



Kris Gerber and Paris Anderton speak before an audience at Ashley Elementary School in Vernal.

ABC Films the *Positive Action* Curricula at Ashley Elementary School

Tuesday, April 24, Vernal saw the filming of ABC's Platinum channel program, *Positive Action*, at Ashley Elementary in Vernal UT.

Kris Gerber, educational coordinator for *Positive Action*, announced before a packed library, "*Positive Action* comes from the concepts of 'Thoughts-Actions-Feelings.' Or, in the words of Abraham Lincoln, 'When I do good, I feel good; When I do bad, I feel bad,'" says Gerber.

As the ABC camera roles, Gerber challenges the PA program participants to find a sense of personal value in their own existence. The audience of children, parents and grandparents, packed around the library tables, listen intently to Gerber's words.

"Simply put," says Dr. Carol Allred, creator of *Positive Action*, "it is easier to be negative than to be positive." The technique forces a person to expel negative thoughts and retain positive thoughts and actions.

Allred, creator of the *Positive Action* program in 1971, teaches families to "make a difference, to provide a legacy of happy and successful children."

That was then, this is now; before her is a group of Uintah Basin families who want to learn a methodology designed to help them be 'Happy and Productive.'

Zahira Collazo, ABC-TV Oxygen Channel film producer, turns her camera onto the families who are building collages under the direction of Paris Anderton.

Anderton, coordinator from the North-eastern Counseling Center, asks participant to select collage pictures that "reflect

their family's unique characteristics." She requests that individuals draw from their family experience and learn to break the generational cycle of negativity.

The goal, as Allred explains, "is to teach concepts for the family based on a conceptual model of the individual."

"It is easy to be negative," Allred says, "Harder still, to re-train yourself to be positive." "*Positive action* programs teach people to find happiness within themselves, or intrinsic motivation."

Allred says finding oneself is empowering, "providing positive thoughts develop positive results.

This program develops positive results in avoiding drugs, alcohol, and destructive behaviors in general for families in rural zones.

Tammy Pummell, PA school survey coordinator, says, we find that "by using *positive action* students feel better about

themselves and show improvement in academics and behavior."

Finally, Ronee Wopsock, director of the Ute tribe *positive action* program, summarizes the program this way, "*Positive action* has brought a change among tribal members to break a negative cycle of behaviors that is sometimes generational." "We will use the techniques of *positive actions* to connect to the traditions of our past."

In the thirty years since the early application of Allred's philosophy, *positive action* programming has developed from the individual, to the family and now, the community. Allred says that the program offers, "empowerment for the individual and the family to thrive" in today's world of negativity."

ABC's Family Channel will probably air the program this June with the exact date to be provided later.