'Healthy Living' series offers consumer tips

With spring around the corner, thoughts turn to outdoor fun and healthy living.

Dr. Dan Berlinger has captured spring fever as part of a television series. His show, "Healthy Living," explores ideas to support a healthy way to live.

- Show 1 — "Chiropractic Workshop," with Berlinger
- Show 2 — "Americans for Safe Food," with Susan Lyne
- Show 3 — "T.M.J. Disease Help," with Dr. Michael Zonder
- Show 4 — "Drug Labeling," with Dr. Doug Alcott.

Look for the series on cable Channel 12.

Judy Kral, administrative assistant at the Southwestern Oakland Cable Commission, is reactivating the Health Access Advisory Committee. The committee consists of volunteer residents interested in encouraging health programming.

"Use of our local channel is a fine way to disseminate health information to our communities," Kral said.

Requirements of an HAAC member are to attend monthly meetings and to find and encourage health television and radio programming. *Please call Kral at 473-7266 to discuss your participation.*

COMMUNITY ACCESS
Monday, March 13

- 10 a.m. — In Print: Augusta Baker
- 10:30 a.m. — A House for All Seasons: great openings
- 11 a.m. — Crisis in the Modern Family: single women
- Noon — Jewish TV Magazine
- 12:30 p.m. — Travels with Kay: New Zealand
- 1 p.m. — Farmington Library: barnyard fun
- 1:30 p.m. — Edee Joppich: creative life
- 2 p.m. — Novi radon discussion
- 3 p.m. — On Line Lansing: day care
- 3:30 p.m. — Novi 50's press review
- 4 p.m. — Tri-Outlook: local community news
- 5:55 p.m. — Tri-Outlook: local community news
- 6 p.m. — Michigan Journal: Michigan Republican Party
- 6:30 p.m. — The Job Show: MESC
- 7 p.m. — Photography
- 7:30 p.m. — Sports Yesterday/Today: Prop 42/48
- 8 p.m. — Legislative Forum
- 8:30 p.m. — Women on the Move: internal medicine
- 9:30 p.m.— Chamber Perspectives: office policies

Tuesday, March 14

- 10 a.m. — Senior adult exercise
- 11 a.m. — Women on the Move: internal medicine
- Noon — Valley of Decision
- 1 p.m. — Seniors on the Move: Fran Weinberg
- 1:30 p.m. — Inside City Hall: planning commission
- 2:30 p.m. — Cartoon Alley: merrie melodies
- 3 p.m. — Dance With Virginia: lesson 1
- 3:30 p.m. — Sports File: baseball with Jim Northrup
- 4 p.m. — Tri-Outlook: local community news
- 5:55 p.m. — Tri-Outlook: local community news
- 6 p.m. — Senior Messenger
- 7 p.m. — Seniors on the Move: Fran Weinberg
- 7:30 p.m. — Chamber Perspectives: small-business success strategies
- 8 p.m. — Insight with ADL
- 8:30 p.m. — Novi 50's press review
- 9 p.m. — Farmington Focus: city of Farmington
- 9:30 p.m. — Viewpoint: city of Farmington Hills

Wednesday, March 15

- 10 a.m. — A Celebration: Northville Presbyterian
- 11 a.m. — Dog Obedience: heel
- 11:30 — Oakland County Parks: feeding the flocks
- Noon — Oakland County Connection
- 12:30 p.m. — Novi radon discussion No. 2
- 1:30 p.m. — Sports Yesterday/Today: Prop 42/48
- 2 p.m. — Farmington Focus: city of Farmington
- 2:30 p.m. — Seniors on the Move: Fran Weinberg
- 3 p.m. — Crisis in the Modern Family: single women
- 4 p.m. — Tri-Outlook: local community news
- 5:55 p.m. — Tri-Outlook: local community news
- 6 p.m. — Tri-City Update: parks and recreation
- 7 p.m. — Sports File: baseball with Jim Northrup
- 7:30 p.m. — Edee Joppich: creative life
- 8 p.m. — Novi radon discussion
- 9 p.m.— Legislative forum
- 9:30 p.m. — On Line Lansing: day care

Thursday, March 16

- 10 a.m. — Senior adult exercise
- 11 a.m. — Seniors on the Move: Fran Weinberg
- 11:30 a.m. — Senior Advantage
- Noon — Women on the Move:internal medicine
- 1 p.m. — Arthritis Today: arthritis overview
- 1:30 p.m. — Viewpoint: city of Farmington Hills
- 2 p.m. — Chamber Perspectives: small-business success strategies
- 2:30 p.m. — On Line Lansing: day care
- 3 p.m. — Tri-City Update: parks and recreation
- 4 p.m. — Tri-Outlook: local community news
- 5:55 p.m. — Tri-Outlook: local community news
- 6 p.m. — Novi Talkin' History
- 7:30 p.m. — Responsible Babysitting: first aid
- 8:30 p.m. — Crisis in the Modern Family: single women
- 9:30 p.m. — Travels with Kay: New Zealand

RADIO SCHEDULE
Tuesday-Friday

- 10:55 a.m. — Tri-Outlook News

Wednesday, March 15

- 11 a.m. — At Random
- Noon — Classical Artists
- 12:30 p.m. — Mr. Freeze

Thursday March 16

- 7 p.m. Dennis Moylan, live

Friday, March 17

- 2:30 p.m. — Matt Sea, live.

cable connection

Lark Samouelian

executive director, Southwestern Oakland Cable Commission

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