

# Use cable system to announce news

Continued from Page 1

- 6 p.m. — Candidates Night: League of Women Voters 69th District.
- 7 p.m. — Metro Alive: community events.
- 7:30 p.m. — Viewpoint: City of Farmington Hills.
- 8 p.m. — Farmington Jaycees: chiropractor.
- 8:30 p.m. — Valley of Decision: M.L.A.S.
- 9:30 p.m. — Travels with Kay: Orient I

### SCHEDULE

- Tuesday through Friday
- 10:55 a.m. — Tri-Outlook news.
- Wednesday
- 11 a.m.-12 p.m. — At Random
- 12-12:30 p.m. — Come On In
- 12:30 p.m. — Workshop Productions
- 7:30-9 p.m. — Inner Sanctum.
- Thursday
- 7-9 p.m. — Dennis P. Moylan, live.

### RADIO PROGRAMMING

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## military news

Tapping the military news pipeline:

● **CORPS OF CADETS**  
Cory Costello and Cory Zieger of Farmington Hills were accepted into the U.S. Military Academy's Corps of Cadets as new members of the class of 1992.

The acceptance came after six weeks of rigorous basic cadet training at the West Point, N.Y., academy.

Training in military customs and courtesies, drill and physical conditioning tactical exercises, and the firing of weapons introduced the basic cadets to military life with special emphasis on leadership, duty, honor and country.

● **ACHIEVEMENT MEDALS**  
Dr. Robert Tam of Farmington Hills and Dr. Earl Hecker of Bloomfield Hills were awarded Army Achievement Medals for meritorious service.

Their Army Reserve Unit, the 323rd General Hospital, was deployed to the Netherlands for the

REFORGER exercises of 1987.

Tam was chief of emergency services and ambulatory care. Hecker was chief of the department of surgery.

The 323rd General Hospital is based in Southfield. It drills the first weekend of every month.

# Counselors: Plan for retirement

If you work an average of 40 hours a week, you will suddenly find yourself with 2,000 extra hours of free time per year when you retire.

Perhaps you think you'll pass the time by sleeping in, playing golf and taking those long vacations you've been looking forward to.

But retirement planning counselors advise people to think seriously about their retirement expectations long before that last day on the job.

Where do you want to live? How do you want to spend your time? Are you doing everything you can to ensure you will be in reasonably good health? Have you discussed your

plans with other people in your life — spouse, friends, children?

"People often don't ask themselves these questions until six months into retirement," says Larry Slabotsky, preretirement planning services coordinator with the Quadrant Group Inc. To force his clients to consider their use of leisure time, he asks them to use a seven-day calendar to decide what they would do all day, every day for a week, if they were retired.

"This generation of people is really a phenomenon — It's the first generation of retirees. In the past, people died with their boots on," he said.

Now, however, people who retire in their 50s or early 60s may live as much as a third of their lives after retirement, adds Slabotsky, a guest on the cable-television program, "The Job Show," at 6:30 p.m. Thursday, Oct. 20, on Metrovision Channel 12.

Cindy Cole, vice president of REPS, a retirement planning service, said many people limit their options as they get older. She encourages senior citizens to pursue any goal they want, including furthering their education and going back to work full or part time.

No matter what you decide to do after reaching retirement age, the

key to a satisfying retirement is pre-planning, the experts agree. Nestor Cole, president of REPS, says that when people plan ahead, "It takes the trauma out of retirement. They can hardly wait to retire."

Also on that week's edition of "The Job Show," Dorothy Glivas, chief of the Investigations Section at the Michigan Employment Security Commission (MESC), discusses the steps the MESC takes to detect and prevent unemployment insurance fraud.

"The Job Show," now in its seventh year of production, is a public service presentation of the MESC.

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# IMAGINE DYING FROM A DISEASE YOU NEVER KNEW YOU HAD.

Eleven million people in the U.S. have diabetes. But almost half of them don't know it.

Untreated, diabetes can lead to heart disease, kidney disease, blindness and gangrene.

And for 150,000 people each year, it leads to death.

That's why you should be aware of the symptoms of diabetes: blurred vision, excessive thirst and frequent urination are just some of the warning signs. Because the sooner you find out if you have diabetes, the more likely you are to get it under control, before complications set in.

Finding out you have diabetes can be scary. But not finding out can be fatal.

**FIGHT SOME OF THE WORST DISEASES OF OUR TIME.**  
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