market  
4:30pm Critical Focus  
5:30pm Belmont Veterans  
6:00pm Wally's View  
6:30pm Belmont in Bloom  
7:30pm The Paratore Brothers  
9:30pm Climate Action Plan  
10:00pm Community Youth Orchestras of Boston – May 2009  
11:00pm Music Mill Source  
11:30pm Bandwidth TV

**Sunday, July 5**

9:00am Payson Park Church Service  
10:30am On-Air Belmont  
11:00am Belmont United Methodist Church  
12:00pm 179<sup>th</sup> Annual General Conference  
2:00pm Heritage Park Baptist Church  
3:30pm Belmont Farmers' Market  
4:00pm Payson Park Church Service  
5:30pm Sights and Sounds: Inauguration 2009  
6:00pm Belmont United Methodist Church  
7:30pm Heritage Park Baptist Church  
8:30pm On-Air Belmont  
9:00pm Belmont in Bloom

**Monday, July 6**

10:00am CEPR Economic Seminar Series  
11:00am Cooking Adventures with Mary  
12:00pm Gardening at Pauplis Farm  
12:30pm All Fired Up  
1:00pm Alive! Body, Mind & Spirit

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1:30pm A View of Taiwan: Museums  
2:00pm Community Youth Orchestras of Boston – May 2009  
3:00pm The Public Square  
3:30pm Sound Advice  
4:00pm Flu: What You Can Do  
4:30pm Sights and Sounds: Inauguration 2009  
6:00pm Talk of the Town  
6:30pm Belmont Business Report: Champion Sporting Goods  
7:00pm Next Stop: England  
8:00pm Healthy Hypnosis  
8:30pm The Pat Lawrence Show  
9:00pm Physician Focus  
9:30pm Your Health Care  
10:00pm The Joan Quinn Profiles

**Tuesday, July 7**

11:30am Ablevision  
12:00pm CEPR Economic Seminar Series  
1:00pm Your Health Care  
2:00pm The Pat Lawrence Show  
2:30pm Physician Focus  
3:00pm Talk of the Town  
3:30pm Belmont Business Report: Champion Sporting Goods  
4:00pm Belmont Farmers' Market  
4:30pm Perils for Pedestrians  
5:00pm A View of Taiwan: Museums  
5:30pm Sound Advice  
6:00pm Jazz'in It Up  
6:30pm Next Stop: England  
7:30pm Gospel Showcase  
8:00pm Reeling...the movie show  
8:30pm Through the Lens  
9:00pm Wally's View  
9:30pm The New England Job Show  
10:00pm Sights and Sounds: Inauguration 2009  
10:30pm Flu: What You Can Do  
11:30pm Bandwidth TV

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**Wednesday, July 8**

12:00pm Community Youth Orchestras of Boston – May 2009  
1:00pm The Paratore Brothers  
3:00pm Life Matters  
3:30pm Critical Focus  
4:30pm Sea-Inside: Pacific Northwest  
5:00pm The Joan Quinn Profiles  
5:30pm Climate Action Plan  
6:00pm Perils for Pedestrians  
6:30pm The Public Square  
7:00pm Daring to Dream  
7:30pm The New England Job Show  
8:30pm Belmont in Bloom  
9:30pm Belmont Veterans  
10:00pm On-Air Belmont  
10:30pm Surviving Everyday

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