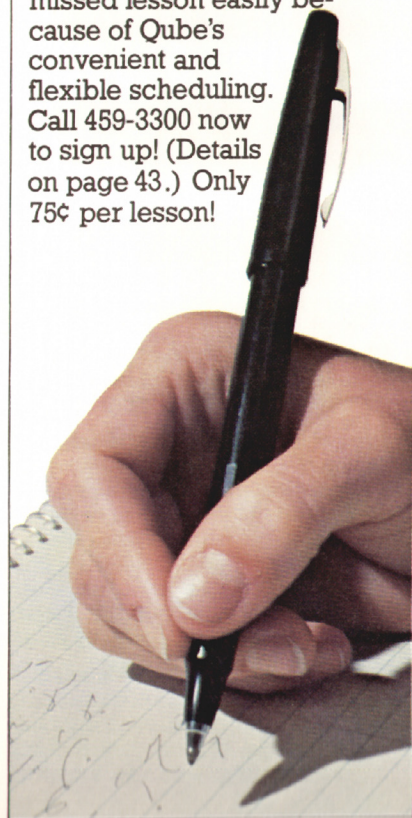


Six great self-improvement courses that will enrich your life!

SHORT-HAND

Now that you're out of school, have you ever wished you'd learned shorthand skills while you had the chance? Well, on Qube's "Better Living" channel (P5) you still do have that chance! You can make up for lost time starting this month — without ever having to leave your home. When you enroll in "Beginning Shorthand" you put yourself in touch with half-hour lessons that will enable you to approach 80 words per minute by the end of the 40 lesson course. You'll be thrilled by the progress you make, and pleased to know that you can make up a missed lesson easily because of Qube's convenient and flexible scheduling. Call 459-3300 now to sign up! (Details on page 43.) Only 75¢ per lesson!



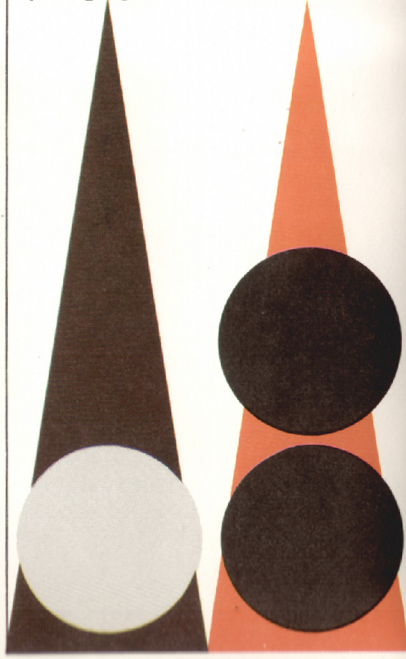
PERFORMING ARTS

Do you ever wonder what a career in the "performing arts" would be like? This fascinating 4-part series takes you behind the scenes in the world of moviemaking, theatre, opera and symphony music. The director of the current hit movie "Semi-Tough" (Michael Ritchie) points out the key aspects of the great movies. "New York Times" drama critic Walter Kerr gives you an insider's view of the theatre. Henry Butler, stage director of The Metropolitan Opera, explains the ins and outs of that complex art form. And you'll learn about the development of symphonic music from Henry Lewis and the Royal Philharmonic orchestra. Only \$1.00 per program on P5. (Details on page 43.)



BACK-GAMMON

One of the world's most fascinating games is making a big comeback — and you can learn how to play with the benefit of expert instruction from your own TV set! Backgammon, popular in the Middle Ages, is undergoing a tremendous revival. Your Qube can show you all the secrets that will make you a good Backgammon player. (You don't even have to tell your opponents where you're learning those new tricks!) If you're a complete beginner, you'll be glad to know that all the materials come with the price of the course. And Qube's flexible scheduling enables beginners and veteran players alike to get more out of your lessons by experiencing each of them several times. Call 459-3300. (See page 43 for details.)



READING

How long will it take you to read this? If you find yourself laboring over everything you have to read — and not getting the time to read what you want to read — then Qube's "Success Through Efficient Reading" course could have a major impact on your life. So much of the information you need to take in is through printed material! Yet how many people do you know who are painfully slow readers? (Some children have trouble in school for this reason alone!) But Qube's reading course is more than just a way to read faster. You will read better, remembering more of what you read and comprehending more of what you take in. Now how long did it take you to get through this? Too long? Then don't waste any time dialing 459-3300 to enroll in "Success Through Efficient Reading!" (Details on page 43.)



GOLF

Did you spend too much time in sand traps last summer when you intended to have a good time on the golf course? You can correct that with Qube! Golf is one of the most rewarding of games — when the sun is out and you're hitting them straight. But the basics are of critical importance, no matter who you are — from low-handicapper to duffer. Qube's "The Name of the Game is Golf" series offers you the chance to learn from 9 PGA and LPGA pros. You will see the difference in your own game right away. Stop thinking bogey — start thinking birdie! See page 43 for the schedule. Each lesson is only \$1.00.



WRITING

Your ability to communicate on paper may be the key to job opportunities. Qube invites you to enroll in "The Business of Writing," a practical step-by-step course that will show you the ingredients essential to improve your writing skills. There is no magic to writing — only a number of basic principles that you must follow to guarantee that you are communicating your thoughts. This course will help you think more clearly. It may also open up new career opportunities for you. Sign up now by calling 459-3300. (Details on page 43.)

