

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

**March 11 – 17, 2010**

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, March 11**

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: St. Lawrence  
3:30pm Gospel Showcase  
4:00pm A View of Taiwan: Nature  
4:30pm The Joan Quinn Profiles  
5:00pm Local Impact  
5:30pm Surviving Everyday  
6:00pm The New England Job Show  
6:30pm Wake Up With Wendy  
7:00pm Gail Force  
7:30pm Belmont Business Report: All that Matters  
9:00pm Reeling...the movie review show  
9:30pm Through the Lens  
10:00pm Music Mill Source  
11:00pm African Heritage Magazine  
11:15pm Musicarb  
11:30pm Video Sahara

**Friday, March 12**

12:00pm Sea Inside: Pacific Northwest  
1:00pm All Fired Up  
2:30pm The Steve Katsos Show  
3:00pm Gospel Showcase  
3:30pm Time Out for Sports Talk  
4:30pm Ablevision  
5:00pm Through the Lens  
5:30pm Veterans History Project  
6:30pm Public Science  
7:00pm Straight Talk  
7:30pm Daring To Dream  
8:00pm The Pat Lawrence Show  
8:30pm Music on Saturday: Boston Jazz Voices

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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**Saturday, March 13**

12:00pm AMVETS Post 2008 Dedication  
3:00pm Sea-Inside: Pacific Northwest  
3:30pm Ablevision  
4:00pm Veterans History Project  
5:00pm St. James Men's Club Presentation: Vahan Hovey  
6:00pm Straight Talk  
7:00pm Music on Saturday: Boston Jazz Voices  
8:30pm Water and People  
11:00pm Music Mill Source  
11:30pm Bandwidth TV

**Sunday, March 14**

9:00am Payson Park Church Service  
11:00am Belmont United Methodist Church  
12:00pm 179<sup>th</sup> Annual General Conference  
2:00pm Heritage Park Baptist Church  
3:00pm AMVETS Post 2008 Dedication  
4:00pm Payson Park Church Service  
5:00pm St. James Men's Club Presentation: Vahan Hovey  
6:00pm Belmont United Methodist Church  
7:30pm Heritage Park Baptist Church  
8:30pm Veterans History Project

**Monday, March 15**

12:30pm All Fired Up  
1:00pm Alive! Body, Mind & Spirit  
1:30pm A View of Taiwan: Nature  
2:30pm Wake Up With Wendy  
3:00pm The Public Square  
3:30pm Surviving Everyday  
4:00pm St. James Men's Club Presentation: Vahan Hovey  
5:00pm The Steve Katsos Show  
5:30pm Physician Focus  
6:00pm Gail Force  
6:30pm Belmont Business Report: All that Matters  
7:00pm Next Stop: St. Lawrence  
8:00pm Time Out for Sports Talk  
9:00pm The Pat Lawrence Show

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9:30pm Healthy Hypnosis  
10:00pm The Joan Quinn Profiles

**Tuesday, March 16**

11:30am Ablevision  
1:00pm Surviving Everyday  
1:30pm Wake Up With Wendy  
2:30pm Physician Focus  
3:00pm Local Impact  
3:30pm Belmont Business Report: All that Matters  
4:00pm The Public Square  
4:30pm Perils for Pedestrians  
5:00pm A View of Taiwan: Nature  
6:30pm Next Stop: St. Lawrence  
8:00pm Reeling...the movie review show  
8:30pm Through the Lens  
9:00pm The Steve Katsos Show  
9:30pm Public Science  
10:00pm The New England Job Show  
11:30pm Bandwidth TV

**Wednesday, March 10**

12:00pm Music on Saturday: Boston Jazz Voices  
2:00pm AMVETS Post 2008 Dedication  
3:00pm Life Matters  
4:00pm Perils for Pedestrians  
4:30pm Sea-Inside: Pacific Northwest  
5:00pm The Joan Quinn Profiles  
5:30pm Public Science  
6:30pm Local Impact  
7:00pm Time Out for Sports Talk  
8:00pm Daring to Dream  
8:30pm Gail Force  
9:00pm Straight Talk  
9:30pm Water and People

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